



higher education
& training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

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NATIONAL CERTIFICATE

CHILD HEALTH N4

(9070244)

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This question paper consists of 10 pages.

DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA
NATIONAL CERTIFICATE
CHILD HEALTH N4
TIME: 3 HOURS
MARKS: 200

INSTRUCTIONS AND INFORMATION

1. Answer ALL the questions.
 2. Read ALL the questions carefully.
 3. Number the answers according to the numbering system used in this question paper.
 4. Write neatly and legibly.
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SECTION A**QUESTION 1**

1.1 Various options are given as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question number (1.1.1–1.1.20) in the ANSWER BOOK. 

1.1.1 Normal pregnancy lasts for ... weeks.

- A 40
- B 36
- C 6
- D 28

1.1.2 The digestive system starts in the ...

- A stomach.
- B intestines.
- C mouth.
- D throat.



1.1.3 Which ONE of the following is NOT a normal sleep remedy for the pregnant mother?

- A Warm milk
- B A relaxing bath
- C Sleeping tablets
- D Soothing music

1.1.4 Indicate the INCORRECT guideline for bottle-feeding:

- A Disinfect hands and surface before and after feeds.
- B Keep sterilising containers closed and out of the child's reach.
- C Share bottles and teats between babies only if there is a shortage.
- D Each baby should have his/her own marked bottles and dummies. 

1.1.5 An excessive amount of earwax can cause loss of hearing. Treatment of such a health problem is to ...

- A clean inside the ear canal with water and soap.
- B use ear buds with cotton wool, hair pins or other objects to try to loosen the wax.
- C pour oils in the ear, e.g. castor oil.
- D use ear drops only when prescribed by a doctor.

- 1.1.6 A practical and effective way to test the bath water of the baby/toddler is to ... 
- A use a medical thermometer.
 - B test the water with your elbow.
 - C test the water with your hand.
 - D put the baby in the water and if the baby cries, the water is too hot.
- 1.1.7 The top and tailing method refers to ... 
- A bathing the baby from head to feet.
 - B cleaning the baby's bottom after changing the nappy.
 - C washing only the baby's head, face and bottom.
 - D wiping the baby's whole body before going home.
- 1.1.8 The best fabric for baby clothes is made of ...
- A wool.
 - B acrylic.
 - C nylon.
 - D a cotton mixture.
- 1.1.9 How many months maternity leave are South African mothers normally entitled to?
- A Two
 - B Six
 - C One
 - D Four 
- 1.1.10 There is/are ... soft area(s) on an infant's head called fontanelle(s).
- A two
 - B three
 - C four
 - D one
- 1.1.11 A basic layette for a new-born baby would NOT include ...
- A receiving blankets.
 - B towels.
 - C a small soft pillow.
 - D nappies.

- 1.1.12 A disadvantage of bottle feeding is that ... 
- A it can lead to prop feeding the baby.
 - B the baby is satisfied quicker and for a longer period of time.
 - C the mother is no longer restricted.
 - D the father can also be involved in the feeding process.
- 1.1.13 A possible problem when breastfeeding is ...
- A eczema.
 - B mastitis.
 - C poor nutrition.
 - D food and milk hygiene.
- 1.1.14 A daycare centre should have a health and safety policy that covers aspects such as ...
- 
- A exclusion periods of children with communicable diseases and infections.
 - B rehabilitation.
 - C educational activities.
 - D culture.
- 1.1.15 A social factor that directly affects the health of the child is ...
- A the weather (climate).
 - B overcrowded living conditions.
 - C bacteria and viruses.
 - D where the child's concentration levels are very low.
- 1.1.16 The digestive system includes the ...
- A lungs.
 - B bronchi.
 - C oesophagus.
 - D heart.
- 1.1.17 The correct bathing procedure for the older infant or toddler is to ...
- A allow the toddler to stand in the bath as long as there is a mat in the bath.
 - B leave the toddler alone for a short while in the water when fetching articles. 
 - C soap the toddler's hands and face and rinse him/her well.
 - D allow the toddler to play in the water with special water toys for a while.

1.1.18 When introducing a baby to solid foods, bear in mind that ...



- A salt or sugar may be added to the baby's food in small quantities.
- B egg whites can be given to a baby+ younger than 12 months.
- C you can start with small quantities such as a spoonful of food at a time.
- D butter and margarine should be used regularly.

1.1.19 The person on the health team responsible for providing therapy to a child with behavioural or cognitive problems is the ...

- A occupational therapist.
- B speech therapist.
- C child psychologist.
- D audiologist.



1.1.20 A healthy child can be identified by ONE of the following characteristics:

- A Holistic development is affected
- B Possible changes in toilet habits
- C Steady and proportional growth
- D Is lethargic and sleepy

(20 × 1) (20)

1.2 Choose a word from COLUMN B that matches a description in COLUMN A. Write only the letter (A–F) next to the question number (1.2.1.–1.2.5) in the ANSWER BOOK.



COLUMN A		COLUMN B
1.2.1	Inflammation of the breast tissue is usually a result of an infected or blocked milk duct	A nylon B quarantine
1.2.2	The system which regulates all the body's reactions to stimuli internally and within the environment	C nervous system D immunisation
1.2.3	When the infant is lying on its tummy and chest, face to the side	E mastitis F prone position
1.2.4	A restriction by law on people and animals to stay in a confined space to prevent the spread of germs	
1.2.5	Highly flammable, it does not breathe and is not absorbent	

(5 × 2) (10)

1.3 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (1.3.1–1.3.10) in the ANSWER BOOK. 

- 1.3.1 There are three stages of labour.
- 1.3.2 Hydrochloric acid in the stomach breaks up food further and destroys germs.
- 1.3.3 Normal body temperature is 40 °C.
- 1.3.4 Our respiratory system helps us to inhale carbon dioxide and exhale oxygen.
- 1.3.5 Nicotine lowers the delivery of oxygen to the body and to the unborn baby.
- 1.3.6 A Pap smear may be performed to check for any cervical cancer or other infections six weeks after the birth.
- 1.3.7 A symptom of kwashiorkor is an extended tummy.
- 1.3.8 Many babies who are bottle-fed often suffer from constipation because most formulas are enriched with iron.
- 1.3.9 Active immunity is passed on to the baby from the mother during pregnancy and breastfeeding. 
- 1.3.10 It is a sign that a baby is getting adequate feeding or enough milk when the baby has 6 to 10 wet nappies in 24 hours.

(10 × 1) (10)

1.4 Give ONE word/term from the list below for each of the following descriptions. Write only the word/term next to the question number (1.4.1–1.4.10) in the ANSWER BOOK.

involution; holistic development; Caesarean section;
kwashiorkor; community health; carriers; immunity; marasmus;
breech delivery; meconium; let-down reflex

- 1.4.1 People who can pass a disease to another person but who do not show the symptoms themselves
- 1.4.2 A feeding problem which occurs when children do not get sufficient carbohydrates, proteins and fats in their bodies 
- 1.4.3 A surgical procedure whereby the baby is delivered through a cut in the abdomen and uterus of the mother
- 1.4.4 The position whereby a baby may be born bottom or feet first

- 1.4.5 The development of the child as a whole: physical, social, moral, sexual, etc. 
- 1.4.6 The process whereby the uterus contracts and returns to the normal position six weeks after the birth process
- 1.4.7 The health of a group of people living in the same area and the actions and conditions that protect and improve the health of this group of people
- 1.4.8 The defence system in one's body that combats infections 
- 1.4.9 As soon as the baby starts sucking, a hormone is secreted by the brain which stimulates the milk to flow from the milk ducts to the nipples. The hormone may even be secreted if the mother hears a baby crying. The starting of this process is called ...
- 1.4.10 The stools passed by babies during the first three days after birth, that look tar-black and sticky

(10 × 1)

(10)
[50]**TOTAL SECTION A:****50****SECTION B****QUESTION 2**

- 2.1 Read the article below and answer the questions. 

Mass burials after devastating Sierra Leone mudslide

According to news reports, recent floods in Sierra Leone were the worst they had ever experienced. Over 400 people died with 600 people said to be still missing. Mudslides destroyed towns. Homes were destroyed and people were left with nothing except what they were wearing.

With bodies lying around exposed to the heat, diseases such as cholera were a real threat to the people of Sierra Leone. The government of the country had appealed to relatives of the dead to bury them as soon as possible.

The country was severely affected by an Ebola outbreak and with more rains expected, the situation could get worse. There were calls on organisations such as the Red Cross for urgent assistance.

- 2.1.1 State FIVE immediate needs of a community affected by a disaster as described above.  (5)
- 2.1.2 Name FOUR ways in which diseases are spread. (4)

- 2.1.3 (a) Name TWO ways in which a disease enters the body.  (2)
- (b) Give TWO examples for each way you mentioned in QUESTION 2.1.3 (a). (2 × 2) (4)
-  2.1.4 Pollution is another threat to our environment.
- Name THREE types of pollution. (3)
- 2.1.5 Give TWO examples of each of the types of pollution you mentioned in QUESTION 2.1.4. (2 × 3) (6)
- 2.2 Name the SENSE and the ORGAN linked to each of the following:
- 2.2.1 Visual
- 2.2.2 Olfactory
- 2.2.3 Auditory
- 2.2.4 Gustatory
- 2.2.5 Tactile (5 × 2) (10)
- 2.3 Explain the method you need to follow when preparing to bottle to feed a baby. (10)
- 2.4 A constipated baby cries when passing stools. 
- State THREE ways in which this health problem can be treated. (3 × 2) (6)
- [50]**

QUESTION 3

- 3.1 Explain the term *summary weaning*. (2)
- 3.2 Briefly explain FOUR ways in which a working mother can manage breast-feeding. (4 × 2) (8)
- 3.3 State FOUR requirements that maternity wear should comply with. (4)
- 3.4 Certain aspects need to be taken into consideration when dressing an infant and toddler.
-  Explain FIVE safety requirements of baby wear. (5 × 2) (10)
- 3.5 Name SIX disadvantages of towelling napkins. (6)
- 3.6 Name the steps to follow for washing and sterilising nappies. (12)
- 3.7 Explain FOUR ways in which the educator can protect herself from diseases and illness while working with children. (4 × 2) (8)

[50]

QUESTION 4

4.1	4.1.1	Name FIVE important nutritional requirements for the pregnant mother. 	(5)
	4.1.2	State why each of the nutritional requirements you mentioned in QUESTION 4.1.1 are important for the mother's/child's health.	(5)
4.2	Name the THREE steps of test-weighing a baby.		(3)
4.3	State FIVE steps of introducing solid food to an infant. (5 × 2)		(10)
4.4	Name FOUR organs of the urinary system.		(4)
4.5	Describe SIX steps on how to use a square or rectangular wrap to wrap a baby. 		(6)
4.6	State FIVE ways in which the educator can limit the spread of germs in the daycare centre. (5 × 2)		(10)
4.7	State FOUR benefits of regular, mild exercise for the expectant mother.		(4)
4.8	State the purpose of each of the following items that are required for breastfeeding:		
	4.8.1	Breastfeeding bra	
	4.8.2	Nursing pad	
	4.8.3	Nipple cream	
			(3 × 1) (3)
			[50]
TOTAL SECTION B:			150
GRAND TOTAL:			200