higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

N110**(E)**(N12)H

NATIONAL CERTIFICATE

CHILD HEALTH N4

(9070244)

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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.

GS

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 (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 Topping and tailing involves washing the … of the infant.

A face, foot, nappy area
B face, armpits, and nappy area
C face, hands, and nappy area
D head and shoulders

1.1.2 The trachea (wind pipe) consists of a …-shaped cartilage which ensures that the windpipe stays open.

A C
B O
C U
D T

1.1.3 Which ONE of the following is not an advantage:

A Increased incidence of breast cancer
B No premenstrual tension
C No unnecessary blood loss
D Temporary lowered fertility

1.1.4 The correct way to lay down a baby is …

A on his right-hand side
B on his tummy
C on his left-hand side
D upright

1.1.5 A sign of adequate feeding is …

A continual crying.
B refusing or fighting the breast.
C at least 6–10 wet nappies per day
D fewer wet nappies

1.1.6 The male reproductive system starts to function at approximately the age of …

A 12
B 14
C 20
D 10

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1.1.7 The nutrients we ingest contribute to the following physical development of a child:

A Poor concentration
B Overweight (obesity)
C Providing a fat layer to maintain temperature
D Dental problems

1.1.8 Which of the following symptoms of a pregnant woman should be brought to the attention of the medical staff immediately:

A Passing urine too often
B Mother may feel tired, sleepy and exhausted
C Movement of foetus discontinued
D Nausea due to changes in hormone levels

1.1.9 A post-natal examination includes:

A vaginal examination
B respiratory examination
C blood examination
D dental examination

1.1.10 Infections during bottle feeding may occur due to:

A over feeding
B left-over milk exposed to the atmosphere for long periods
C refrigerated feeding
D rubbing the teat with dry salt

(10 × 2) (20)

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1.2 Choose a term or 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	The feed which is given in addition to breastfeeding	A	pharynx (throat cavity)
1.2.2	A muscular tube behind the nose and mouth cavity	B	constipation
1.2.3	A dark area around the nipple	C	complimentary feeding
1.2.4	It is caused by poor eating habits, a poor diet and insufficient intake of fluid and fibrous food	D	scald
1.2.5	A burn caused by moist heat	E	areola
		F	larynx

(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 (1.3.1–1.3.5) in the ANSWER BOOK.

1.3.1 During weekends the infant should not be breastfed frequently throughout the day as this will break the weaning routine.

1.3.2 It is important to drink lots of fluids to prevent constipation and ensure normal kidney and bladder functioning during pregnancy.

1.3.3 Baby-led weaning is when the baby decides to stop feeding on the breast.

1.3.4 You may top up bath water when the infant or toddler is in the adult bath.

1.3.5 Going to the toilet frequently is an indication that a child is well.

(5 × 2) (10)

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1.4 Give ONE word or term for each of the following descriptions by choosing a word or term from the list below. Write only the word or term next to the question number (1.4.1–1.4.5) in the ANSWER BOOK.

humanised formulae; gastroenteritis; health team; lochia; bronchitis; coughing

1.4.1 An inflammation or infection of the mucous membrane in the lungs

1.4.2 Any person or organisation that may contribute to an educare centre with regard to the children's health.

1.4.3 The bright red vaginal discharge immediately after birth

1.4.4 Feeds which have been prepared from cow's milk that was modified to make it as similar as possible to breast milk

1.4.5 An inflammation of the stomach and bowel in response to an infection, allergy or ingested poison from infected food, hands and/or milk foods.

(5 × 2) (10)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

The Health Team members have the responsibility to maintain and improve the health of the young child.

[Source: *Child Health manual*]

2.1 Describe the functions of the following Health Team members:

2.1.1 Social workers

2.1.2 Municipal and school health services

2.1.3 Educarers

(3 × 4) (12)

2.2 Pregnant women need to maintain a balanced diet.

As an educarer, advise a pregnant woman on correct eating habits. (16)

2.3 The choice of milk will vary depending on the age of the infant or toddler that is weaned.

State EIGHT factors that influence the choice of the most suitable milk formula. (8)

2.4 State the standard measurement for preparing milk formula. (4)

2.5 The lids of nappy buckets must be closed during sterilisation.

Identify TWO risks of not replacing the lid of a nappy bucket after use. (2)

2.6 Give any TWO methods of folding a nappy. (2)

2.7 Drying clothes in the sun have effects. (4)

2.7.1 Briefly provide ONE positive effect of drying clothes in the sun.

2.7.2 Briefly provide ONE negative effect of drying clothes in the sun.

2.8 Describe the function of the spinal cord. (2)
[50]

QUESTION 3

Nappies must be changed as soon as you realise that the infant has soiled or wet his/her nappy.

[Source: *Child Health manual*]

3.1 Describe TEN steps to change a nappy. (20)

3.2 List THREE different types of nappies. (3)

3.3 Describe the routine followed when sterilising nappies. (16)

3.4 Identify the risks of applying baby powder on the infant's body. (4)

3.5 Provide THREE reasons why it is necessary to use safety covers on taps. (3)

3.6 The circulatory system consists of the heart and blood vessels.

Give TWO functions of blood vessels. (4)
[50]

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QUESTION 4

Children must not 'inherit' shoes from older brothers and sisters.

[Source: *Child Health manual*]

4.1 Do you agree with the statement above? Give a reason for your answer. (3)

4.2 Advise mothers on what to look for when choosing shoes for their toddlers. (16)

4.3 Identify THREE types of joints and provide the function or each. (9)

4.4 Advise mothers on how to handle a baby who refuses to drink from a bottle. (8)

4.5 List FIVE examples of artificial feeds. (5)

4.6 Describe THREE factors that may affect the child's health from conception. (6)

4.7 Mention THREE items that are used with nappies. (3)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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