higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

CHILD HEALTH N4

13 NOVEMBER 2019

This marking guideline consists of 8 pages.

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SECTION A

QUESTION 1

1.1	1.1.1	B
	1.1.2	D
	1.1.3	A
	1.1.4	D
	1.1.5	B
	1.1.6	C
	1.1.7	D
	1.1.8	A
	1.1.9	B
	1.1.10	A

(10 × 1) (10)

1.2	1.2.1	C
	1.2.2	D
	1.2.3	E
	1.2.4	F
	1.2.5	A

(5 × 2) (10)

1.3	1.3.1	True
	1.3.2	True
	1.3.3	False
	1.3.4	False
	1.3.5	True
	1.3.6	False
	1.3.7	False
	1.3.8	True
	1.3.9	False
	1.3.10	False
	1.3.11	True
	1.3.12	True
	1.3.13	True
	1.3.14	False
	1.3.15	True

(15 × 1) (15)

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1.4 1.4.1 Safety grip
1.4.2 Natural weaning
1.4.3 Typhus
1.4.4 Physiology
1.4.5 Hydrolysed-protein formula
1.4.6 Projectile vomiting
1.4.7 Sterilisation
1.4.8 Amenorrhoea
1.4.9 Educare centre
1.4.10 Swaddling
1.4.11 Immunisation
1.4.12 Sterilant
1.4.13 Pureed food
1.4.14 Prop feeding
1.4.15 Conception

(15 × 1) (15)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 2.1.1
- Walk with the baby, rocking and comforting it.
- Assist the baby in releasing the wind.
- Give the baby a dummy to suck.
- Place the baby on its tummy and rub the back in an upwards movement.
- Feed the baby in a raised position.
- Make sure the hole in the teat of the bottle is not too large, which could result in the baby swallowing too much air.
- Consult a doctor, clinic or chemist if required.

(Do NOT accept it when the student writes 'give the baby gripe water', etc., as day-care centres are not allowed to administer medicines without the written permission of the parent.) (7)

2.1.2 A
- Collect all equipment and resources you need, that is, the baby bath (if required), toiletries and baby clothing.
- Remove any jewellery that may catch on the baby and hurt it.
- Wash the hands.
- Add lukewarm water to the baby bath – test with the elbow.
- Place a towel on a secure work surface next to the baby bath. (5)

2.1.2 B
- Lay the baby on the towel and undress it.
- Wrap the baby in a towel with its hands within the towel to prevent getting soap on the baby's hands that it can then put in its eyes.
- Use cotton wool and wash the baby's eyes from the inside out.
- Wash the baby's face and hair and dry it.
- Unwrap the baby and soap its body.
- Using the safety grip, lower baby into the bath and rinse the baby thoroughly.
- Remove the baby from the bath and dry it thoroughly and dress it. (7)

2.1.3
- The baby has fewer wets nappies than usual.
- The baby seems still hungry after the feed.
- The baby may appear lethargic and it may have a poor sucking reflex.
- It will cry continually between feeds.
- The baby refuses or fights the breast.
- The baby may be dehydrated with dry skin, eyes and tongue.
- Its stools may be dark and hard and it may be painful to pass.

(Any 5 × 1) (5)

2.1.4
- Milk and milk products
- White of the egg
- Citrus fruits
- Wheat, maize, fish, tomatoes and chocolate
- Food colourants and preservatives
- Peanuts (Any 5 × 1) (5)

2.2
- It protects the child against communicable diseases such as diphtheria, tetanus, etc.
- If the child does contract the disease, it is usually in a mild form.
- It protects others and stops the spread of these dangerous diseases.

(3 × 2) (6)

2.3
- Smoking:✓ Toxins in the cigarettes enter the foetus system, which could result in low birth weight, premature birth and complications during birth.✓
- Drugs (even over-the-counter medicines):✓ Babies can have withdrawal symptoms from the drugs when born. They can also suffer from brain damage and other physical defects.✓
- Alcohol:✓ There is a risk of brain damage (FAS) as well as physical damage to organs and even miscarriage.✓
- X rays:✓ These can result in miscarriage, physical or cognitive deformities, depending on when the foetus was exposed to the radiation.✓
- Inoculations:✓ Certain vaccinations given during pregnancy can cause birth defects or miscarriage.✓ (5 × 2) (10)

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2.4
- Two testicles in the scrotum
- Seminal ducts
- Seminal vesicles
- Prostate gland
- Penis (5)

[50]

QUESTION 3

3.1
- Wash hands regularly and correctly before eating or after using the toilet.
- Never share brushes, face cloths or towels.
- If children are ill, they should stay at home.
- Never touch any blood.
- Cover your mouth when sneezing or coughing. (5)

3.2
- Mercury thermometer
- Digital thermometer
- Fever strip
- Pacifier thermometer (Any 3 × 1) (3)

3.3 Passive immunity is the resistance a baby gets from its mother while still in the womb and through breastfeeding.
Active immunity is the process of vaccination and immunisation administered at a clinic or hospital to actively build immunity against certain infections.
(2 × 2) (4)

3.4
- Remove the wet or soiled nappy.
- Wipe the bottom with a baby wipe or wet cloth from the front to the back.
- Make sure the skin is dry before putting on the next nappy.
- Apply ointment on the baby's bottom.
- Put the clean nappy under the baby's bottom and make sure that you secure it with a suitable fastener.
- If you use cloth nappies and nappy pins, make sure you put your hand between the baby's skin and the nappy before attaching the pin to avoid hurting the baby.
- Cover the nappy with a waterproof to keep wetness away from the baby's clothing and bedding. (7)

3.5
3.5.1 Use alternatives such as rice or soya milk.
3.5.2 Use natural food without dyes and free from preservatives.
3.5.3 Oats, rice or potato flour
3.5.4 Fruits and other natural sugars
3.5.5 Other sources of protein such as legumes, beans, etc.
(5 × 1) (5)

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3.6 **Stage 1**
Labour begins with the onset of contractions.
The cervix starts opening, the water breaks, a mucous discharge, tinged with blood appears, and the baby gets into position, ready for birth.

Stage 2
The birth process starts and the baby descends into the birth canal.
The urge to push becomes greater, the baby's head appears, its shoulders start coming out and the rest of the body slips out.

Stage 3
The delivery of the baby ends with the expulsion of the placenta.
After the birth of the baby, the uterus contracts, pushing the placenta out.
(3 × 2) (6)

3.7 It leads to overweight and increases the risks of toxaemia (swollen hands, face and feet, associated with high blood pressure).
It makes the delivery more difficult and losing the excess weight after the baby's birth can be difficult. (2 × 2) (4)

3.8
- Diabetes
- Hypertension (high blood pressure)
- Cancer
- HIV and Aids
- Asthma
- Haemophilia
- Spina bifida
- Cleft palate or club feet (Any 2 × 1) (2)

3.9

NUTRIENT	FUNCTION	SOURCE
Calcium	Growth and strengthening of the baby's bones✓	Milk, cheese, yoghurt, oily fish✓
Iron	To make extra blood required to transport oxygen in the body✓	Meat, fish, nuts, whole grains, dark-green, leafy vegetables✓
Protein	For development of the baby's organs and muscles✓	Poultry, red meat, soy, dairy, eggs✓

(6 × 1) (6)

3.10 Through body openings✓
- Mouth – People breathe in viruses such as TB or the flu virus.✓
- Genitals – viruses such as HIV✓
- Eyes – for example, pink eyes✓

Through broken skin✓
- Sores✓
- Cuts or grazes,✓ for example impetigo✓ (8)

[50]

QUESTION 4

4.1 The health team will work together to improve the health of the child. (2)

4.2
- Lower the side of the cot✓ to make it easier and safer to reach the baby.✓
- Use the safety grip,✓ making sure the baby is held securely.✓
- Bend the knees slightly and move the baby towards the body,✓ supporting the baby's neck and back with your hand and arm.✓ (3 × 2) (6)

4.3 4.3.1 Safety pin or clips and waterproof pants (2)

4.3.2
- Can cause soil/land pollution
- Can contaminate water
- Blockage of sewerage systems
- Can kill animals, for example cows (can be mistaken for feed)

(Any 2 × 1) (2)

4.3.3
- Because they are expensive, mothers sometimes tend leaving them for longer on the baby than they should, causing nappy rash.
- Some babies' skins are sensitive to the gels in some brands, which results in nappy rash.
- When these nappies are wet, they become heavy and lumpy, making them uncomfortable for the baby. (3 × 2) (6)

4.4 4.41
- Unemployment
- Lifestyle choices
- Communities
- Culture (Any 3 × 1) (3)

4.4.2 Unemployment – Parents have no money,✓ resulting in a lack of adequate food, housing, clothing and medical care.✓
Lifestyle – Parents are role models✓ and if their lifestyle is not a positive one, it will affect the child negatively who picks up these bad habits.✓
Communities – Children copy the antisocial behaviour displayed by people who are addicted to drugs or alcohol.✓ The children are also open to abuse.✓
Culture – This involves traditional habits or practices, such as baby boys who are circumcised.✓ Food preferences and child-rearing practices also form part of culture.✓ (3 × 2) (6)

4.4.3 Quarantine refers to healthy people being isolated to ensure they do NOT have a disease, whereas isolation occurs when a sick person is kept away from others in order not to infect them. (2)

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4.5
- When it is multiple birth (twins)
- The baby is too big to be delivered normally.
- There are complications with the mother's health.
- Labour is prolonged and the baby becomes distressed.
- The umbilical cord wraps around the baby's neck.
- When the placenta is low in the uterus and it covers the cervix, thus preventing the baby from passing through
- Abnormal heart rate (Any 5 × 2) (10)

4.6 Obstetric forceps
Ventouse (suction/vacuum extraction) (2)

4.7
- Air passes through the nostrils.
- Air is warmed and made moist.
- Small hairs in the nostrils trap dust, serving as a filter.
- The nose serves as a smelling organ. (Any 3 × 1) (3)

4.8
- Never wash woollen clothes in hot water; rather use lukewarm water.
- Use a mild detergent.
- Do NOT rub or wring the garment.
- Lay the garment on a flat surface to dry.
- Put a towel or absorbent cloth underneath the garment to absorb excess moisture.
- Do NOT dry the clothes in direct sun or dry them in a tumble dryer. (6)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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