



higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

CHILD HEALTH N4

16 November 2023

This marking guideline consists of 7 pages.

SECTION A**QUESTION 1**

- | | | |
|-----|--------|---|
| 1.1 | 1.1.1 | C |
| | 1.1.2 | A |
| | 1.1.13 | B |
| | 1.1.4 | C |
| | 1.1.5 | D |
| | 1.1.6 | A |
| | 1.1.7 | B |
| | 1.1.8 | C |
| | 1.1.9 | C |
| | 1.1.10 | D |
| | 1.1.11 | C |
| | 1.1.12 | A |
| | 1.1.13 | B |
| | 1.1.14 | C |
| | 1.1.15 | A |

(15 × 1) (15)

- | | | |
|-----|--------|-------|
| 1.2 | 1.2.1 | True |
| | 1.2.2 | False |
| | 1.2.3 | True |
| | 1.2.4 | False |
| | 1.2.5 | True |
| | 1.2.6 | True |
| | 1.2.7 | True |
| | 1.2.8 | False |
| | 1.2.9 | True |
| | 1.2.10 | True |
| | 1.2.11 | False |
| | 1.2.12 | False |
| | 1.2.13 | True |
| | 1.2.14 | False |
| | 1.2.15 | True |

(15 × 1) (15)

- | | | |
|-----|-------|---|
| 1.3 | 1.3.1 | D |
| | 1.3.2 | E |
| | 1.3.3 | B |
| | 1.3.4 | C |
| | 1.3.5 | A |

(5 × 1) (5)

1.4	1.4.1	Educare centre		
	1.4.2	Jaundice		
	1.4.3	Thrush		
	1.4.4	Prop		
	1.4.5	Cotton		
	1.4.6	Health team		
	1.4.7	Placenta		
	1.4.8	Oriental		
	1.4.9	Latching		
	1.4.10	Contacts		
	1.4.11	Ventouse delivery		
	1.4.12	Snappy-nappy fastener		
	1.4.13	Sterilant		
	1.4.14	Malnutrition		
	1.4.15	Symptoms		
			(15 × 1)	(15) [50]
TOTAL SECTION A:				50

SECTION B**QUESTION 2**

- 2.1
- No electricity,✓ food cannot be refrigerated✓ and can cause the food poisoning.✓
 - No clean water,✓ resulting in children not being able to bath or wash adequately and become infected with scabies, etc.
 - No clean water can also result in waterborne diseases✓ such as typhoid and gastro-enteritis.✓
 - Crowded housing✓ conditions make the child is susceptible to the spread of viruses and diseases,✓ and even abuse.✓
 - Stagnant water✓ causing mosquitos breeding✓ and increasing the risk of malaria.✓
- (Any relevant example explained in full) (4 × 3) (12)
- 2.2
- 2.2.1 Is an anaesthetic that is introduced into spinal column,✓ which causes paralysis of the abdomen, pelvis and lower limbs✓ thus limiting labour pains and facilitating easy birth✓
- 2.2.2 A pair of forceps is used around the two sides of the baby's head✓ and locks around the baby's head.✓ The doctor pulls on this to help the baby emerge.✓
- 2.2.3 Is a common procedure to widen the opening of the vagina✓ and it means the area between the anus and vagina is cut✓ to prevent serious tearing during the birth of the baby.✓
- (3 × 3) (9)

- 2.3
- The father is not involved in the actual feeding.
 - Breastfeeding may restrict the movements and activities of the mother.
 - Poor feeding techniques may lead to problems of cracked nipples, mastitis, insufficient milk supply and breast abscesses.
 - The milk supply may be influenced by the mother's emotional state, unbalanced diet, drugs and excessive exercise.
 - Medicine taken by the mother can affect the infant. (5)
- 2.4
- Pillows can cause suffocation in babies as their face could become buried in the pillow.
 - They increase the risk of SID (sudden death of an infant). (2 × 2) (4)
- 2.5
- | DIGITAL THERMOMETER | FEVER STRIP |
|---|--|
| This are battery operated✓ and have electronic display screens to show temperature reading✓ | It's a sensitive paper,✓ which undergoes changes when exposed to high temperatures on the child's forehead.✓ |
- (2 × 2) (4)
- 2.6
- 2.6.1
- First Trimester
 - Second Trimester
 - Third Trimester
- 2.6.2
- Trimester 1: Periods stops,✓ hormonal changes, breasts become swollen, morning sickness (Any ONE)
- Trimester 2: Darkening around the nipples,✓ nausea stops, swelling ankles (Any ONE)
- Trimester 3: Heartburn,✓ swelling of ankles, haemorrhoids, leaking breasts, contractions (Any ONE)
(2 × 3) (6)
- 2.7
- Be simple✓ and comfortable for baby✓
 - Not have loose buttons✓ that could come off and cause choking if they swallowed✓
 - Not have elasticised waists✓ that could restrict blood flow✓
 - Be non-flammable✓ thus not putting the child at risk✓
 - Not have zips or any fasteners✓ that can catch on the baby's skin and pinch it✓ (Any 5 × 2) (10)
- [50]

QUESTION 3

3.1 3.1.1 Health professionals recommend the left side as the best because✓
it helps to increase blood flow and nutrients to the placenta.✓

3.1.2 House chores are recommended as part of exercise.✓ They improve
the blood circulation and cardiovascular system but she needs to
avoid lifting heavy objects.✓

(2 × 2) (4)

3.2	<table border="1"> <thead> <tr> <th>ISOLATION</th><th>QUARANTINE</th></tr> </thead> <tbody> <tr> <td>Is to keep a sick person away from others✓ to limit spread of germs or contagious diseases✓</td><td>Is restriction by law on people and animals✓ to stay in a confined space to prevent the spread of germs or contagious diseases✓</td></tr> </tbody> </table>	ISOLATION	QUARANTINE	Is to keep a sick person away from others✓ to limit spread of germs or contagious diseases✓	Is restriction by law on people and animals✓ to stay in a confined space to prevent the spread of germs or contagious diseases✓
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Is to keep a sick person away from others✓ to limit spread of germs or contagious diseases✓	Is restriction by law on people and animals✓ to stay in a confined space to prevent the spread of germs or contagious diseases✓				

(2 × 2) (4)

- 3.3
- Upright position✓
Hold the infant upright against your body with head over shoulder,✓ gently rubbing the baby's back in an upward motion.✓
 - Sitting position✓
The infant sits on the mother's or carer's lap and is supported with one hand,✓ while the other is rubbing the back with upward movements.✓
Lap position✓
 - Place the infant over the carer's lap with his head supported over the leg✓ slightly lower than the body and rub the back.✓

(3 × 3) (9)

- 3.4
- Clean nappy
 - Bucket for soiled nappy✓
 - Changing mat
 - Sanitiser
 - Dish of warm water and swabs for washing baby's bottom
 - Waterproof, fasteners are required
 - Zinc cream

(Any 6 × 1) (6)

- 3.5
- Contains antibodies✓ and therefore helps build up the baby's immune system.✓
 - Coats baby's stomach lining✓ to prevent germs spreading.✓
 - Serves as a mild laxative✓ where the first bowel movement is a black sticky texture.✓

(3 × 2) (6)

- 3.6
- Small, frequent meals usually work better.
 - Healthy food with good nutritional value is always a better choice than junk food.
 - Drink plenty of water.
 - 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 6 × 1) (6)
- 3.7
- Ensure children wash their hands frequently,✓ especially before eating.✓
 - Have tissues✓ and dispose of them in a sealed container.✓
 - Recommend parents have their child receive the flu vaccine✓ to build up immunity.✓
- (Any 2 × 2) (4)
- 3.8
- 3.8.1 Sudden Infant Death Syndrome (2)
- 3.8.2 On their back (1)
- 3.9
- 3.9.1 Soft,✓ yellow,✓ no smell, starts off greenish-black (meconium)
- 3.9.2 Yellowish/brown,✓ more textured,✓ firmer
- (Any 2 × 2) (4)
- 3.10
- 3.10.1 Mouth
- 3.10.2 Nose
- 3.10.3 Skin
- 3.10.4 Eyes
- (4 × 1) (4)
- [50]**

QUESTION 4

- 4.1
- Ensure a hygienic surface.
 - Have all equipment on hand.
 - Sterilise bottles and teats.
 - Use freshly boiled water.
 - The milk area should be separate from other food.
 - Stored bottles of milk should be in a separate fridge.
 - Wash hands before starting to prepare the bottles.
 - Only use the milk provided by the parent.
 - Use the correct number of scoops, as per instructions.
 - Use level scoops of milk powder and not heaped.
- (Any 8 × 1) (8)
- 4.2
- Stores food for short periods of time.
 - Receives bolus from oesophagus.
 - Mixes food with gastric juices.
 - Grinds food finer through muscular action.
- (4)

- 4.3
- Offer alternate breasts✓ after each feed to give the other a rest.✓
 - Massage nipples regularly✓ before birth to toughen them.✓
 - Use nipple cream✓ between feeds to soothe✓ (wash off before feeding).
 - Use a nipple guard✓ to protect the nipple.✓ (4 × 2)
- (8)
- 4.4
- Rinse off any soiled items✓ from nappy and dispose of this in a sluice or toilet.✓
 - Place nappy in a sterilising bucket✓ overnight or as per instructions.✓
 - If using a washing machine, set at 60 degrees✓ to kill any bacteria.✓
 - Do not overload the machine✓ as this reduces the effectiveness of the washing cycle.✓
 - Rinse thoroughly to remove all residue.
 - Do not use softener as this reduces their absorbency. (Any 4 × 2)
- (8)
- 4.5
- The infant may choke✓ if milk drips into the lungs when infant is not sucking.✓
 - Milk may drip into middle ear,✓ causing ear infection.✓
 - If the teat is not filled with milk or bottle is emptied✓ before the return of the educator, cramps or colic may occur from the swallowed air.✓
 - The infant is deprived of an opportunity✓ to be talked to, being touched and making eye contact, which are essential for growth and development.✓ (Any 4 × 2)
- (8)
- 4.6
- She must eat a diet with fibre✓ to reduce constipation.✓
 - She must drink 8 glasses of water✓ daily to limit dehydration, which causes constipation.✓ (2 × 2)
- (4)
- 4.7
- It prevents✓ and protects infants against the contagious diseases.✓
 - It is the source of immunity in the form of antibodies✓ to help the body to combat infections and diseases.✓ (2 × 2)
- (4)
- 4.8
- 4.8.1 It gives the mother an estimate of how much baby had drunk from the breast. (1)
- 4.8.2
- The baby is weighed before the feed with clothes on.
 - The baby is then weighed again immediately after the feed without changing the clothes or nappy.
 - The difference between the two masses is the amount of milk the baby has taken. (3)
- (3)
- 4.9
- Use the safety grip.
 - Do not drink or eat hot food or beverages when holding baby.
 - Elderly should sit and hold the baby.
 - Support the young baby's head. (Any 2 × 1)
- (2)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200