



FINAL EXTERNAL INTEGRATED SUMMATIVE ASSESSMENT

PAPER 1

OCCUPATIONAL CERTIFICATE: HEALTH PROMOTION OFFICER

(COMMUNITY HEALTH WORKER)

SAQA ID: 94597

CREDITS: 163

LEARNER DETAILS											
Surname											
Name											
ID Number											
Name of Centre											

Date: 17 October 2019

Mark Allocation: 120 marks

Time: 09:00 – 12:00

Duration: 3 hours

This External Integrated Summative Assessment Marking Memorandum consists of TWENTY-TWO (22) pages

- EIGHTEEN (18) pages in the question paper
- ONE (1) page for Annexure A: Community Map
- TWO (2) pages for Annexure B: Community Health Worker Household Registration form
- ONE (1) page for Annexure C: PHC Outreach Team CHW Referral form

Instructions

- **USE THE QUESTION PAPER AS THE ANSWER SHEET**
- 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 choices provided. Circle only **one** answer per question, unless stated otherwise.
- Candidates are not allowed any form of assistance and must always adhere to the invigilator's instructions.
- No cell phones are allowed.
- CHW in the question paper refers to "Community Health Worker".

Mark allocation per question

- Question 1: 40 marks
- Question 2: 40 marks
- Question 3: 40 marks

Question 1

1.1 Assessment of the social, physical and economic dynamics in communities

Read the scenario which is related to Annexure A: Community Map.

Annexure A: Community Map shows Esangweni community, ward number 128, which is made up of formal houses, some of which have informal structures added to them. These structures do not have indoor toilets. There are two mobile toilets, which are not cleaned often, that community members who live in these informal structures use.

The community has three big roads running through it. Mazibuko Street runs from the rail line which is on the one side of Tutu Avenue and leads away from Esangweni. There is a taxi rank at the corner of Robert Sobukwe Street and Mazibuko Street.

The secondary school, Esangweni Secondary is on the one side of the taxi rank. This school is across the road from the houses that have informal extensions. The SAPS office is on the other side of the taxi rank.

On the other side of Mazibuko Street, there are rows of houses. The SASSA office is next to the row of houses closest to Mazibuko Street. Esangweni Clinic, which is open 24 hours a day, seven days a week, is next to the SASSA office across the street from the taxi rank.

There is a sports field in Esangweni. There are houses on two sides of the sports field. Esangweni Primary School is on the one side of the sports field, close to the SASSA office and Esangweni Clinic. The creche is around the corner from Esangweni Primary School, next to some houses. Children at the creche and Esangweni Primary School use the sports field during their school tea and lunch breaks.

No-one on the community has vegetable gardens. Most people buy food from food sellers at the taxi rank. Community members take the train to the nearby town to do their shopping.

- 1.1.1 After reading the description of the ward, write the following information in the appropriate space on Annexure A: Community Map: (2)
- Name of the community
 - Ward number.

- 1.1.2 Use the information in the scenario and symbols in the legend in Annexure A: Community Map as a guide to your answers.

On Annexure A: Community Map, draw **FOUR (4)** symbols in their correct position for the following facilities that are missing: (4)

- Clinic
- Police station
- Secondary school
- Creche

CIRCLE the answer from the choices provided. Circle only **ONE** answer per question.

1.1.3 Is this statement True OR False?

A community assessment involves gathering information from many different individuals and groups in the community, taking note of what is available in the community and environment and the impact of these factors on the community. (1)

- a. True
- b. False

1.1.4 What is the most affordable way for a community to have fresh vegetables? (1)

- a. Grow them in a nearby farm
- b. Grow them in a community vegetable garden
- c. Buy them in the taxi rank
- d. Buy them at the shop in town

1.1.5 To effectively conduct a community assessment and develop a community profile, you will need to use different strategies. Select the **INCORRECT** strategy from those listed below. (1)

- a. Conduct effective community entry
- b. Conduct community mapping of your area
- c. Conduct household mapping of your area
- d. Think about the community to better understand their situation

1.1.6 Is this statement True OR False?

Having Esangweni Clinic open 24 hours a day, seven days a week is an access advantage for all clients, even those who work during the day. (1)

- a. True
- b. False

1.2 Governance and Society

Read the scenario and answer the related questions.

Joy is a CHW who has been working in the Masia community since 2016. Her first job was to conduct community mapping for Masia. During the community mapping process she found out what services are available to the community. These were a SASSA office, a FAMSA office and a SANTA office. However, she also found out that the community DID NOT have any municipal offices and there is no SAPS service. Most of the community members are not educated and they are not employed.

CIRCLE the correct answers for the questions below.

1.2.1 What service does FAMSA provide? (1)

- a. Support for families with problems
- b. Support for people with mental illness
- c. Support for people who use drugs and other substances
- d. Support for families who do not have money

- 1.2.2 Is this statement True OR False?
SANTA supports research on TB. (1)
a. True
b. False
- 1.2.3 What service does SASSA provide? (1)
a. Support groups
b. HIV services
c. Social grants
d. Counselling services
- 1.2.4 What does SAPS stand for? (1)
a. South African Peace Services
b. South African Prayer Services
c. South African Political Services
d. South African Police Services
- 1.2.5 HPCA supports the following community members: (1)
a. Those that have been injured
b. Those that are dying
c. Those that have been raped
d. Those that do not have homes
- 1.2.6 Community ward-based outreach teams (WBOTS) provide the following services. Select the INCORRECT answer. (1)
a. Community Outreach Services
b. Preventative, Promotive, Curative, Rehabilitative services
c. Primary Health Care services to families
d. Hospital admission services
- 1.2.7 When conducting household mapping, who should NOT be considered to be part of the household? (1)
a. Household head
b. Daughter, who is 18 years old)
c. Grandmother who lives the family
d. Uncle who is visiting
- 1.2.8 Circle THREE (3) essential principles of Primary Health Care from the list provided. (3)
a. Accessibility
b. Affirmation
c. Acceptability
d. Approach
e. Availability

1.3 Social Determinants of Health

Read the scenario and answer the related questions.

Matatshe is a community found in Vhembe District, Limpopo province. In Matatshe, there are many young to middle aged men and women, who are between the ages of 20 to 40 years old. These community members smoke cigarettes and drink alcohol. Most community members do not exercise, and they mainly buy food from the fast food spaza shop.

While many people are unemployed, some community members work farms that they have to travel to. There are factories that give off smoke on the one side of Matatshe. Some of the older community members have tried to grow vegetables but the soil was not fertile, and the vegetables did not grow. Community members tend to through rubbish everywhere in the community.

They live in formal houses which do not have toilets in the yards.

- 1.3.1 List **TWO (2)** personal characteristics of individuals as described in the scenario. (2)

- 1.3.2 List **THREE (3)** environmental factors which will affect the health of community members in Matatshe village. (3)

- 1.3.3 List **TWO (2)** lifestyle choices that can affect health of community members in Matatshe village. (2)

CIRCLE one correct answer for each of the questions below.

1.3.4 Is this statement True OR False?

CHWs working in the Matatshe community must ensure that community members' right to health is respected and enabled. This means that a CHW must do everything to remove any obstacles that may prevent them from enjoying the health they are entitled to. (1)

- a. True
- b. False

1.3.5 Is this statement True OR False?

The determinants of health DO NOT include adequate nutrition, housing, and access to clean water. (1)

- a. True
- b. False

1.3.6 Complete the following sentence:

Health is a complete state of _____, social and mental wellbeing. (1)

- a. Moral
- b. Spiritual
- c. Physical
- d. Economical

1.4 Household registration

Using the information in **the scenario below**, complete the following attached partially completed forms:

- Annexure B: Community Health Worker Household Registration form, and
- Annexure C: PHC Outreach Team Community Health Worker Referral form.

Note: Insert your details on Annexure B and C where the forms require CHW information.

See mark allocation below.

CHW Karabo Manganye is visiting the Matabane household, 23 Mbeki Street, Zone 4 in Seshego (Ward 38) for the first time. Karabo knows that Mr Matabane died recently and that Mrs Alvinah Matabane is living in the house with her four children who are between 6 months and 9 years. Karabo finds Mrs Matabane at home with the two younger children, aged six months and 3 years. Mrs Matabane is not working and all her children are receiving child support grants. The youngest child did not receive his 14 weeks immunisation. Mrs Matabane does not know her HIV status and she would like to be tested for HIV at Zone 4 clinic.

Dates of Birth

- Mrs Alvinah Matabane born 12 June 1984
- Amelia is a girl born in 04 August 2009
- Philemon is a boy born in 12 May 2012
- Ndaedzo is a girl born in 27 April 2016
- Lemmy is a boy born in 22 March 2019

Marks will be allocated for completion of the following:

- Annexure B: Community Health Worker Household Registration form (5)
 - Fill in the household street address
 - Complete household member details for Amelia Matabane
 - Fill in missing information in Section 3. Information about the house
 - Fill in missing information in Section 4. General household screening questions for all households
 - Fill in missing information in Section 5. Household screening questions for CHW follow up (Remember to write in the household members' numbers from the list of household member names and details on page 1 of the Household Registration form.)
- Annexure C: PHC Outreach Team Community Health Worker Referral form (5)
 - Fill in the name of the clinic that Alvinah Matabane will be referred to
 - Complete Date of Birth for Alvinah Matabane
 - Fill in Gender
 - Mark reason for the referral under Section: Referred to Clinic
 - Fill in Section: Provide a brief explanation for the referral

Subtotal = 40 marks

Question 2

Assessing and identifying those at risk of health-related issues

2.1 Screening

CIRCLE the answer from the choices provided. Circle only **ONE** answer per question.

2.1.1 Choose the condition which is not found in the routine screening tool for children. (1)

- a. Vaccination schedule
- b. Vitamin A status
- c. Growth monitoring
- d. Diabetes

2.1.2 In which groups should routine screening for violence and abuse be done? (1)

- a. Older persons, women and children
- b. Children, men and older persons
- c. Men, women and children
- d. Women, older persons and men

2.1.3 For which group should prostate and testicular cancer screening be done? (1)

- a. Women
- b. Men
- c. Older persons
- d. Children

2.1.4 Which two health conditions are commonly screened in children, women, men and older persons?

(1)

- a. Diabetes and HIV
- b. High blood pressure and HIV
- c. TB and HIV
- d. Prostate cancer and HIV

2.2 Key steps for using various screening tools

The table lists screening questions for health conditions in Column A and the health conditions in Column B.

Write only the letter (A, B, C, D or E) from Column B next to the corresponding number from Column A in the blank space provided in the ANSWER column on the left side of Column A.

Use each option only once.

(5)

ANSWER	Column A: Screening Questions	Column B: Health Condition
	1. Have you been coughing for more than two weeks?	A. STI
	2. Do you have high cholesterol?	B. Diabetes
	3. Do you feel very thirsty? Do you urinate a lot?	C. Heart Disease
	4. Do you have abnormal and/or smelly discharge from your vagina or penis?	D. Kidney disease
	5. Do you have blood in urine?	E. TB

2.3. Identification of communicable and non-communicable diseases

CIRCLE the answer from the choices provided. Circle only **ONE** answer per question.

2.3.1 Is this statement True OR False?

People with high blood pressure may have warning signs, but it is also possible that there may be no warning signs. (1)

- a. True
- b. False

2.3.2 Which one of the following is NOT a danger sign of stroke? (1)

- a. Sudden confusion, trouble speaking or understanding
- b. Sudden trouble seeing in one or both eyes
- c. Sudden severe headache with no known cause
- d. Sudden chest pain

2.3.3 Which of the following is NOT a common opportunistic infection? (1)

- a. Oral thrush
- b. Kaposi's sarcoma
- c. TB
- d. Hypertension

- 2.3.4 A sputum test is used to screen _____ (1)
- a. TB
 - b. HIV
 - c. Pneumonia
 - d. The flu

Read the scenario and answer the related questions.

CHW Nombeka, is visiting the Dhlomo family. The Dhlomo household is made up of Mr Dhlomo, who is 39 years old, Mrs Dhlomo who is 32 years old, their six-year-old son who was 4,7kg at birth and Mr Dhlomo's mother who is 61 years old. The reason for Nombeka's visit is to check if Gogo Dhlomo has been to the clinic to get her medicine for her high blood pressure.

Nombeka gets to the household at around lunch time. She sees Gogo Dhlomo frying chips for lunch. Gogo has put some white bread on the table. She also notices that Mr Dhlomo is sitting outside with some friends smoking and drinking Mahewu. Mrs Dhlomo is about 8 months pregnant. She complains to Nombeka that she is feeling very tired and thirsty all the time. Mrs Dhlomo has been on treatment of high blood pressure and a high cholesterol. She does not like exercising.

- 2.4 List **THREE (3)** types of diabetes. (3)

- 2.5 List **FOUR (4)** risk factors for diabetes that Mrs Dhlomo has. (4)

2.6 Describe **FOUR (4)** problems that can result from diabetes. (4)

2.7 Describe **FOUR (4)** ways in which Mrs Dhlomo's diabetes can be treated. (4)

2.8 Nombeka is worried that Mr Dhlomo is at high risk for a heart attack. What **THREE (3)** screening questions can Nombeka ask Mr Dhlomo to check his risk for a heart attack? (3)

2.9 List **THREE (3)** ways in which heart problems are treated. (3)

2.10 Describe **THREE (3)** actions a CHW should take if someone is having a heart attack. (3)

2.11 List **THREE (3)** things that can result from heart problems that are left untreated. (3)

Subtotal = 40 marks

Question 3

Identifying and managing minor health problems

3.1 Minor Ailments

The table lists conditions in Column A and the Answer space in Column B.

Identify the body system which is affected by the common conditions listed in Column A. The body systems are:

- **Skin,**
- **Gastrointestinal system,**
- **Respiratory system, or**
- **Reproductive system**

In Column B: ANSWER, write down the body system from the list above in next to the common condition. (8)

Note that the body system can be used more than once.

Column A: Condition	Column B: ANSWER
1. Heartburn	
2. Worms	
3. Asthma	
4. Diarrhoea	
5. Genital Warts	
6. Malnutrition	
7. Flu	
8. Gonorrhoea	

3.2 Treatment actions to deal with minor ailments

Read the scenario and answer the related questions.

While conducting a visit to a household, the CHW finds a 45 year old man who is has a tight chest and sometimes is having problems breathing. When the CHW asks, the man said he has run out of the pump (inhaler) for his tight chest.

3.2.1 What is the name of the condition the man is suffering from? (1)

3.2.2 What **FOUR (4)** actions will you advise the client to take? (4)

Read the scenario and answer the related questions.

Four-year-old Ayanda's mother tells you that he's been complaining of very itchy skin, especially at night. He has a rash that looks like pink, raised bumps with a clear top filled with fluid on his chest and in his armpits.

3.2.3 Name the condition which Ayanda is suffering from. (1)

3.2.4 Describe **FOUR (4)** things that Ayanda's mother should do to treat this condition. (4)

Read the scenario and answer the related questions.

When visiting a household, a mother of a 3-year-old boy tells you that she has just pulled something long out of his nose. She tells you that her son coughs often and does not want to eat. He's been losing weight and complains of stomach pain.

3.2.5 Name the condition the child is suffering from. (1)

3.2.6 Explain **FOUR (4)** treatment actions for the child's condition to the mother. (4)

3.3 Wellness, Health and Mental Health

Read the scenario and answer the related questions.

Thabang smokes two packs of cigarettes a day. He has been coughing a lot and thinks that it may be caused by smoking. He does not have a full-time job, and the only work he can get are piece jobs. He seldom has enough money to buy food.

3.3.1 Do you think Thabang is healthy? Answer **YES** or **NO**. (1)

3.3.2 What is the reason for your answer? (1)

You discuss with Thabang the effect that smoking is having on his body. He tells that he doesn't want to stop smoking.

3.3.3 Do you think Thabang is achieving wellness? Answer **YES** or **NO**. (1)

3.3.4 What is the reason for your answer? (1)

When you next see Thabang, he tells you that he's decided to learn a new trade. He's gone to the clinic to get help for his cough and he's also going to a support group to help him deal with his problems. He's trying to get his friends to join the support group so that they can also find ways to deal with their problems.

3.3.5 Do you think that he has good mental health? Answer **YES** or **NO**. (1)

What do you understand good mental health to be? (3)

3.4 Impact of various lifestyle choices on health and wellness

Are these statements True OR False?

- 3.4.1 When people are drinking or using drugs, they are not able to evaluate risky situations. (1)
A. True
B. False
- 3.4.2 When people are drinking, they are less likely to become sexually aggressive. (1)
A. True
B. False
- 3.4.3 More than half of all cases of STIs are transmitted when partners are under the influence of alcohol or other drugs. (1)
A. True
B. False

3.4.4 The table lists short- and long-term conditions in Column A and lifestyle choices in Column B. Write only the letter (A, B, C, D, E or F) from Column B next to the corresponding number from Column A in the blank space provided in the ANSWER column on the left side of Column A.

Use each option only once.

(6)

ANSWER	Column A: Short- and long-term conditions	Column B: Lifestyle choices
	1. STIs	A. Lack of physical activity
	2. High blood pressure	B. Eating white bread
	3. Motor vehicle accidents	C. Fatty red meat
	4. Obesity	D. Drink and drive
	5. Constipation	E. Drug abuse
	6. Violence and crime	F. Unprotected sex

Subtotal = 40 marks

GRAND TOTAL = 120 marks