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 10 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. Use only a black or blue pen.
5. Write neatly and legibly.

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SECTION A

QUESTION 1

1.1 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 (1.1.1–1.1.15) in the ANSWER BOOK.

1.1.1 A good position for the infant to strengthen the neck, shoulder, and back muscles.

A Left-side position
B Back-side position
C Prone position (tummy position)
D Right-side position

1.1.2 Folate (folic acid) deficiency during pregnancy affects the neonate's …

A brain development.
B bone development.
C muscle development.
D hormone development.

1.1.3 A supportive emotional environment for a young child includes:

A Sufficient nutrients
B Bonding with the main caregiver
C Interaction with peers
D Sufficient physical activities

1.1.4 A social factor that has an effect on the health of the child includes …

A set mealtimes.
B an attractive and inviting environment.
C healthy peer interactions.
D sufficient outdoor play.

1.1.5 Identify the correct safety precaution when bathing the infant.

A Give the infant or toddler privacy in the bathroom by leaving him or her unattended.
B Top up bath water when the infant or toddler is in the adult bath.
C Allow the infant or toddler to pull themselves up or stand in the bath.
D Allow the cold water to run in first and then the hot water.

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1.1.6 Swaddling refers to …

A a method of wrapping a baby in a blanket.
B a way of holding a baby safely in the arms.
C placing the baby on the back secured with a light blanket.
D a method of securing a nappy if you do not have nappy pins.

1.1.7 Top and tailing refers to …

A rinsing baby's hair and then grooming it.
B washing baby's bottom and face only.
C when bathing, start at the top working down to the bottom.
D letting baby splash a bit in the bath after being washed.

1.1.8 The community can be informed and involved in the day care centre activities through …

A home visits.
B mobile clinic.
C notices put up in shopping centers.
D sending messages home with the child.

1.1.9 Rehabilitation of our environment refers to …

A the prevention of the physical decay of our environment.
B measures taken to ensure no further damage occurs to our environment.
C measures taken to rectify existing damage and promote a healthy environment.
D keeping our environment in its healthy state.

1.1.10 Identify a disadvantage of flannel nappies.

A Harmful to the environment
B Not square in shape, which may make folding difficult
C Can only be used once making them more expensive
D Waterproof is required adding to the cost

1.1.11 An example of bacteria found in contaminated food.

A Measles
B Flu
C Salmonella
D Corona virus

1.1.12 A child who is very pale, especially the inner eyelids, most likely suffers from …

A iron deficiency.
B obesity.
C vitamin C deficiency.
D vitamin D deficiency.

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1.1.13 A method of folding a nappy is called … method.

A nappy pad
B kite
C flannel
D classic

1.1.14 Encopresis refers to …

A night dryness.
B day dryness.
C lack of control of bowel movements.
D lack of control of the bladder.

1.1.15 Nappy rash can be treated without medical intervention if the following guideline is used.

A Use nappy liners and ointment that contain zinc.
B Use baby powder to reduce rash.
C Use Vaseline on the affected area.
D Leave untreated as it will heal itself in time.

(15 × 1) (15)

1.2 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (1.2.1–1.2.15) in the ANSWER BOOK.

1.2.1 Vinegar can be added to the final rinsing water to assist in removing soap residues.

1.2.2 A factor that may force the mother to wean the child early may be that the mother is too young to breastfeed.

1.2.3 The epiglottis is a tiny flap of cartilage in the larynx that opens when air is breathed in and closes when a person eats to prevent food from being drawn into the lungs.

1.2.4 Lifestyle choices such as smoking or using excessive alcohol are influenced by hereditary factors such as peer pressure.

1.2.5 The soles of toddlers' new shoes can be roughened before wearing, to prevent slipping.

1.2.6 A baby who is lactose intolerant should not be given modified milk formula.

1.2.7 During pregnancy, due to changes in her immune system, the pregnant mother becomes more vulnerable to bacterial infections and reactions to foods.

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1.2.8 All new clothes should not be washed before worn to avoid being damaged and losing colour.

1.2.9 A safety mat must be used in the bath to prevent the infant or toddler from slipping.

1.2.10 Sneezing is a reflex action helping with the expulsion of dust and other irritants.

1.2.11 Living near polluted land will pose no risk to the pregnant woman.

1.2.12 Breastfeeding increases the risks of getting breast cancer.

1.2.13 The elbow is an example of a ball-in-socket joint.

1.2.14 Passive immunity is passed on to the baby through immunisation at a clinic or hospital according to the immunisation schedule.

1.2.15 The baby's blocked nose may cause frustration and feeding problems.

(15 × 1) (15)

1.3 Choose a term from COLUMN B that matches a description in COLUMN A. Write only the letter (A–F) next to the question number (1.3.1–1.3.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.3.1	A doctor who specialises in child health	A	scurvy
1.3.2	It receives the blood with carbon dioxide from the body and pumps it to the lungs	B	mastitis
1.3.3	The inflammation of the breast tissue usually as a result of an infected or blocked milk duct	C	rickets
1.3.4	Vitamin D shortage where a child is not exposed to sunlight and diet rich in Vitamin D	D	paediatrician
1.3.5	Vitamin C deficiency	E	heart
		F	lungs

(5 × 1) (5)

1.4 Complete the following sentences by choosing a word or words from the list below. Write only the answer next to the question number (1.4.1–1.4.15) in the ANSWER BOOK.

contacts; thrush; nylon; malnutrition; placenta; oriental; sterilant, ventouse delivery; educare centre; latching; juandice; kite; symptoms, cotton; snappi-nappy; health team; cervix; prop; playgroups

1.4.1 A place where infants, toddlers and young children are looked after and provided with a stimulating and educative programme

1.4.2 Symptoms include a yellowish tinge to the skin and eyes

1.4.3 A fungal infection identified by a creamy coating on the inside of the cheeks, tongue and the roof of the mouth or a pimply red rash around the anus

1.4.4 A feeding technique where a bottle is rested on a pillow or object as the baby feeds

14.5 Most suitable for baby's clothes as it is a natural fabric, soft and light in weight

1.4.6 Any person or organisation that may have a contribution to make to the educare centre with regard to health

1.4.7 The organ attached to the foetus to provide nutrients from the mother

1.4.8 The nappy folding method most suitable for little boys

1.4.9 The baby's mouth is firmly attached to the nipple during feeding

1.4.10 Persons who have been in close proximity to people who suffer from some kind of infectious disease

1.4.11 When a special cup with a suction pump is attached to the head of the baby, to assist the baby through the birth canal

1.4.12 It has claws which are attached to the napkin securely in the form of a T, keeping it closed

1.4.13 A chemical, in a powder, tablet or liquid form which destroys germs, cleans and bleaches

1.4.14 The result of an unbalanced diet and the incorrect intake of nutrients

1.4.15 Observable signs of infection or disease

(15 × 1) (15)
[50]

TOTAL SECTION A: 50

SECTION B

QUESTION 2

2.1 Large portions of our population live in informal settlements.

Explain in full FOUR health risks children in these informal settlements may face. (4 × 3) (12)

2.2 Each pregnancy and delivery is different and problems may arise.

Briefly explain the following methods of handling complications during birth.

2.2.1 Epidural

2.2.2 Use of instruments

2.2.3 Episiotomy

(3 × 3) (9)

2.3 'Breast is Best.' However, it also comes with challenges.

List FIVE disadvantages of breastfeeding a baby. (5)

2.4 Pillows are not recommended for young babies when put to sleep.

Provide TWO reasons for this. (2 × 2) (4)

2.5 Briefly distinguish between the *digital thermometer* and *fever strip* used for measuring temperature. (2 × 2) (4)

2.6 2.6.1 Name the THREE stages of pregnancy. (3)

2.6.2 Provide ONE symptom for each stage mentioned in QUESTION 2.6.1. (3)

2.7 Explain FIVE important factors to be taken into account when buying baby wear. (5 × 2) (10)

[50]

QUESTION 3

3.1 A pregnant woman should pay attention to her personal care.

Explain how she should approach the following.

3.1.1 Sleeping posture

3.1.2 Household tasks

(2 × 2) (4)

3.2 Explain the difference between *isolation* and *quarantine*. (2 × 2) (4)

3.3 Discuss THREE methods of helping a baby expel winds during and after a feed. (3 × 3) (9)

3.4 Name SIX items required when changing a baby's nappy. (6)

3.5 Explain why colostrum is so important for the newborn baby's health. (3 × 2) (6)

3.6 Provide SIX eating habits a pregnant woman should follow. (6)

3.7 How can an ECD practitioner lower the risk of the children in her group passing on the flu virus? (2 × 2) (4)

3.8 3.8.1 What does the acronym SIDS stand for? (2)

3.8.2 Which sleeping position is said to reduce the risk of SIDS in young babies? (1)

3.9 3.9.1 Name TWO characteristics of a breast-fed baby's stools. (2)

3.9.2 Name TWO characteristics of a bottle-fed baby's stools. (2)

3.10 Identify the organs associated with the following senses.

3.10.1 Gustatory

3.10.2 Olfactory

3.10.3 Tactile

3.10.4 Visual

(4 × 1) (4)

[50]

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QUESTION 4

4.1	The health inspector visited your day care centre to check the standards of environmental health and hygiene. Provide EIGHT guidelines the educarer should follow when preparing babies bottles.		(8)
4.2	State FOUR mechanical functions of the stomach.		(4)
4.3	Sore and cracked nipples are common problems associated with breastfeeding. What can the mother do to alleviate this?	(4 × 2)	(8)
4.4	Provide FOUR tips for the correct washing of towelling nappies.	(4 × 2)	(8)
4.5	Discuss FOUR risks of prop-feeding.	(4 × 2)	(8)
4.6	Haemorrhoids is a condition which most pregnant women experience. Advise them how to treat this problem.	(2 × 2)	(4)
4.7	Explain TWO benefits of immunisation in children.	(2 × 2)	(4)
4.8	4.8.1 Why is *test weighing* useful?		(1)
	4.8.2 Briefly give the THREE steps in test weighing.		(3)
4.9	Name TWO safety precautions to take when holding a baby.		(2)
			[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200

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