



higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

CHILD HEALTH N4

13 November 2024

This marking guideline consists of 9 pages.

SECTION A

QUESTION 1

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

(15 × 1) [15]

QUESTION 2

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

(15 × 1) [15]

QUESTION 3

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

(5 × 1)

QUESTION 4

- 4.1 Babygrow
- 4.2 Latching
- 4.3 Reproduction
- 4.4 Educare centre
- 4.5 Kwashiorkor
- 4.6 Paediatrician
- 4.7 Episiotomy
- 4.8 Virus
- 4.9 Foremilk
- 4.10 Waterproof
- 4.11 Physiology
- 4.12 Asthma
- 4.13 Chafing
- 4.14 Haemorrhoids
- 4.15 Lactation

(15 × 1) [15]

TOTAL SECTION A: 50

SECTION B

QUESTION 6

- 5.1 5.1.1
- Keep the child indoors
 - Treat fever
 - Keep up fluid intake
 - Child should stay at home
 - Only use prescribed medicines
 - Rub Vaseline around nostrils
 - Take temperature
 - Let the child lie with his head and shoulders raised by pillows
 - Do not force the child to eat if he has no appetite
 - Give the child paracetamol or pain if required
- (Any 6 × 1) (6)

5.1.2 Transfer by contaminated water✓

- Germs often breed in water contaminated by urine, faeces, and waste products in water.✓

Food and milk✓

- People handling food and milk and who do not wash hands can contaminate the food and milk.✓
- Food and milk which has passed their expiry dates can also be a source of infection.
- Diseases can be spread by flies or other insects and animals such as rats and mice.
- Food that is not properly stored can become rotten and children who eat such food may experience vomiting and diarrhoea. Food that is left out too long is exposed to heat, flies and other insects posing a serious health risk for children.
- Milk that is stored together with meat or other food products can result in contamination which might cause infection to the child.

(Any 2 × 1)

Droplet infection✓

- When an affected person coughs or sneezes, breathes normally or even speaks, releases tiny moisture droplets in the atmosphere causing contamination, if an unaffected person breathes in or touches the contaminated surface, these particles, harmful organisms enter the body.✓

Contact with body secretion✓

- If an unaffected person comes into contact with the body secretion such as defecation, phlegm which is coughed out, urine, fluid from a septic wound or scars, fluid or secretions of the mucous membrane, these diseases gain entry to the body through the skin.✓

Direct contact✓

- There is contact between infected and uninfected people, for example touching a wound, kissing, sharing bedding or facecloths.✓

Animals and insects✓

- Animals and insects can act as carriers for certain germs.✓

Contaminated objects✓

- Any object that was in contact with germs, such as bandages, toothbrushes, facecloths, knives and forks.✓

(Any 5 × 2) (10)

- 5.1.3
- Lice/louse/head lice
 - Mites
 - Worms, e.g. tapeworms, flatworms, roundworms
 - Fleas
 - Mosquitoes
 - Ticks
 - Bed bugs
- (Any 4 × 1) (4)
- 5.2
- Blood pressure
 - Urine test
 - Vaginal examination
 - Weight check
 - Breast examination
 - Infant examination
 - Emotional status
- (Any 6 × 1) (6)
- 5.3
- 5.3.1 Breast
- 5.3.2 bottle
- 5.3.3 bottle
- 5.3.4 bottle
- 5.3.5 breast
- 5.3.6 bottle
- (6 × 1) (6)
- 5.4
- The children appear tired and restless
 - Loss of appetite – weight loss
 - Loss of mass
 - Depigmentation
 - Increase in diarrhoea
 - Cold hands and feet
 - Children are difficult, unhappy, yet apathetic
 - Degeneration of muscles
 - Fever
 - Oedema (visible swelling of the limbs and abdomen)
 - Fatty degeneration and enlargement of the liver
- (Any 6 × 1) (6)
- 5.5
- Suitable bath or container
 - Clean dry surface for drying and dressing the baby
 - Container for dirty nappies/clothing
 - Clean nappy/clothing
 - Soap or baby wash
 - Baby shampoo
 - Cotton swabs to clean face
 - Baby nappy ointment
 - Small non-slip rubber mat
- (Any 6 × 1) (6)

- 5.6
- Visit the clinic and get immunisation up to date
 - Wear surgical gloves and mask in cases of infection
 - Eat a healthy balanced diet
 - Make sure you take in enough fluids
 - Personal hygiene is important
 - Stay away from sick children
 - Make sure all children are immunised
 - Take sick leave to limit spread of diseases
 - Report any problems to management immediately
 - Always wash your hands and wear protective clothing such as an apron
 - Drink plenty of water
 - Try not to touch your face, eyes or nose during the day
- (Any 6 × 1) (6)
- [50]

QUESTION 6

- 6.1
- | AGE | TYPE OF IMMUNISATION |
|-----------------|------------------------------|
| 6.1.1 0–3 weeks | B.C.G✓ and Polio✓ |
| 6.1.2 6 weeks | Polio,✓ D.P.T✓ and Hepatitis |
| 6.1.3 6–9 weeks | Measles✓ and M.M.R✓ |
- (6)
- 6.2
- The stomach receives food mixed with saliva(bolus)
 - Makes food finer by muscle contractions
 - Stores food temporarily
 - Mixes food with gastric juices
- (4)
- 6.3
- Wash hands✓ to prevent spreading bacteria/viruses.✓
 - Ensure nappy and clothing is ready✓ fold the clean nappy before removal of the soiled one.✓
 - Loosen nappy✓ and dispose of soiled nappy appropriately.✓
 - Clean the nappy area thoroughly✓ with swabs and water or wet wipes.✓
 - Apply barrier cream✓ to prevent the nappy rash ✓
 - Put the nappy, securely✓ and put on the waterproof if not using disposable ones.✓
- (Any 5 × 2) (10)
- 6.4
- The mother can see just how much the baby has drunk; this give the mother reassurance baby is getting enough milk.✓
 - The mother does not get sore nipples✓ that occurs by breastfeeding.✓
 - The father can also feed baby✓ and this gives the mother a break as well as allows the father to bond with the baby.✓
 - It makes travelling easier as baby can be feed anywhere.
- (Any 3 × 2) (6)
- 6.5
- 6.5.1 Alternatives such as rice or soya milk
 - 6.5.2 Other sources of protein such as legumes
 - 6.5.3 Other fruits such as apples and bananas
 - 6.5.4 Oat, rice or potato flour
 - 6.5.5 Other fruits such as apples and bananas

- 6.6
- Body opening✓ – such as mouth, eyes as well as vaginal tract which leads to the gastro-intestinal tract✓
 - Broken skin✓ – such as cut/wounds, the bacteria can enter open sores on the skin and enter blood stream, spreading around the body✓
 - Respiratory system✓ – through the nose whereby contaminated air is inhaled✓
- (3 × 2) (6)
- 6.7
- She will regain her figure quicker
 - Lower risk of breast cancer
 - Easy to travel with baby
 - Always fresh
 - Always in sterile container
 - Always at the right temperature
 - Breast milk is free of charge
 - A temporary lowered fertility
 - No unnecessary blood loss
 - No premenstrual tension
 - Less depression because of prolactin hormone
 - When baby suckles, the uterus contracts and returns to normal sooner
 - The high levels of prolactin have influence on bonding between mother and baby
- (Any 7 × 1) (7)
- 6.8
- Open the nappy completely
 - Fold the nappy in half (upwards) so that it forms a rectangle
 - Fold the rectangle nappy in half to a square
 - Pull one corner of the square across to the opposite side
 - Turn the whole nappy around to have the square facing of you
 - Fold the square three times towards the middle to form a pad
- (6)

[50]

QUESTION 7

- 7.1
- 7.1.1
- Loose and comfortable
 - Clothes of fibre that allows skin to breath
 - Lightweight, soft layers of clothing
- (Any 2 × 1)
- 7.1.2
- Comfortable and can carry the growing weight easily
 - Low heels shoes
 - Well-fitting and not too big
- (Any 2 × 1)
- 7.1.3
- Ensure approximately 8 hours sleep per evening and rest whenever possible✓
 - Short nap during the day✓
 - Take a warm bath
 - Have a warm milk before sleeping
 - Sleep in a ventilated room
 - Practising relaxation exercises
- (Any 2 × 1)

- 7.2
- Mouth
 - Pharynx
 - Oesophagus
 - Stomach
 - Small intestines
 - Large intestines
 - Liver
 - Gall bladder
 - Pancreas
- (Any 6 × 1) (6)
- 7.3
- Solid foods are introduced✓ normally at above 4 months of age (4–6 months).✓
 - New foods should be introduced one at a time✓ with at least 3 to 4 days elapsing before the next food is introduced.✓
 - If a reaction such as vomiting, rashes, sore bottom or swelling of the face is noticed,✓ discontinue till the infant is older.✓
 - Cereal, porridge, pureed fruit or vegetables✓ may be used as a starter food.✓
 - Salt, sugar, butter, margarine, and spices✓ should be used sparingly.✓
 - New food is given for the first time in the morning in case there is a reaction to the food.
 - Suitable fruits include mashed ripe banana, stewed apples or pears, mashed pawpaw.
 - Vegetables such as carrots, peas, green beans, pumpkin and squash can be given, cooked and rubbed through a sieve or mashed.
 - When teething begins, the infant may be given finger foods to chew.
 - Egg yolk can be given from more or less 5 months on 1 teaspoon, 3 times a week.
 - In the first 6 months offer milk before solids because milk is still the most important food in the diet.
- (Any 5 × 2) (10)

- 7.4
- Keep the baby warm and comfortable at all times
 - Avoid crowded areas
 - Do not entrust the baby to strangers
 - Take time to get know the baby
 - Ask for help or support if you are struggling
 - Make sure baby gets all its immunizations
 - Try and sleep when baby sleeps
 - Speak to other mothers as this helps, especially if it's the first baby
 - Report any problems to the medical staff (Any 6 × 1) (6)
- 7.5
- The mother must follow a healthy eating plan✓ that includes food from all the food groups.✓
 - Proteins✓ are required for building and repairing body tissues.✓
 - Extra cheese (2–3 cups daily), cheese or yoghurt will provide calcium✓ for the baby's bones and teeth.✓
 - The foetus✓ requires an increased amount of iron and folic acid.✓
 - Fibre from whole grain bread, pasta and rice✓ will help to prevent constipation.✓
 - Water is an essential requirement during pregnancy.
 - Fats and oils are the best source of energy.
 - Eat sufficiently to satisfy hunger but avoid putting on too much weight.
 - Eat small meals more regularly. (Any 5 × 2) (10)
- 7.6
- Make sure you have everything you need before you start
 - Prepare water
 - Wash your hands
 - Bring the baby to the changing mat
 - Undress the baby, but leave the vest and nappy on
 - Using the cotton wool swab, gently wash the baby's eyes from the inside out
 - Wash the baby's face and neck
 - Dry the face and neck, ensuring all folds and creases are dry
 - Remove the nappy and dispose of the soiled nappy
 - Lift the baby's legs and clean the bottom and genital area
 - Dry thoroughly
 - Apply barrier cream
 - Put on a new nappy (Any 12 × 1) (12)
- [50]

TOTAL SECTION B: 150
GRAND TOTAL: 200