



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

CHILD HEALTH N4

7 October 2020

This marking guideline consists of 8 pages.

SECTION A**QUESTION 1**

- 1.1 C
- 1.2 D
- 1.3 D
- 1.4 A
- 1.5 A
- 1.6 B
- 1.7 A
- 1.8 C
- 1.9 D
- 1.10 D
- 1.11 D
- 1.12 A
- 1.13 B
- 1.14 C
- 1.15 C

(15 × 1) **[15]**

QUESTION 2

- 2.1 True
- 2.2 True
- 2.3 False
- 2.4 True
- 2.5 False
- 2.6 False
- 2.7 True
- 2.8 True
- 2.9 True
- 2.10 True

(10 × 1) **[10]**

QUESTION 3

- 3.1 C
- 3.2 A
- 3.3 B
- 3.4 E
- 3.5 D

(5 × 2) **[10]**

QUESTION 4

- 4.1 Welfare agencies
- 4.2 Immunisation
- 4.3 Natural weaning
- 4.4 Cleft lip/Cleft palate
- 4.5 Forceps
- 4.6 Health inspectors
- 4.7 Conjunctivitis
- 4.8 Soya-based
- 4.9 Latching
- 4.10 Oedema
- 4.11 Holistic development
- 4.12 Let-down reflex
- 4.12 Quarantine
- 4.14 Occupational therapist
- 4.15 Clampi fastener

(15 × 1) [15]

TOTAL SECTION A: 50**SECTION B****QUESTION 5**

- 5.1 5.1.1
 - Immovable
 - Semimoveable
 - Movable
 (3)
- 5.1.2
 - Involuntary muscles
 - Voluntary
 - Cardiac muscles
 (Any 2 × 1) (2)
- 5.1.3
 - A – Nasal cavity/Nose
 - B – Pharynx
 - C – Trachea
 - D – Lungs
 - E – Bronchiole
 (5)
- 5.2
 - Keeps body upright and gives support
 - Protects major organs such as lungs and brain
 - Aids movement as muscles are attached to the bones.
 (3 × 2) (6)
- 5.3
 - Water
 - Food
 - Animals and insects
 - Bodily fluids
 (4)

- 5.4
- Air pollution caused by burning of fossil fuel, resulting in children having respiratory diseases
 - Noise pollution level caused by overpopulation in informal settlements
 - Flowing of drainage contaminating soil and causing diseases
 - Poor structural design increasing risk of home injuries
 - Contaminated food and water causing gastro-enteritis
- (Any relevant 5 × 2) (10)
- 5.5
- Anxiety
 - Stressful situations
 - Poor diet
 - Lack of fluids in diet
 - Not enough rest and sleep
 - Poor latching
 - Poor sucking reflex
 - Too few feeding sessions
- (Any 6 × 1) (6)
- 5.6
- Feed frequently using affected breast first.
 - Place a warm compress on the lump and gently massage the area while feeding.
 - See a doctor immediately.
 - Ultrasound and/or antibiotics may be prescribed for persistent cases.
 - A cabbage leaf can be used as a compress on the breast.
 - Try to express milk from the breast to prevent an abscess forming.
- (Any 6 × 1) (6)
- 5.7
- Remove all jewellery that may scratch or injure the infant.
 - Handle infants and toddlers firmly and safely.
 - Use the elbow to test the temperature before the infant is put in the bath.
 - Allow the cold water to run first then the hot water.
 - Never top up the bath water while the infant is in the bath.
 - Dress and undress the infant gently but quickly.
 - Always use a safety mat.
 - Never leave any infant or toddler alone in the bath.
 - Have all necessary items close at hand.
 - Keep the bathroom door closed.
 - Do not use bar heaters in the bathroom to avoid the danger of electrocution.
 - Use safety colours on taps to prevent accidental turning on.
- (Any 8 × 1) (8)
- [50]**

QUESTION 6

- 6.1 6.1.1 • Children playing in contaminated soil are exposed to health hazards.
 • In areas with ineffective services children are exposed to decaying and rotting household matter.
 • Flies cause diseases.
- 6.1.2 • Where there is no municipal water supply children may drink contaminated water causing diseases like diarrhoea and typhoid.
 • Cleanliness is also affected where there is no clean water for washing and bathing.
 • Stagnant water provides a breeding place for mosquitoes and harmful bacteria resulting in diseases and illnesses.
 • Children exposed to open pools and water are vulnerable to drowning. (Any THREE)
- 6.1.3 • Diseases may occur where there is overpopulation.
 • Poor ventilation and wet conditions may result in circulation of bacteria.
 • Bacteria flourish in dark, moist and warm conditions.
 • Homes that do not have electricity rely mostly on gas or paraffin for cooking and lighting which is a fire hazard. (Any THREE)
- 6.1.4 • Food not properly stored can go off and children eating this may experience vomiting and diarrhoea.
 • Food left outside too long are exposed to heat, flies and other insects posing a serious health risk to children.
 • Milk stored close together with meat or other food products in open containers can result in contamination which might cause infection to in the child.
- (4 × 3) (12)
- 6.2 • Healthy with a strong sucking reflex
 • 6–10 wet nappies in 24 hours
 • Happy between feeds and settles down
 • Gaining weight according to clinic chart
 • Soft and regular stools
- (Any relevant 5 × 1) (5)

- 6.3 Induction
- Artificial start of labour using hormones
 - Usually infused by intravenous drip
- Episiotomy
- Cutting of area between anus and vagina
 - Prevents serious tearing during birth
- Forceps
- Instrument put around baby's head
 - Used to guide baby along birth canal
- Ventouse (vacuum) delivery
- Cup attached to suction device attached to baby's head
 - Suction process helps baby along birth canal
- Caesarean section(surgery)
- Baby delivered under general anaesthetic
 - Cut made through abdomen into uterus of mother
- Epidural pain relief
- Local anaesthetic injected into space around spinal nerves
 - Blocks pain and facilitates easy birth
- (1 mark for procedure and 2 marks for relevant explanation) (Any 4 × 3) (12)
- 6.4
- Wash hands.
 - Check the nappy, change and clean if necessary.
 - Rewash hands and ensure that infant is in safe position to be fed.
 - Apply the infant's feeder or bib.
 - Check the temperature of the feed and make sure that it is the right feed. (5)
- 6.5
- Referred to as pushing phase
 - Baby descends into birth canal
 - Urge to push becomes greater
 - Head appears, called crowning
 - Head turns and shoulders rotate
 - Once shoulders are out, rest of body slips out (6 × 2) (12)
- 6.6
- Cracked nipples
 - Engorgement
 - Blocked duct
 - Mastitis(milk fever)
 - Sore nipples (Any 4 × 1) (4)
- [50]**

QUESTION 7

- 7.1
- Quicksilver/Mercury thermometers✓ made of hollow glass tube containing mercury✓ which rises as it comes into contact with body temperature✓
 - Fever strip/Forehead thermometer✓ consists of sensitive paper✓ which changes when exposed to high temperatures on child's fore head✓
 - Digital/Electronic thermometer✓ with battery operated✓ electronic display screens showing temperature reading✓ (3 × 3) (9)
- 7.2
- Close doors and windows to prevent draughts.
 - Preheat cold area by using heater posing no risk of electrocution.
 - Ensure that all necessary items are at hand.
 - First let cold water into baby bath followed by hot water and test temperature with elbow.
 - Keep door closed to maintain heat and avoid accidents. (5 × 2) (10)
- 7.3
- Establish a good supply of breastmilk by demand feeding and adequate care of herself before starting work
 - Learn to express breastmilk by hand or using a breast pump, freeze the milk in sterilised bottles after cooling in the fridge
 - Label the bottle with a date the first milk was added
 - Feed from teaspoon, a cup or a bottle fitted with a teat that resembles the shape of the nipple
 - Find a reliable educator or daycare situation
 - Purchase bottles and sterilising equipment for storing and feeding breastmilk, and a breastmilk substitute in case of need
 - During the last week before returning to work, introduce the infant to the educator or day care staff
 - Make sure that the staff know the correct way to warm the breastmilk
 - Express breastmilk into clean bottles during lunch and/ or tea breaks. Store in the refrigerator or any cool place
 - After work the mother should relax and breastfeed her infant, breastfeed again later in the evening and at least once during the night.
 - At weekends the infant should be breastfed frequently throughout the day
 - Thawed breastmilk should be kept in a refrigerator and used within 8 hours (Any relevant 10 × 1) (10)
- 7.4
- Breast milk is the complete food for the baby
 - It is well-balanced and provides water and nutrients
 - It is easy to digest
 - During feeds there is bonding between mother and child
 - The milk changes according to the specific needs of the baby
 - High protein content encourages brain development
 - Protects against infection
 - Antibodies are passed from mother to baby
 - Less nappy rash, colic, gastric disturbances and constipation
 - Lower risk of cot death (Any 9 × 1) (9)

- 7.5
- Make sure your hands are clean by washing them first
 - Reassure the baby by talking softly or singing softly.
 - Bend over the cot and place one hand under baby's body by gently lifting the feet.
 - Slide one hand under baby's head supporting baby's neck.
 - Lift baby slowly and gently towards your body.
 - Make baby comfortable by positioning baby's head on your shoulder.
- (6 × 2) (12)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200