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.

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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]**

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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]

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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' head
- Suction process helps baby along birth canal

Caesarean section(surgery)
- Baby delivered under general anaesthetic baby
- 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 educarer 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 educarer 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

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