



higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

CHILD HEALTH N4

22 May 2024

This marking guideline consists of 8 pages.

SECTION A

QUESTION 1

- 1.1 C
- 1.2 C
- 1.3 D
- 1.4 B
- 1.5 D
- 1.6 A
- 1.7 B
- 1.8 B
- 1.9 C
- 1.10 D
- 1.11 C
- 1.12 C
- 1.13 A
- 1.14 D
- 1.15 D

(15 × 1) [15]

QUESTION 2

- 2.1 False
- 2.2 True
- 2.3 False
- 2.4 True
- 2.5 False
- 2.6 False
- 2.7 False
- 2.8 False
- 2.9 True
- 2.10 True
- 2.11 True
- 2.12 False
- 2.13 True
- 2.14 True
- 2.15 False

(15 × 1) [15]

QUESTION 3

- 3.1 D
- 3.2 C
- 3.3 E
- 3.4 A
- 3.5 F

(5 × 1)

QUESTION 4

- 4.1 Contamination
- 4.2 Mastitis
- 4.3 Meconium
- 4.4 Social worker
- 4.5 Chafing
- 4.6 Omicron
- 4.7 Lactose intolerance
- 4.8 Swaddling
- 4.9 Areola
- 4.10 Placenta
- 4.11 Safety grip
- 4.12 Fontanelles
- 4.13 Pandemic
- 4.14 Layette
- 4.15 Dilation

(15 × 1) [15]

TOTAL SECTION A: 50

SECTION B

QUESTION 5

- 5.1 5.1.1 Not conclusive✓ The best is not to consume any alcohol during pregnancy.✓ (2)
- 5.1.2
 - Possible birth defects (heart, brain, and other organs)
 - Possible vision or hearing problems
 - Could be born too soon (premature)
 - Possible low birth weight
 - Possible learning disabilities (including intellectual disabilities)
 - Possible sleeping and sucking problems
 - Possible speech and language delays
 - Possible behavioural problems
 - Possible FAS (Any relevant answers 6 × 1) (6)
- 5.1.3 The liver (1)
- 5.2 5.2.1
 - Even over the counter medicines can have a detrimental effect on the health of the unborn child. e.g. codeine and aspirin✓ which can cause excessive bleeding for both baby and mother and prolong labour.✓
 - Certain drugs may cause unborn baby serious developmental problems and deformities growth✓ e.g. dagga (marijuana)✓
 - .Drugs such as Speed (crystal meths) and heroin✓ can cause spontaneous abortion/miscarriage.✓
 - Hard drugs such as heroin can cause serious withdrawal symptoms at birth. (Any 2 × 2)

- 5.2.2 The unborn baby may be exposed to X-rays radiation that might affect the baby in the following ways:
- Physical deformities
 - Brain damage
 - Learning problems
 - Stunted growth
 - Miscarriage
- (Any 3 × 1) (3)
- 5.2.3 During the first four months certain immunisations are not recommended because they may cause defects of the unborn baby such as:
- deafness✓ blindness,✓ heart,✓ mental problems and even miscarriage. (Any 3 × 1) (3)
- 5.3
- Formula is expensive
 - Cannot provide mother's antibodies
 - Bottles need to be cleaned and sterilised, which can take time
 - Risk of infections increases if bottles are not sterilised properly
 - It is not natural and not best suited to human needs
 - It is not as easily digested as breast milk
 - There are risks associated with prop-feeding
 - Feeds can be made up incorrectly
- (Any 6 × 1) (6)
- 5.4 According to the WHO a person is not considered healthy merely because there is the absence of a disease✓ but also needs to be in a complete state of physical,✓ social ✓and mental well-being.✓ (4)
- 5.5 After six weeks of the child's birth. (1)
- 5.6
- Wrap baby securely in a towel with only the head showing.✓ This is so that the baby does not move its hands getting soap on them and in its eyes.✓
 - Hold the baby securely and cover the baby's ears with thumb and fingers.✓ This is to prevent water running into the ears.✓
 - With the other hand, wet baby's hair,✓ being careful not to get water in the baby's eyes.✓
 - Once the hair is wet, gently rub baby shampoo over the scalp.✓ Be careful not to get soap in the eyes.✓
 - Rinse baby's hair until all soap is out✓ using lukewarm water.✓
 - Dry gently using a soft towel taking care over the fontanelle. (Any 5 × 2) (10)
- 5.7
- Certain foods carry salmonella✓ such as uncooked chicken.✓
 - Food not eaten immediately or stored in a refrigerator✓ may cause bacteria to multiply causing illness.✓
 - Certain food not cooked properly can cause worms✓ e.g. uncooked pork.✓
 - Unwashed fruit and vegetables can cause diarrhoea if eaten. (Any 3 × 2) (6)

- 5.8
- Feed frequently and use different positions
 - Using a warm compresses before feeding and a cold one after feeding will soften the breast
 - Expressing milk will also soften the breast
 - Applying cabbage leaves may help – make a whole for the nipple
 - Take a hot shower, massage the breast with the palm of the hand from the armpit to the nipple – continue until the breast feels soft (Any 4 × 1)
- (4)
[50]

QUESTION 6

- 6.1
- Menstruation usually stops or changes
 - Nausea and morning sickness may last for the whole day
 - Breasts may be swollen, tender and may 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 (Any 6 × 1)
- (6)
- 6.2
- Upright position✓
Hold the infant upright against your body with head over shoulder, gently but firmly rubbing the back in an upward motion.✓
 - Sitting position✓
The infant sits on the mother's or carer's lap, is supported with one hand and the other is rubbing the back in 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✓ (Any 3 × 2)
- (6)
- 6.3
- Wash clothes in lukewarm water using gentle soaps
 - Do not rub the clothes – squeeze gently
 - Rinse well in clean water
 - Rinse well once more (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 5 × 1)
- (5)

- 6.4
- Parent must be informed if their child has been exposed to any contagious disease.
 - The child who appears ill must be isolated and observed regularly.
 - The educator must have knowledge of symptoms, causes and identification of infectious diseases and the treatment thereof.
 - Toys and equipment should be regularly disinfected.
 - Encourage regular hand washing for children.
 - All open sores and wounds should be covered.
 - Children's hands should be sanitised when entering the classroom.
- (Any 6 × 1) (6)
- 6.5
- 6.5.1
- The children will not have fresh water for drinking✓ which can lead to gastroenteritis✓
 - Water will not be available for washing hands before eating or after using the toilet,✓ which can lead to health problems✓
 - Toilets cannot be flushed resulting in flies and possible dysentery
- (Any 2 × 2) (4)
- 6.5.2
- If refuse and sewage are not removed regularly it will result in a breeding ground for flies✓ which cause disease and infection.✓
 - The risk of infestation with insects and rodents✓ that are carriers of diseases and infections are high✓
- (Any 2 × 2) (4)
- 6.5.3
- Children exposed to continuous loud noises of trucks are in danger of their hearing being affected
 - It can also cause stress
 - It can also affect a child's state of mind and their well-being
- (Any 2 × 1) (2)
- 6.6
- Offer the infant drinks other than milk in the bottle.✓
 - Give the infant small quantities with a dropper,✓ spoon or training cup.✓
 - Check that the hole in the teat is large enough to allow the milk to flow freely.✓
 - Try to give the infants the substitute at different times of the day until the infants get used to the taste and feel.✓
 - Have someone other than the mother offer the substitute.✓
- (Any 5 × 1) (5)
- 6.7
- Avoid nylon and flammable materials.
 - Be careful of ribbons and cords which may strangle the baby.
 - Be careful of big holes which may trap his fingers.
 - Ensure that elastics are not too tight.
 - Remove any loose pieces or buttons that may cause choking.
 - Clothes must fit properly.
 - Clothes must be soft and light in weight.
 - Avoid clothes with an elastic in the middle.
 - Clothes must not have hard or thick seams on the inside that could scratch the baby.
- (Any 6 × 1) (6)

- 6.8
- Runny nose
 - Itchy rash
 - Swelling of glands
 - Vomiting
 - Diarrhoea
 - Watery eyes
 - Difficulty breathing
- (Any 6 × 1) (6)
[50]

QUESTION 7

- 7.1
- 7.1.1
- Transporting oxygen around the body through the blood
 - Transporting nutrients around the body through the blood
 - Expelling carbon dioxide from the body.
- 7.1.2
- Breaks down (digests) the food into nutrients
 - Supplies the body with essential nutrients
 - Eliminates toxins and waste from the body
- (2 × 3) (6)
- 7.2
- Initial cost may be high
 - Tiny babies may not fit
 - Time-consuming to wash and dry
 - Needs to be sterilised, which is time-consuming and may be costly
 - Washing facilities are not always available
 - Must be covered by waterproof pants
 - Can cause chaffing if left on for too long.
- (Any 6 × 1) (6)
- 7.3
- Open the nappy completely into a square
 - Fold one corner across to the opposite corner
 - This forms triangle
 - The straight line of the triangle should be at the top
- (4)
- 7.4
- Measuring scoop may be packed too tightly, even heaped, or the incorrect scoop used for particular formula.✓ This can result in constipation.✓
 - Instructions on the preparation of the feed may be poorly understood,✓ which may lead to over-concentration or diluting the feed, which may lead to malnutrition✓
 - A number of infants will experience reactions to a particular brand,✓ which might be in the form of constipation or diarrhoea✓
 - Colic or abdominal cramps✓ are common problems which may occur with change of foods✓
 - If the infant is prop-fed,✓ he/she runs the risk of choking, middle ear infection and loss of maternal contact✓
 - Bottles are not sterilised correctly leading to diarrhoea.
- (Any 5 × 2) (10)

- 7.5
- Looks well
 - Clean and looks well cared for
 - Eyes are clear and bright
 - Has good posture – a straight back and sturdy legs
 - Has relative good co-ordination for his age
 - Has good muscle tone
 - Has teeth that are well developed without cavities; has a hearty appetite
 - Has no unexplained bruises, marks or other injuries on his body, or shows other behaviour that could cause one to suspect that something is wrong
- (Any 5 × 1) (5)
- 7.6
- Eat smaller meals to help with digestion
 - Do not eat for two
 - Have a balanced diet covering all food groups
 - Drink plenty of water
 - Avoid raw eggs, raw fish and shell foods as well as excessive salt, and sugary foods
 - Keep fast foods to a minimum
- (6)
- 7.7
- Age of the child
 - Price of formula
 - Must meet the baby's nutritional needs
 - Preference of the health team, the infant and parents
 - The convenience and availability of the product
 - The health of the infant, e.g., allergies or diseases
 - The availability of the brand
- (Any 6 × 1) (6)
- 7.8
- 7.8.1 On the back (1)
- 7.8.2
- Bath and feed baby
 - Change baby's nappy
 - Provide a calm, restful environment
 - Swaddle the baby in a warm (but not hot) blanket
- (Any 2 × 1) (2)
- 7.8.3
- Hold baby securely while slowly lowering him/her into the cot
 - Lower baby's heads first then the body and bottom
 - Once baby is safely on the mattress, remove your hand from under him/her
- (3)
- 7.9
- Influenza
 - Chickenpox
 - Whooping cough
 - TB
 - Measles
 - Pneumonia
 - Mumps
- (Any ONE) (1)

[50]

TOTAL SECTION B: 150
GRAND TOTAL: 200