



higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

**N100(E)(N14)H
NOVEMBER EXAMINATION
NATIONAL CERTIFICATE
CHILD HEALTH N4**

(9070244)

**14 November 2016 (X-Paper)
09:00–12:00**

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.
-

SECTION A

QUESTION 1

- 1.1 Complete the following sentences by using the words provided in the list below. Write only the word(s) next to the question number (1.1.1–1.1.20) in the ANSWER BOOK.

parent; educarer; cognitive; air pollution; divorce; holistic; education; hygiene; pain; heat; ears; eyes; natal; postnatal; umbilical cord; cot death; first; second; third; induction; possetting; sterilisation; nylon; dilute; diabetes; marasmus; wool; cotton; pollution; snappy; pin; waterproof; acrylic

- 1.1.1 This refers to the development of the child in totality.
- 1.1.2 This has an emotional effect on the child.
- 1.1.3 Skills development has a ... influence on the development of the child.
- 1.1.4 ... is the most important environmental influence on the child's development.
- 1.1.5 The ... has a supportive role in the child's development.
- 1.1.6 This is an internal impulse to the nervous system.
- 1.1.7 These organs are responsible for hearing.
- 1.1.8 The ... are sensitive to light impulses.
- 1.1.9 The term ... refers to the birth of a baby.
- 1.1.10 The placenta is attached to the baby by the ...
- 1.1.11 The baby brings up partially digested milk after a feed.
- 1.1.12 The ... stage of the birth process is when contractions start till the uterus is fully dilated.
- 1.1.13 This is the process of making objects germfree.
- 1.1.14 This method increases contractions during birth but shortens the birth process.
- 1.1.15 Passing of hard stools and pain around the anus is called ...
- 1.1.16 A symptom of this condition is the frequent passing of urine.

- 1.1.17 A safe T-shaped fastening item for baby nappies is called a ...
- 1.1.18 This fabric is flammable and not sweat-absorbent.
- 1.1.19 The ... is worn over nappies to keep the bedding and clothes dry.
- 1.1.20 A soft material made of natural fibre that is cool and ideal for baby clothes.

(20 × 1) (20)

1.2 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 (1.2.1–1.2.20) in the ANSWER BOOK.

- 1.2.1 Bleeding disease/haemophilia is a/an ... condition.
- A environmental
 - B social
 - C hereditary
 - D behavioural
- 1.2.2 ... is a natural disaster.
- A Child abuse
 - B Radiation
 - C Drug abuse
 - D Floods
- 1.2.3 ... is the acronym/abbreviation for the diphtheria, pertussis and tetanus vaccine.
- A TOPV
 - B DPT
 - C DT
 - D HBV
- 1.2.4 EPI stands for ...
- A Europe Proposed Immunisation.
 - B Eleven Post-country Immunisations.
 - C Every Possible Immunisation-chart.
 - D Expanded Programme on Immunisation.
- 1.2.5 The function of the nervous system is to ...
- A join the muscles.
 - B control the blood flow.
 - C conduct impulses in the body.
 - D form the joints.

- 1.2.6 The location of the spinal cord is in the ...
- A breast cavity.
 - B vertebra.
 - C skull.
 - D nasal cavity.
- 1.2.7 The gliding joint is in the ...
- A ankle.
 - B shoulder.
 - C neck.
 - D elbow.
- 1.2.8 How many seminal ducts form part of the male sexual organs?
- A Three
 - B Four
 - C Undefined
 - D Two
- 1.2.9 A method of permanent male birth control is ...
- A using an intrauterine device.
 - B injections.
 - C a vasectomy.
 - D condoms.
- 1.2.10 The medical term for skipping menstruation is ...
- A amenorrhoea.
 - B areola.
 - C ovaries.
 - D vasectomy.
- 1.2.11 An acceptable reason to stop breast-feeding:
- A The mother believes bottle feeding is better.
 - B The dad believes it is a waste of time.
 - C The mother takes medication that is harmful to the baby.
 - D Their friends do not breast-feed their babies.
- 1.2.12 Cracked nipples are cured by ...
- A overfilling of the breasts.
 - B incomplete emptying of the breasts.
 - C the use of antifungal drops.
 - D proper management and following a breast-feeding schedule.

- 1.2.13 What is partly modified milk formula for babies?
- A Cow's milk imitation to represent breast milk
 - B A milk with a vegetable base
 - C Coffee creamers
 - D Solids added to bottle formula milk
- 1.2.14 The best precaution for germ-free health is:
- A Expensive professional sprays for germs and dust
 - B Regular use of anti-inflammatory medication
 - C Old food and milk kept in the fridge
 - D Strict everyday general hygiene
- 1.2.15 Insufficient milk supply is caused by ...
- A anxiety and hormonal changes.
 - B a loving, supporting husband.
 - C having a good diet prepared for you every day.
 - D a grandmother looking after the baby while the mother is sleeping.
- 1.2.16 Breast-fed babies ...
- A are restful and content.
 - B have brown-coloured stools.
 - C are overfed.
 - D are constipated.
- 1.2.17 When holding the baby to your shoulder ...
- A the baby's head is rested in the bend of your elbow.
 - B the baby's head is rested on your shoulder.
 - C the baby is lying on your lap.
 - D the baby's head is rested in your hand.
- 1.2.18 Towelling nappies ...
- A reduce washing and electricity usage.
 - B cause allergies if not cared for properly.
 - C are biodegradable.
 - D can be left on the baby for 24 hours.
- 1.2.19 Acrylic clothes ...
- A are easily flammable.
 - B like wool, cannot be washed easily.
 - C are soft, lightweight and non-irritable to the skin.
 - D are a natural fibre.

1.2.20 The fabric which is best for a crawling baby's shoes:

- A Acrylic with a firm sole and extending over the ankle
- B Plastic shoes that will last long
- C No footwear is prescribed
- D Leather shoes with a fastening buckle on the side

(20 × 1) (20)

1.3 Choose an item from COLUMN B that matches a description in COLUMN A. Write only the letter (A–E) next to the question number (1.3.1–1.3.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.3.1	Inflammation of the breast tissue	A	thrush
		B	mastitis
1.3.2	Milk back-up, overfilling the breast tissue	C	engorgement
1.3.3	Fungal infection in the mouth and the nappy area	D	kwashiorkor
1.3.4	Automatic sucking reflex of the baby	E	rooting reflex
1.3.5	Lack of protein and growing food in the diet		

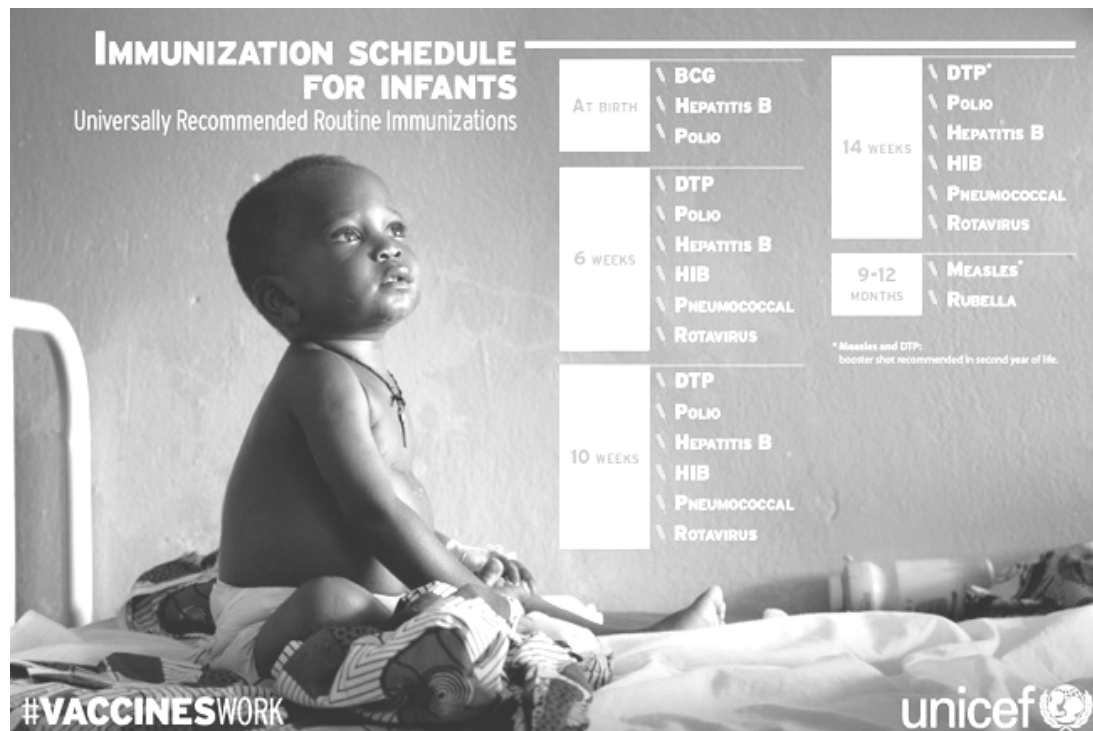
(5 × 2) (10)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

Carefully study the poster below and answer the questions.



[Source: www.UNICEF ON VACCINATION 15 DECEMBER 2014]

- 2.1 The poster above shows how good health influences the total development of the child.

Identify FIVE aspects and explain in a paragraph your understanding of how positive health contributes to this baby's well-being in totality.

(5)

- 2.2 Community health is represented in the social communication of the participating community members.

- 2.2.1 How can open communication by community members add value to communal health?

(5)

- 2.2.2 State FIVE environmental factors that may cause pollution in a daycare centre.

(5)

- 2.2.3 State SIX characteristics of disease-carrying organisms.

(6)

- 2.3 On the poster is an immunisation schedule.
- 2.3.1 What does immunisation involve? (6)
- 2.3.2 Why is the same vaccines repeated when the child is older? (3)
- 2.3.3 Give SEVEN symptoms whereby you can recognise a fever fit. (7)
- 2.4 Name EIGHT structures in the digestive system. (8)
- 2.5 Name FIVE male sexual organs. (5)
- [50]

QUESTION 3

- 3.1 Describe the development of the foetus under the THREE trimesters of pregnancy. (3 × 3) (9)
- 3.2 During pregnancy, the foetus is fully dependent on the mother's behaviour.
- 3.2.1 Name FIVE dangerous factors the mother should avoid during pregnancy. (5)
- 3.2.2 Explain the effect of the factors mentioned in QUESTION 3.2.1 on the health of the mother and baby. (5 × 2) (10)
- 3.3 Name the THREE functional groups, with examples, into which food is divided. (3)
- 3.4 What can the mother do to improve on her available milk for breast-feeding? (7)
- 3.5 Give FOUR qualities of the stools of a bottle-fed baby. (4)
- 3.6 Discuss FIVE possibilities why the mother might need to wean the baby abruptly. (5)
- 3.7 List SEVEN symptoms on how to identify when feeding problems occur in toddlers. (7)
- [50]

QUESTION 4

- 4.1 Give SIX guidelines on how to introduce solid food to the toddler. (6 × 2) (12)
- 4.2 Dineo is 3 months old. She is lying on her tummy in a cot.
Describe a safe procedure to pick her up. (5 × 2) (10)
- 4.3 When bathing babies at the daycare centre, safety is a first priority.
- 4.3.1 How would you handle the baby in a safe way? (3)
- 4.3.2 How would you set up the bathroom and equipment to bath a baby? (6)
- 4.4 State NINE points to keep in mind when caring for baby nappies at the day-care centre. (9)
- 4.5 List TEN basic items needed in the baby's wardrobe. (10)
[50]
- TOTAL SECTION B: 150
GRAND TOTAL: 200