



# higher education & training

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Department:  
Higher Education and Training  
**REPUBLIC OF SOUTH AFRICA**

## **NATIONAL CERTIFICATE**

### **CHILD HEALTH N4**

(9070244)

**13 November 2019 (X-Paper)**  
**09:00–12:00**

**This question paper consists of 9 pages.**

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

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**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 (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 Obese children are at risk of contracting a number of conditions, including ... 

- A failing eyesight.
- B early heart diseases.
- C overfeeding.
- D headaches.

1.1.2 Personal care during pregnancy include ...

- A immunisation and inoculation.
- B excessive weight gain.
- C postnatal depression. 
- D breasts and nipples.

1.1.3 An important function of our bones is to ...

- A protect internal organs from injury.
- B control voluntary muscle movement.
- C break down worn-out red blood cells.
- D send impulses or messages to and from the brain.

1.1.4 ONE reason for immediate weaning could be ...

- A colic and winds. 
- B refusal to drink from a bottle.
- C poor sleeping between feeds.
- D that the baby has a cleft lip or palate.

1.1.5 Finger foods teach children the following skills:

- A Social skills
- B Fine muscle co-ordination
- C Large muscle co-ordination
- D Table manners 

1.1.6 The main function of the heart is to ...

- A secrete bile to aid digestion.
- B transport water with oxygen through the body.
- C pump blood through the body.
- D secrete hormones.

- 1.1.7 Infections may occur because of ...
- A refrigerated, expressed milk.
  - B the flow of milk from the teat. 
  - C boiled water being used.
  - D an incorrect concentration of sterilising solution used.
- 1.1.8 Any unusual symptoms that the pregnant woman may experience and that should be brought to the attention of medical staff immediately, include ...
- A abnormal passing of blood.
  - B increased frequency in passing urine.
  - C dark colouring around the areola.
  - D small amounts of fluid leaking from the breast.
- 1.1.9 To make bath time a pleasurable time for the baby, the educator could ... 
- A give the baby finger food to keep it occupied.
  - B add floating, pouring and sinking bath toys.
  - C remove all jewellery that may scratch or injure the baby.
  - D bottle-feed the baby as it will be crying.
- 1.1.10 Iron deficiency anaemia is caused by ... 
- A too little iron in the diet.
  - B too much iron in the diet.
  - C an increased consumption of maize meal.
  - D a diet rich in vitamin C.

(10 × 1) (10)

- 1.2 Choose an item 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    | State of complete physical, mental and social well-being and not merely the absence of disease or infirmity                                                     | A        | summary weaning                                                                            |
|          |                                                                                                                                                                 | B        | marasmus                                                                                   |
| 1.2.2    | Passing of frequent and loose stools                                                                                                                            | C        | health  |
| 1.2.3    | Result of an unbalanced diet and insufficient intake of nutrients                                                                                               | D        | diarrhoea                                                                                  |
|          |                                                                                                                                                                 | E        | malnutrition                                                                               |
| 1.2.4    | Simple procedure that involves the baby being weighed before and after a feed  | F        | test-weighing                                                                              |
| 1.2.5    | Immediately taking the baby off the breast and replacing breastfeeding with bottle-feeding                                                                      |          |                                                                                            |

(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 (1.3.1–1.3.15) in the ANSWER BOOK.

- 1.3.1 Allow the baby some time without a nappy to kick freely and enjoy the fresh air. 
- 1.3.2 Putting a baby down on its tummy increases the risk of cot death.
- 1.3.3 Vitamin D deficiency is more common in countries in which people are exposed to sunlight.
- 1.3.4 Milk should be stored together with meat or other food products, as it can result in contamination.
- 1.3.5 Toxic fumes and pollution in the air, generated by cars, factories, smoking, etc., can result in lung problems for children.
- 1.3.6 The term 'olfactory' refers to the sensation of feeling texture and temperature. 
- 1.3.7 The educarer must teach children good hygiene habits such as covering their eyes when sneezing.
- 1.3.8 Physical, social, emotional, moral and sexual factors are aspects that work together towards the development of a child.

- 1.3.9 Haemorrhoids are enlarged and congested veins of the legs, resulting from overheating of the body.
- 1.3.10 Waterproof pants are required when using a disposable nappy.
- 1.3.11 Baby clothes must not have hard or thick seams that could scratch the baby.
- 1.3.12 For hygienic purposes, a pregnant mother must use a soft-bristled toothbrush, regularly floss and massage her gums.
- 1.3.13 In the first two years, mothers are always encouraged to buy clothes a size larger for their child, which allows for trunk growth.
- 1.3.14 Morning sickness in the early weeks of pregnancy can be caused by a vaginal discharge.
- 1.3.15 A heat rash can be treated by sprinkling one or two tablespoons of bicarbonate of soda into the bath water.

(15 × 1) (15)

- 1.4 Give ONE word/term for each of the following descriptions by choosing a word/term from the list below. Write only the word/term next to the question number (1.4.1–1.4.15) in the ANSWER BOOK.

natural weaning; sterilant; amenorrhoea; safety grip; immunisation; physiology; projectile vomiting; educare centre; typhus; swaddling; conception; pureed food; sterilisation; prop feeding; hydrolysed-protein formulas; casein

- 1.4.1 The baby's neck and head are supported by the forearm, with the one hand holding firmly on to the baby's arm while the other hand is placed between the baby's legs.
- 1.4.2 A more relaxed schedule according to which the baby is gradually introduced to bottle-feeds over a period of four weeks
- 1.4.3 Infection caused by coming into contact with germs in human excretions
- 1.4.4 The study of how organs and structures of the body function
- 1.4.5 Formula milk which is specially designed for babies with an allergy or intolerance to cow's milk
- 1.4.6 When the baby vomits with a strong spurt
- 1.4.7 The process by which micro-organisms or germs are removed from items or equipment by means of chemical agents or by immersion into boiling water or steam.

|        |                                                                                                                                     |          |                     |
|--------|-------------------------------------------------------------------------------------------------------------------------------------|----------|---------------------|
| 1.4.8  | Missing a menstrual period, which will continue for the entire pregnancy and while breastfeeding                                    |          |                     |
| 1.4.9  | The place at which infants, toddlers and young children are looked after and provided with a stimulating and an educative programme |          |                     |
| 1.4.10 | Wrapping a baby tightly in a shawl or blanket                                                                                       |          |                     |
| 1.4.11 | The process by which medication is used to protect the body against certain diseases                                                |          |                     |
| 1.4.12 | A manufactured chemical, in a powder or liquid form, which destroys germs                                                           |          |                     |
| 1.4.13 | Food with a very smooth texture which was achieved by sieving, straining or blending                                                |          |                     |
| 1.4.14 | Feeding a baby with a bottle while the baby is resting on a pillow or other soft item                                               |          |                     |
| 1.4.15 | A new life begins at this stage.                                                                                                    |          |                     |
|        |                                                                                                                                     | (15 × 1) | (15)<br><b>[50]</b> |

**TOTAL SECTION A: 50**

## SECTION B

### QUESTION 2

|     |       |                                                                                                         |         |             |
|-----|-------|---------------------------------------------------------------------------------------------------------|---------|-------------|
| 2.1 | 2.1.1 | Explain the steps you could take if a baby has colic at your day care centre.                           |         | (7)         |
|     | 2.1.2 | Explain how you would bath a young infant:                                                              |         |             |
|     |       | (a) Preparation for bathing                                                                             |         | (5)         |
|     |       | (b) Main steps of bathing the baby                                                                      |         | (7)         |
|     | 2.1.3 | Name FIVE signs that a baby who has been breastfed is not getting sufficient milk.                      |         | (5)         |
|     | 2.1.4 | Some infants may react negatively to some foods.                                                        |         |             |
|     |       | Name FIVE common food allergies.                                                                        |         | (5)         |
| 2.2 |       | Immunisation is vitally important in early childhood. Explain this statement.                           |         | (6)         |
| 2.3 |       | Discuss FIVE things that pregnant woman should avoid during pregnancy. In your discussion, explain why. | (5 × 2) | (10)        |
| 2.4 |       | List FIVE structures of the internal male genitals.                                                     |         | (5)         |
|     |       |                                                                                                         |         | <b>[50]</b> |

**QUESTION 3**

- 3.1 As an educator, you want to implement good practices of hygiene.  
Suggest FIVE habits which children must learn in order to avoid the spread of disease. (5)
- 3.2 Give THREE types of instruments that can be used to measure a child's temperature. (3)
- 3.3 Differentiate between *passive immunity* and *active immunity*. (2 × 2) (4)
- 3.4 Explain SEVEN steps that can be followed when changing a baby's nappy. (7)
- 3.5 Provide possible substitutes/alternatives for the common food allergies listed below.
- 3.5.1 Milk and milk products
- 3.5.2 Food colourants and preservatives
- 3.5.3 Maize (5)
- 3.5.4 Sugar
- 3.5.5 Eggs (5 × 1) (5)
- 3.6 Briefly explain the main process involved in each of the THREE stages of labour. (3 × 2) (6)
- 3.7 Many pregnant mothers are taking a risk by eating for 'two'. Explain the danger of excessive consumption of food during pregnancy. (4)
- 3.8 Name TWO diseases that can be passed on to a child through the parent's genes. (2)
- 3.9 Nutrients are required to build the body. Provide ONE function and ONE source of the nutrients shown in the table below. (6)
- | NUTRIENT | FUNCTION | SOURCE |
|----------|----------|--------|
| Calcium  | (1)      | (1)    |
| Iron     | (1)      | (1)    |
| Protein  | (1)      | (1)    |
- 3.10 Discuss TWO ways in which disease-carrying organisms can penetrate the skin. (2 × 4) (8)
- [50]**

**QUESTION 4**

- 4.1 Explain the role of a health team. (2)
- 4.2 Explain THREE safety factors to keep in mind when picking up a baby from a cot. (3 × 2) (6)
- 4.3 4.3.1 Name TWO additional items you will require when using towelling nappies. (2)
- 4.3.2 Mention TWO effects that non-biodegradable nappies can have on the environment. (2)
- 4.3.3 Apart from being a threat to our environment, discuss THREE other disadvantages of disposable nappies. (3 × 2) (6)
- 4.4 4.4.1 Name THREE socio-economic factors that could have a negative impact on the development of a toddler. (3)
- 4.4.2 Discuss how the THREE socio-economic factors stated in QUESTION 4.3.1 will affect the development of a toddler. (3 × 2) (6)
- 4.4.3 What is the difference between *quarantine* and *isolation*? (2)
- 4.5 Explain FIVE reasons that doctors opt to use caesareans as a method of birth. (5 × 2) (10)
- 4.6 Name TWO instruments that doctors use to help the head of the baby emerge during natural birth. (2)
- 4.7 List THREE functions of the nasal cavity. (3)
- 4.8 Explain how you would wash baby clothes made from wool. (6)
- [50]**

**TOTAL SECTION B: 150**  
**GRAND TOTAL: 200**