



higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE

CHILD HEALTH N4

(9070244)

**7 October 2020 (X-paper)
09:00–12:00**

This question paper consists of 9 pages.

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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.
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SECTION A**QUESTION 1**

Various options are given as possible answers to the following questions. Choose the correct answer and write only the letter (A–D) next to the question number (1.1–1.15) in the ANSWER BOOK.

- 1.1 Symptom of allergic reactions include ...
- A teeth decay. ✘
 - B cleft palate.
 - C diarrhoea, constipation or bloated abdominal.
 - D lethargy and sleepiness.
- 1.2 Which example below is not a characteristic of an unhealthy or undernourished child?
- ✘
- A Lack of concentration
 - B Recurring earache
 - C Excessive urination
 - D Curious and keen to explore his immediate environment
- 1.3 Which ONE of the following is not a possible cause of constipation?
- A Poor diet
 - B Infections such as gastro-enteritis
 - C Abuse of laxatives
 - D Difficulty in urinating ✘
- 1.4 In South Africa, ... deficiency is caused by diets consisting mainly of maize meal.
- A vitamin B3 (pellagra)
 - B vitamin D
 - C vitamin C
 - D vitamin B1
- 1.5 ONE of the following alternatives is a reason for immediate weaning of the baby from the breast:
- A Cleft lip or palate ✘
 - B Constipation
 - C Poor sleeping between feeds
 - D Colic or wind

- 1.6 What to look for when choosing shoes for a young child:
- A Hard seams on the inside of the shoe
 - B 18-20 mm between big toe and the front of the shoe
 - C Shoe soles must be raised or inflexible
 - D Latest fashion
- 1.7 The expression *topping and taling* refers to washing of ...
- A the face and nappy area.
 - B only the baby's face and hair.
 - C face, nappy area and the whole body.
 - D hands, nappy area and genitals.
- 1.8 The appropriate way of cleaning a little boy's genitals is to ...
- A pull the foreskin back over the glans.
 - B wipe from the back to the front.
 - C lift up the testicles and wash gently under them.
 - D not touch the infant's testicles.
- 1.9 Infections may occur because of ...
- A sterilised bottles and teats.
 - B refrigerated feeds.
 - C adhering to instructions in the preparation of the feed.
 - D leftovers of milk exposed to atmosphere for long periods and then reused.
- 1.10 Which of the following is not a post-natal examination?
- A Baby's overall health is checked.
 - B Mother's overall health is checked.
 - C Mother undergoes a vaginal examination.
 - D Checking for amenorrhea.
- 1.11 ONE of the following is an advantage for the mother when breastfeeding:
- A High risk of breast cancer
 - B Increased chance of developing anemia
 - C Risk of premenstrual tension
 - D Speedy return of uterus to normal shape

1.12 Disadvantage of towelling nappies:

- A Time-consuming to wash and dry
- B More cost effective
- C Durable
- D Can be reused



1.13 Important factor to consider when choosing a milk formula:

- A Sterilisation of bottles
- B Baby's allergies
- C Correct measurements
- D Poor latching

1.14 One of the following is a symptom of an unhealthy child:

- A No unexplained bruises, marks or other injuries on the body
- B Well-developed teeth with no cavities
- C Physical symptoms such as fever, rash, vomiting
- D Crying when hungry



1.15 Disorder caused by malfunction of genes or chromosomes:

- A Poliomyelitis
- B Eczema
- C Down's syndrome
- D Jaundice

(15 × 1) [15]

QUESTION 2

Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (2.1–2.10) in the ANSWER BOOK.

2.1 Rinsing clothes in excess softener can cause the fabric to lose its absorbent property.



2.2 Weighing helps to determine whether the baby is taking in adequate amounts of breast milk.

2.3 During nappy changing ointment and powder can be applied at the same time.

2.4 Cabbage leaves may help relieve engorgement.



2.5 The correct bathing procedure is to allow hot water to run first, followed by cold water.

- 2.6 When cleaning baby's eyes wipe from the outer corner towards the inside of the eye. ✂
- 2.7 In order to avoid constipation, let the toddler sit on the potty at regular times.
- 2.8 Heartburn is a result of the relaxation of the muscle in the digestive track causing acid to escape.
- 2.9 A function of the stomach is to secrete gastric juices. ✂
- 2.10 Ammonia found in washing powder can be neutralised by rinsing nappies in water to which half a cup of white vinegar has been added.

(10 × 1) [10]

QUESTION 3

Choose a term from COLUMN B that matches a description in COLUMN A. Write only the letter (A–E) next to the question number (3.1–3.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
3.1	Artificial start of labour by using hormones	A	reproduction
3.2	Process by which organisms breed	B	epidemic
3.3	Large group of people in same geographic area getting same illness	C	induction ✂
3.4	High blood sugar levels caused by insufficient levels of insulin or inefficient metabolising of sugar ✂	D	rooting reflex
3.5	Baby's natural instinct to turn mouth toward mother's breast in search of nipples	E	diabetes

(5 × 2) [10]

QUESTION 4

Choose a term from the list below for each of the following descriptions and write it next to the question number (4.1–4.15) in the ANSWER BOOK.

clamp fastener; health inspectors; immunisation; cleft lip/cleft palate; forceps;
welfare agencies; soya-based; oedema; latching; conjunctivitis; holistic
development; let-down reflex; occupational therapist; quarantine;
natural weaning

- 4.1 Support and help families struggling with alcohol and drug abuse, poverty, unemployment and other social problems 
- 4.2 Preventing a child being affected by a number of serious childhood diseases
- 4.3 Allowing baby to go off the breast at its own pace
- 4.4 Birth defect occurring in pregnancy when skin of lip or palate does not join together properly resulting in a split lip
- 4.5 Clamp-like instrument used around baby's head helping it along birth canal
- 4.6 Employed by government or local authorities to ensure that health regulations are enforced 
- 4.7 Caused by viral or bacterial infection or allergy
- 4.8 Type of modified formula used when baby is allergic to dairy products
- 4.9 Baby attaches to nipple for feeding, lips fully around nipple
- 4.10 Swelling of feet occurring mostly near end of pregnancy 
- 4.11 Physical, social, emotional, moral, sexual development of the child
- 4.12 Occurs when nerves in the breast send signals to allow milk to flow when baby starts suckling
- 4.13 Infected person kept from having contact with unaffected people with the aim of preventing spread of disease 
- 4.14 Gives therapy and assistance to children with muscular and motor problems
- 4.15 T-shaped plastic nappy fastener keeping nappy together

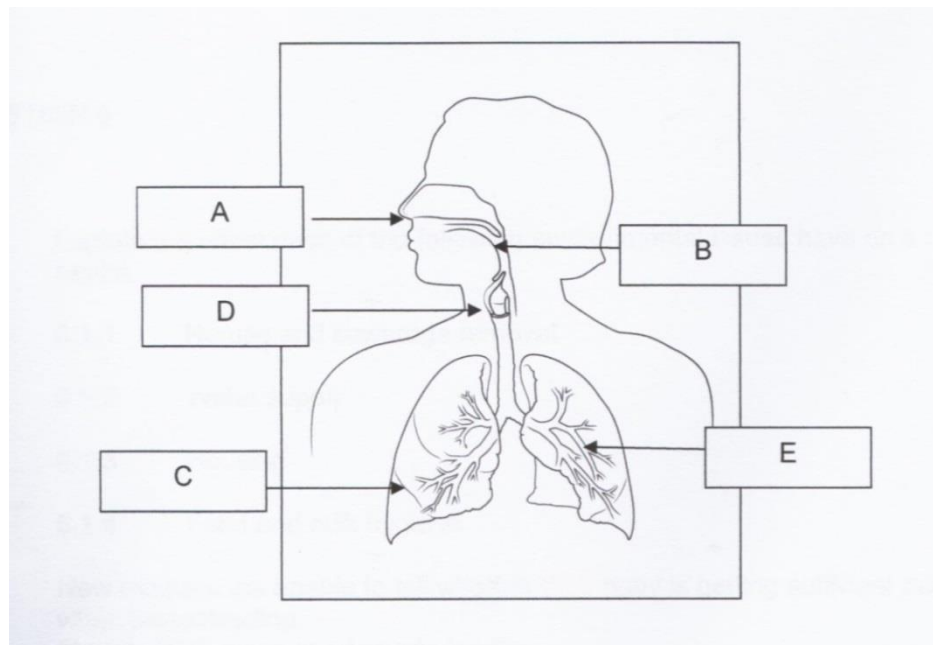
(15 × 1) **[15]**

TOTAL SECTION A: 50

SECTION B**QUESTION 5**

5.1 Name each of the following in the human body:

- 5.1.1 THREE types of joints  (3)
- 5.1.2 TWO types of muscles (2)
- 5.1.3 Different organs of the respiratory system identified below by writing the letter (A–E) in the ANSWER BOOK. (5)



- 5.2 Describe THREE functions of the skeleton. (3 × 2) (6)
- 5.3 One way the body is infected with disease is through breathing in infected air droplets. 
Name FOUR other ways disease can be spread. (4)
- 54 Briefly explain FIVE possible problems in communal health which can affect the daycare centre. (5 × 2) (10)
- 5.5 Some mothers will experience poor milk supply, even when they try to express manually, there will be a little or no milk.
Give SIX causes of insufficient milk supply during breastfeeding (6)
- 5.6 Mastitis is one of the possible problems of breastfeeding. 
Explain to a mother suffering from mastitis how to treat the problem. (6)

- 5.7 Name EIGHT safety precautions to take when bathing a baby. (8)
[50]

QUESTION 6

- 6.1 Explain the effect each of the following environmental issues has on a child's health:
- 6.1.1 Refuse and sewerage removal
 - 6.1.2 Water supply ✖
 - 6.1.3 Housing
 - 6.1.4 Food and milk hygiene (4 × 3) (12)
- 6.2 Name FIVE signs that show a baby is getting sufficient milk. (5)
- 6.3 Name and explain any FOUR methods to assist mothers during labour complications. (4 × 3) (12)
- 6.4 State FIVE steps in preparing to bottle feed a baby. (5)
- 6.5 Labour is divided into three definite stages.
- Discuss the second stage of birth. ✖ (6 × 2) (12)
- 6.6 Name FOUR possible problems caused by poor breast-feeding techniques. (4)
[50]

QUESTION 7

- 7.1 Briefly explain the different types of clinical thermometers (3 × 3) (9)
- 7.2 How would one prepare the environment for bathing a baby? (5 × 2) (10)
- 7.3 Give TEN tips to working mothers to manage breastfeeding effectively. (10)
- 7.4 State NINE advantages of breastfeeding the baby. ✖ (9)
- 7.5 Describe to a new mother how she should pick up her young baby in the cot without hurting it. (6 × 2) (12)
[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200