



**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.

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]**

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)

- 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 educate 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)

PASSIVE IMMUNITY	ACTIVE IMMUNITY
7.2 • 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)

- 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