



FINAL EXTERNAL INTEGRATED SUMMATIVE ASSESSMENT

PAPER 2

OCCUPATIONAL CERTIFICATE: HEALTH PROMOTION OFFICER

(COMMUNITY HEALTH WORKER)

SAQA ID: 94597

CREDITS: 163

LEARNER DETAILS											
Surname											
Name											
ID Number											
Name of Centre											

Date: 1 September 2016

80 Marks

Time: 13:30 – 15:30

Duration: 2 hours

**Instructions – All questions must be answered on this question paper  
This paper consists of TEN (10) pages including the cover page**

**(QUESTION PAPER MUST BE USED AS YOUR ANSWER SHEET)**

Question 1 (60 Marks)

Question 2 (20 Marks)

- This is a closed book assessment.
- Read the instructions for each question before answering.
- Structure all written answers logically. Use the mark allocation for each written question to guide the length of your answer.
- For **ALL** multiple choice questions **CIRCLE** the answer from the choice provided. Circle only **one** answer per question.
- Candidates are not allowed any form of assistance, and must adhere to the invigilator's instructions at all times.
- No cell phones are allowed.
- CHW in the question paper refers to Community Health Worker

**Question 1**

**Health promotion**

Read the scenario below and answer the questions that follow

**Scenario**

Lindiwe has opened a centre to care for children in need. Some of the children she cares for have disabilities. Others are orphans. Lindiwe is having problems getting social grants for some children as they do not have all the documents that are needed for the application.

Lindiwe has run out of money to look after the children. She feels that she cannot keep the care centre open. She needs to find the best places to make sure that the children get the care and support they need.

1.1 Match the health and social needs in Column A with the services in Column B, by writing the letter in the "ANSWER" column, e.g., 6F (5)

HEALTH AND SOCIAL NEEDS / PROBLEMS	ANSWER	SERVICES
1. A 4 year old girl who does not have an identity document		A. Youth friendly services
2. A 12-year-old girl and her two younger brothers, whose mother is terminally ill. The girl does not have any money to look after her siblings		B. Department of Home Affairs
3. A teenage girl who is thinking about becoming sexually active		C. Orphanage
4. A new born baby boy who was picked up from a rubbish bin by municipal workers		D. Social Workers
5. A malnourished child who is repeatedly beaten up by her alcoholic mother		E. SASSA

## 1.2. Methods of conveying health messages

Read the scenario below and answer the questions that follow.

### Scenario

**Themba and his family stay at an informal settlement called Mbali, with a population about 10 000 people. Most of the people at Mbali are unemployed. There is one local radio station, two primary schools and one high school. People of Mbali use Ventilated Improved Pit (VIP) latrine toilets and share outside taps. These taps are often leaking, causing ponds of stagnant water where children play and animals drink. This leaves many people at risk of contracting water borne diseases. In addition, in the past few months, they experienced a shortage of water. The Environmental Health Officer suggested that the community be educated with regard to water management and basic hygiene as well as infection control.**

- 1.2.1 The community of Mbali needs to find ways to manage the shortage of water. Which of the following ways will not save water? (1)
- a) Closing taps properly after use
  - b) Reporting leaking taps
  - c) Fixing broken taps
  - d) Avoid playing in the pools of water
- 1.2.2 In Mbali, the CHW should teach the community members the importance of \_\_\_\_\_ after using the VIP toilets. (1)
- a) Washing hands with soap and water
  - b) Washing hands with soap, water and drying them
  - c) Washing hands with warm water
  - d) Wiping hands every time
- 1.2.3 What would contribute most negatively to the health of people in this community? (1)
- a) Stagnant water
  - b) Running water
  - c) VIP toilets
  - d) Animals
- 1.2.4 Various types of media will be most suitable to use for promoting health and providing health education at Mbali. From the list below, choose the one that will **NOT** work for this community: (1)
- a) School health programmes
  - b) Radio stations
  - c) Community imbizo
  - d) Cell phones

**Counselling**

1.3. Read the scenario below and answer the related questions

**Scenario**

**Mrs Mangaung, a single parent and a domestic worker, is disappointed after finding out that her 20-year-old daughter, Mpho, is pregnant. Mrs Mangaung has been boastful about Mpho in her community because she is a 2<sup>nd</sup> year student at the university.**

**Mpho feels that her pregnancy is her problem and not her mother’s. She does not want to disclose who the father of her child is and has said that she will provide for her child. Mpho is 9 weeks pregnant and has not visited an Ante Natal Care (ANC) clinic because of her mother’s comments that the community will laugh at their family.**

1.3.1 Provide **SIX (6)** statements which you as the CHW would use to counsel this mother and daughter to help them. (6)

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**1.4. Emotional responses**

Match the correct emotional response with the observed behaviour, by writing the letter in the “ANSWER” column, e.g., 6F (5)

OBSERVED BEHAVIOUR	ANSWER	DESCRIPTION OF EMOTIONAL RESPONSE
1. Mrs Mangaung wants to send Mpho away to distant family		A. Anger
2. Mpho threatens to take an overdose of medicine		B. Depressed
3. Mpho is worried and scared about her future		C. Shame
4. Mrs Mangaung talks very loudly and shakes her fingers		D. Assertiveness
5. Mpho insists that she is old enough to take care of herself and her baby		E. Agitated

**1.5 Counsellor responses to emotions**

List **FIVE (5)** actions that you would take to handle the above emotional responses. (5)

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**1.6. Potential problems in pregnancy**

Read the scenario below and answer the questions that follow

**Scenario**

**Lerato is 42 years old - a working woman with two sons aged 19 and 17 from a previous relationship. She is sexually active with Lentswe and has not been using contraception. She had put on weight. You see her on 14 November 2015. Her last normal menstruation (LMP) was 9 June 2015. She has missed menstruation for a month July 2015. She approached you as a CHW because she was always tired.**

Provide **THREE (3)** signs that show that Lerato could be pregnant (3)

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**1.7. Estimated delivery date of confirmed pregnancy**

1.7.1. Using Lerato's history, calculate the Estimated Date of Delivery (EDD). (1)

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1.7.2. Explain how you arrived at the EDD in the case of Lerato? (2)

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**1.8. Potential problems in Pregnancy**

Read the scenario below and complete the table

**Scenario**

**You are a CHW working in Khumo district. Many pregnant women are experiencing heartburn. The nurse asks you to talk to the pregnant women about the signs and symptoms and causes of heartburn, as well as what can be done to prevent heartburn in pregnancy.**

Complete the table below by describing **HEARTBURN** with any four (4) signs and symptoms, four (4) causes and four (4) preventative actions of these pregnancy ailments. (4 x 3 = 12)

**HEARTBURN:**

Signs and symptoms	Causes	Preventative measures

**1.9. Role of CHW in Post Natal Care**

Describe actions that CHWs will take when conducting a Post Natal Care visit for a mother and her new-born baby within the **first 24 hours following delivery**.

State **THREE (3) actions** for the mother and **TWO (2) actions** for the new-born baby.

**Mother** (3)

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**New-born baby** (2)

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**1.10. Special needs of HIV positive pregnant women**

State **THREE (3) examples** of an HIV positive pregnant woman's needs at the following stages

**Before delivery:** (3)

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**After delivery:** (3)

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**1.11. Special needs of children with disabilities**

Mention any **SIX (6) actions** that a CHW would have to take immediately should a child display any signs of convulsions commonly known as fits/spasms? (6)

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**Subtotal: 60**

**Question 2**

**The role of CHWs with regard to mental health issues**

- 2.1.1. Indicate which of the following cases would least likely need mental health care (1)
- a) Newly married couple
  - b) An adult with a history of severe depression
  - c) A recently retired gentleman
  - d) A person who gets epileptic fits
- 2.1.2. Select the item best describing the CHW's role in managing mental health issues in the ward (1)
- a) Encourage community members to support family/carers of those suffering from a mental illness
  - b) Encourage community members to keep away from family/carers of those suffering from a mental illness
  - c) Encourage community members to ignore family/carers of those suffering from a mental illness
  - d) Encourage community members to give advice to family/carers of those suffering from a mental illness
- 2.1.3. A teenager told the CHW that he is no longer worthy to live. The most important thing that the CHW should do is: (1)
- a) Tell the teenager that he is a wonderful person and is loved by his parents
  - b) Suspect that he is using drugs
  - c) Inform his mother of the situation
  - d) Refer him to the clinic and report it to the team leader
- 2.1.4. A CHW should consider referring a person for a mental health assessment. Choose the person who would need a mental health assessment the **MOST**: (1)
- a) The person experiences stress
  - b) Someone has lost his/her job
  - c) The person has a close family member who suffers from mental illness
  - d) The medication of a person has been changed
- 2.1.5. A community member tells the CHW that in the past month or so no one understands her at home or at work. This leads to many loud fights and her losing friends. The most important task for the CHW is to: (1)
- a) Discuss referring the community member for a mental health assessment with the team leader
  - b) Meet with her family and ask them to be kind to her
  - c) Talk to this community member's supervisor at work
  - d) Tell this community member to take a few days off work to visit her family that live close to the sea



**2.2 Emergency measures involving people with serious mental and substance abuse problems**

**Scenario**

**A person in your ward who has been diagnosed with a bi-polar disorder, presented with a manic attack while you are in the household. Based on this description, answer the following:**

2.2.1 What is the first step you, as the CHW, need to take? (2)

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2.2.2 What could have possibly caused this manic attack? (2)

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2.2.3 Whose safety is most important in this instance? (1)

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**2.3. Stress and signs of stress**

2.3.1 A wife tells you that her husband has lost his job. He has been complaining of chest pains. He is constantly worrying about money and is not sleeping. She is worried that he may be experiencing stress.  
Explain to the wife what stress is. (1)

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2.3.2. She asks you what emotional signs or symptoms she should look out for in her husband. (4)

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**2.4. Self-Management steps for stress**

2.4.1. What are the three ways in which people respond to stress? (1)

- a) Flight, freeze, fold
- b) Freeze, fold, fall
- c) Fight, flight, freeze
- d) Fight, flight, fall

2.4.2. The best way to manage stress involves: (1)

- a) Taking charge of the situation
- b) Getting people to understand the situation
- c) Analysing what people suggest
- d) Finding the cause of the stress

2.4.3. Setting goals can help to: (1)

- a) Delay when you need to take action
- b) Improve self confidence
- c) Get a promotion at work
- d) Plan how to get where you want to be

2.4.4. Time management leads to: (1)

- a) Work taking longer due to extra time for planning
- b) Less time for family and friends because of increased pressure at work
- c) Fewer surprises as a result of improved organisation
- d) More mistakes as people spend more time thinking and less time doing

2.4.5. Personal hygiene is important because: (1)

- a) It helps people feel good about themselves
- b) It prevents people from becoming attracted to each other
- c) It helps people get better jobs
- d) It encourages people to spend more time with their friends and family

**Subtotal: 20**

**GRAND TOTAL = 80 MARKS**