higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

CHILD HEALTH N4

8 November 2022

This marking guideline consists of 7 pages.

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SECTION A

QUESTION 1

1.1 B
1.2 C
1.3 C
1.4 D
1.5 C
1.6 D
1.7 C
1.8 A
1.9 A
1.10 D
1.11 C
1.12 C
1.13 A
1.14 B
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 False
2.9 True
2.10 False
2.11 True
2.12 False
2.13 True
2.14 False
2.15 False

(15 × 1) **[15]**

QUESTION 3

3.1 F
3.2 D
3.3 B
3.4 A
3.5 C

(5 × 1) **[5]**

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QUESTION 4

4.1 Conception
4.2 Layette
4.3 Nappy pads
4.4 Kwashiorkor
4.5 Weaning
4.6 Sterilisation
4.7 Gastro-enteritis
4.8 Epidural
4.9 Amenorrhoea
4.10 Olfactory
4.11 Bilharzia
4.12 Fever strips
4.13 Incubation period
4.14 Health team
4.15 Veins

(15 × 1) **[15]**

TOTAL SECTION A: 50

SECTION B

QUESTION 5

5.1
- Flies
- Poor hygiene
- Crowded places
- Lack of clean, safe water
- Humid conditions
- Improper disposal of human excreta
- Improper disposal of garbage (Any relevant answers 7 × 1) (7)

5.2
- Leaving baby's nappy on too long
- Allergy to the disposable nappy
- Irritation from the washing detergent the nappy is washed in
- Fungal infection (Any relevant answers 4 × 1) (4)

5.3
- Wash clothes in lukewarm water making use of soaps
- Do not rub the clothes – squeeze gently
- Rinse well in clean water
- Rinse well again (softener optional)
- Gently squeeze out water
- Lay woollen and acrylic clothes on a towel on a flat surface, reshape while wet
- Allow to dry in the shade. Check label – some articles may be tumble-dried
- Follow label instructions if ironing is required (Any relevant answers 5 × 2) (10)

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5.4
- Small, frequent meals usually work better reducing indigestion.
- Healthy food with good nutritional value is always a better choice than junk food.
- Drink plenty of water and stay hydrated.
- Avoid excessive salt and sugar.
- Eat five meals a day rather than three larger ones.
- Increase the intake of vitamins and minerals.
- Avoid fats. (Any relevant answers 6 × 2) (12)

5.5
- Have two buckets:✓ one for soiled nappies and one for wet nappies.✓
- Remove any excrement✓ from the soiled nappies and soak nappies overnight in sterilising agent.✓
- Wash✓ the following day either by hand or machine.✓
- Ensure all washing detergent is rinsed from the nappies.✓✓
- Hang nappies out in the sun to dry as this adds as an additional sanitiser.✓✓
- Ensure the nappies are completely dry before packing away.✓✓

(Any relevant answers 6 × 2) (12)

5.6
- Eggs
- Shellfish
- Nuts
- Gluten
- Soya
- Cow's milk
- Citrus
- Colourants and preservatives (Any relevant answers 5 × 1) (5)

[50]

QUESTION 6

6.1
- When buying shoes, feet should be measured carefully.
- Shoes should be soft and fit well.
- Shoes or socks that are too tight may damage the delicate bones in the feet.
- Re-measure the feet every three months to ensure a proper fit.
- Rather buy cheaper shoes as babies outgrow these quite quickly.
- If shoes and socks have elastic around the ankles, ensure that the fit is not too tight – it should not leave a mark on the skin.

(Any relevant answers 5 × 2) (10)

6.2 6.2.1 In some cases, a vaginal birth is not possible and the mother is taken to the C- or caesarean section. The mother is either given an epidural or general anaesthetic.✓ The mother's stomach is then cut and the baby is taken out through the incision.✓

6.2.2
- This is a common procedure to widen the opening of the vagina, especially for a big baby.
- The area between the anus and vagina is cut to prevent serious tearing during the birth of the baby.

6.2.3
- Is the artificial start of labour by using hormones
- These hormones can be injected, put in an intravenous drip or placed as a suppository in the cervix

(3 × 2) (6)

6.3
- The baby appears healthy and has a strong sucking reflex.
- The baby has 6-10 wet nappies in 24 hours showing good hydration.
- The baby is content between feeds and settles down easily.
- The baby is gaining weight according to his/her clinic card.
- The stools are soft and regular. (Any relevant answers 5 × 2) (10)

6.4
- Itchy anus – always scratching
- Losing weight
- Irritable
- Always hungry (Any relevant answers 4 × 1) (4)

6.5
- Restless
- Continuous crying
- Diarrhoea
- Hunger stools
- Constipation
- Dehydration
- Poor sleeping patterns
- Vomiting
- Abnormal stools (9)

6.6
- There should be no long cords or ribbons✓ as these can get caught around the child's neck and strangle the child.✓
- No buttons or embellishments✓ that the child can pull off and put into the mouth resulting in possible choking.✓
- No large lace holes where the child can get fingers or toes caught.

(Any relevant answers 2 × 2) (4)

6.7
- Child's parents
- Doctor, hospital or local clinic
- Municipal and school health services
- Social workers
- Dental services✓
- Welfare organisation
- Health inspectors
- The educare worker (Any relevant answers 7 × 1) (7)

[50]

QUESTION 7

7.1 7.1.1

- Shake thermometer✓ with four to five short, jerking movements of the wrist to bring it down under 34 degrees.✓
- Place the mercury point of the thermometer in the child's armpit✓ and put his/her arm against his/her body.✓
- Keep the thermometer there for two minutes✓ to ensure an accurate reading.✓
- Record the temperature on a thermometer chart✓ (the normal body temperature is 36,5 to 37,5 degrees).✓ (8)

7.1.2

- Remove any warm clothing.
- Wipe the child down with a cool wet cloth. (2)

7.2

PASSIVE IMMUNITY	ACTIVE IMMUNITY
• Child obtains antibodies through the placenta and mother's milk. **OR** • It gets transferred from the mother while still in the womb and during breastfeeding.	• The immunity is in the form of antibodies from another source. **OR** • It is received when injected or immunised at a clinic or hospital against specific diseases.

(Any relevant answers 2 × 2) (4)

7.3 7.3.1

- The liver filters the blood coming from the digestive tract before it passes to the rest of the body.
- It detoxifies the blood of toxic substances such as alcohol.
- It metabolises fats, proteins and carbohydrates.
- It breaks down worn-away red blood cells.
- It stores vitamins and minerals. (Any relevant answers 4 × 1) (4)

7.3.2

- It clears the blood of waste and excess water.
- It regulates blood pressure.
- It assists the body in making Vitamin D.
- It breaks down proteins in the blood.
- It produces urine. (Any relevant answers 4 × 1) (4)

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7.4
- Menstruation usually stops or changes.
- Nausea and morning sickness may last for the whole day.
- Breast may be swollen and tender and feel full.
- Breasts may enlarge slightly.
- Areola (dark area of breast) becomes darker.
- Mother may feel tired, sleepy and exhausted.
- Food cravings may occur and certain foods may become less attractive.
- Urination may become more frequent.
- At around 16 weeks, faint movements can be felt by the mother.
- Tummy becomes bigger and weight may increase.
- Piles or varicose veins are common ailments during pregnancy.
- Changes may occur to the skin pigmentation and colour.
- Swollen ankles during the last months are common.
- Heartburn and poor digestion can be a problem for some mothers.

(Any relevant answers 10 × 1) (10)

7.5
- Breast milk is the complete food for the baby.✓ It is well-balanced and provides water and nutrients.✓
- Human breast milk is meant for human babies✓ and 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.✓✓
- A lower risk✓ of cot death.✓

(Any relevant answers 6 × 2) (12)

7.6
- Lay nappy out on a safe, flat surface✓ and open the nappy completely into square.✓
- One corner is folded across to the opposite corner✓ forming a triangle.✓
- Bring the top part over to form a straight line✓ of the triangle at the top.✓
- Bring the bottom part of the nappy up✓ to form a straight edge.✓

(Any relevant answers 3 × 2) (6)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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