



higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE

CHILD HEALTH N4

(9070244)

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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. Start each section on a new page.
 5. Use only a blue or black pen.
 6. 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 answer and write only the letter (A–D) next to the question number (1.1–1.15) in the ANSWER BOOK.

- 1.1 A method of dealing with complications during birth: 
- A Weaning
 - B Episiotomy
 - C Safety grip
 - D Mastitis
- 1.2 A method used to confirm if a breast-fed baby is getting enough milk during a feed:
- A Lactation
 - B Topping and tailing
 - C Test-weighing 
 - D Let-down reflex 
- 1.3 Identify the condition which may result in poor supply of breast milk:
- A Low weight gain
 - B Correct latching technique
 - C A stressed mother
 - D The type of the formula
- 1.4 A treatment for the engorgement of the breasts: 
- A Introduce bottle feeding
 - B Do not give the infant the affected breast
 - C Apply spinach leaves to the breasts
 - D Apply cabbage leaves to the breasts
- 1.5 A guideline for the measurement of milk formula to water:
- A Add formula until it is concentrated
 - B If baby is not hungry, add less formula to the water
 - C According to the product's instructions
 - D If baby is hungry, add more formula to the water
- 1.6 Stomach infections may occur because ... 
- A boiled water is used to make the bottle feed.
 - B bottles and teats are sterilised in the microwave.
 - C milk is left in the fridge until the feed.
 - D the time limit not adhered to when sterilising the equipment.

- 1.7 The APGAR test will identify ... 
- A the gender of the child before the birth.
 - B any diseases the child may have at birth.
 - C the appearance of the child after the birth.
 - D the HIV status of the baby.
- 1.8 A practical way to test the bath water of the baby/toddler is ...
- A to test with your elbow.
 - B to use a thermometer.
 - C to feel it with the palm of your hand.
 - D to put baby's toe in first.
- 1.9 A structure of the human digestive system:
- A The pharynx
 - B Bronchi
 - C Capillaries 
 - D Bladder
- 1.10 A function of the ball and socket:
- A Enables one to move the thighs and legs in all directions
 - B Allows movement in one direction
 - C Enables you to move your head up and down and from side to side
 - D Allows you to swing your arms in a circular motion
- 1.11 Introduction of solid food to a baby is usually done around ...
- A 2–3 months.
 - B 4–5 months.
 - C 7–8 months.
 - D 9–10 months.
- 1.12 Identify the effects of serious soil pollution to the community: 
- A Crops grow and flourish in polluted soil.
 - B Contaminated soil increases soil fertility.
 - C It can have a devastating effect on humans and animals.
 - D It improves the balance of flora and fauna inhabiting the soil.
- 1.13 A possible cause of diarrhoea: 
- A Too much sugar in the diet
 - B Not enough fibre in diet
 - C Too many nutrients
 - D Not enough exercise

1.14 Constant tiredness and a pale skin colour are signs of a lack of ...

- A Vitamin C.
- B iron.
- C sodium.
- D Vitamin A.



1.15 Alcohol absorbed by the baby during pregnancy can cause ...

- A learning abilities.
- B 20/20 vision.
- C birth defects.
- D later immunity to the effects of alcohol on the body.



(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 (2.1–2.15) in the ANSWER BOOK.

2.1 A cleft palate and cleft lip are disorders caused by a malfunctioning of the genes or the chromosomes.

2.2 A child who does not receive sufficient protein in the first two years of life may have some form of mental disability.

2.3 Bacteria does not flourish in dark, moist, and warm conditions.



2.4 A child's immunisations should be kept up to date.

2.5 When cleaning a little girl's genitals, it is safer to wipe from back to front.

2.6 You may use open bar heaters in the bathroom.

2.7 For the hygienic disposal of nappies, first flush any solid waste in the toilet.

2.8 Immovable joints allow movement by connecting different bones to each other.

2.9 Sneezing is another aid in expelling dust and other irritants in the nose.

2.10 The expectant mother should carry out her normal daily tasks as usual, including lifting heavy objects.



2.11 Expulsion of the placenta occurs during the third stage of labour.

2.12 A soiled nappy can be left on the baby for some time to save costs.

- 2.13 When washing a baby's hair, ensure water does not get in the ears.
- 2.14 Poor sucking and swallowing are signs of adequate feeding. 
- 2.15 The educator may decide to change a formula feed without prior consultation with the health team members or the parents of the infant.

(15 × 1)

[15]**QUESTION 3**

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

COLUMN A		COLUMN B
3.1	White pimple-like bumps that appear on a new-born's face 	A active immunity
3.2	Traits passed on from parents to their child	B anaemia
3.3	A condition where the red blood cells or amount of haemoglobin which circulates in the blood is insufficient	C asthma
3.4	A function of vaccinations	D hereditary
3.5	A lung disorder in which the bronchi become inflamed, resulting in swelling, and narrowing of the airways that causes breathing difficulties	E rabies
		F milia 

(5 × 1)

[5]**QUESTION 4**

Give ONE word or 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.

 olfactory; bilharzia; gastro-enteritis; amenorrhoea; conception; health team; incubation period; fever strip; veins; epidural; weaning; sterilisation; kwashiorkor; aorta; layette; nappy pads
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- 4.1 The union of the male sperm and female egg marking the beginning of a new life
- 4.2 The essential clothing and basic linen that is bought to cater for the initial needs of the new-born baby 
- 4.3 Liners with a cotton-wool pad fitted within them to absorb the urine and keeping the bottom dry

- 4.4 A nutritional condition that occurs due to an excess of carbohydrates and lack of proteins
- 4.5 The process of introducing solids to an infant who has only been drinking from the breast or bottle
- 4.6 The process whereby micro-organisms or germs are removed from items or equipment by means of chemical agents or immersion in boiling water or steam
- 4.7 The inflammation of the stomach and the bowel in response to an infection, allergy or ingested poison from infected food, hands and/or milk feeds
- 4.8 An anaesthetic which is introduced into the spinal column causing paralysis of the abdomen, pelvis, and the lower limbs, eliminating labour pains and facilitating easy birth
- 4.9 The missing of the menstrual period
- 4.10 The sensation of smell perceived by the nerve endings situated in the nasal mucous membrane
- 4.11 A chronic disease caused by a water-borne parasite
- 4.12 A plastic strip of tape that can be held onto the child's forehead for a few seconds to get a temperature reading
- 4.13 The period from penetration by the disease-carrying organism until the symptoms appear
- 4.14 A person or organisation that may have a contribution to make to the educare centre with regard to health
- 4.15 The blood vessels that carry deoxygenated blood from the body back to the heart

(15 × 1) [15]

TOTAL SECTION A: 50

SECTION B**QUESTION 5**

- 5.1 Name SEVEN ways in which disease is spread.  (7)
- 5.2 Provide FOUR reasons why a baby might get nappy rash. (4)
- 5.3 Discuss FIVE important points to consider when washing woollen and delicate baby wear. (5 × 2) (10)
- 5.4 Describe SIX correct eating habits a pregnant woman should follow. (6 × 2) (12)
- 5.5 Explain the process of washing and sterilising nappies. (6 × 2) (12)
- 5.6 List FIVE common food allergies.  (5)
[50]

QUESTION 6

- 6.1 List FIVE important points to consider when selecting a toddler's footwear. (5 × 2) (10)
- 6.2 Explain the following different methods used to handle labour complications:
- 6.2.1 C-section 
- 6.2.2 Episiotomy
- 6.2.3 Induction (3 × 2) (6)
- 6.3 Discuss FIVE signs indicating adequate breast feeding. (5 × 2) (10)
- 6.4 List FOUR symptoms of a child having worms. (4)
- 6.5 List NINE general signs and symptoms of feeding problems in babies. (9)
- 6.6 Discuss TWO safety features one should be aware of when choosing cloths for young babies.  (2 × 2) (4)
- 6.7 Name SEVEN members of the health team that contribute to the health of the child. (7)
[50]

QUESTION 7

7.1	7.1.1	Explain the procedure for measuring a child's temperature with a mercurial thermometer.		(4 × 2)	(8)
	7.1.2	What actions would you take if a child has a high fever?			(2)
7.2		Differentiate between <i>passive immunity</i> and <i>active immunity</i> .		(2 × 2)	(4)
7.3	7.3.1	Name FOUR functions of the liver.			(4)
	7.3.2	Name FOUR functions of the kidneys.			(4)
7.4		Identify TEN symptoms of pregnancy.			(10)
7.5		Discuss SIX advantages of breast feeding the infant.		(6 × 2)	(12)
7.6		Describe the triangular method of nappy folding.		(3 × 2)	(6)
					[50]
TOTAL SECTION B:					150
GRAND TOTAL:					200