



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: 17 October 2019

Mark Allocation: 80 Marks

Time: 13:30 – 15:30

Duration: 2 hours

This External Integrated Summative Assessment consists of ELEVEN (11) pages.

**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 adhere to the invigilator's instructions at all times.
- No cell phones are allowed.
- CHW in the question paper refers to "Community Health Worker".

**Mark Allocation**

- Question 1: 35 marks
- Question 2: 45 marks

## Question 1

### 1.1 Signs and symptoms of pregnancy

Circle **THREE (3)** early signs and symptoms of pregnancy. (3)

- a. Mood swings
- b. Breasts becoming smaller
- c. Vaginal bleeding
- d. Constipation
- e. Losing weight
- f. Burning during urination

### 1.2 Estimated date of delivery of confirmed pregnancy

**Mary has had a pregnancy test that has confirmed that she is pregnant. Her first day of last menstrual period is 08<sup>th</sup> December 2018.**

What is Mary's expected date of delivery (EDD)? Show all calculations. (3)

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### 1.3 Potential problems in pregnancy

**Shirley is 20 weeks pregnant and she has not started attending ANC. She drinks alcohol, she smokes ten cigarettes in one day.**

1.3.1 Name a condition that Shirley's baby could be born with as a result of her unhealthy behaviour. (1)

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1.3.2 Describe **FOUR (4)** effects of this condition on the baby.

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**Julia is 25 years old. She is 16 weeks pregnant. She does not have enough iron in the blood.**

1.3.3 Name the common pregnancy problem Julia is suffering from. (1)

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1.3.4 List **TWO (2)** common signs of the above-named pregnancy problem. (2)

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1.3.6 List **THREE (3)** types of foods rich in iron to prevent the above-named pregnancy problem. (3)

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#### 1.4 The role of the CHW in Postnatal care

1.4.1 List the **THREE (3)** vital requirements of the new-born from the time of birth through the end of the first month. (3)

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1.4.2 Identify **ONE (1)** danger sign in a new-born baby. (1)

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1.4.3 What action should a CHW take if a danger sign is identified? (1)

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#### 1.5 Special needs for HIV-positive mothers

1.5.1 List **THREE (3)** actions that a CHW must take to support HIV-positive mothers after 12 hours of delivery. (3)

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1.5.2 Identify **THREE (3)** things that the Prevention of Mother-To-Child Transmission of HIV (PMTCT) programme can lead to. (3)

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**1.6 Role of CHW in disability care**

1.6.1 Dineo is ten years old. She is always had trouble learning at school. Her mother tells you that children make fun of her.

Describe **SIX (6)** ways in which you can help Dineo and her family. (6)

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**Subtotal = 35 marks**

## Question 2

### 2.1 The Role of CHWs with regard to mental health

**CIRCLE one option** from the choices provided.

2.1.1 A person in the community who **LEAST LIKELY** needs to be referred to the clinic for a health assessment is the person who has: (1)

- a. Just lost their job
- b. Just got divorced
- c. Just moved in with their partner
- d. Just lost their spouse

2.1.2 A woman told the CHW that she feels it is no longer worth living. The most important thing that the CHW should do is: (1)

- a. Tell the woman that things will get better
- b. Ask her if she's getting enough rest
- c. Tell her children to help with the housework
- d. Refer her to the clinic and report to the team leader

2.1.3 As part of managing a person with a mental illness in the community, the MOST important thing the CHW should do is: (1)

- a. Discuss the person's situation with the other team members
- b. Make sure they are well supported to remain on treatment
- c. Make sure the colleagues at work know what's going on
- d. Talk to the person's family to make sure that the person remains calm

2.1.4 When working with a person who is suffering from a mental illness, the CHW must remember: (1)

- a. To treat the person with respect
- b. To not let the person be responsible for their treatment
- c. Let the family/carers speak on behalf of the person
- d. Not leave the person on their own

2.1.5 Select the item that BEST describes the CHW's role in managing mental health issues in the ward. (1)

- a. Help community members to support family/carers of those suffering from a mental illness
- b. Encourage community members wait for family/carers of those suffering from a mental illness to ask for help
- c. Ask community members not to visit family/carers of those suffering from a mental illness
- d. Suggest that community members give advice to family/carers of those suffering from a mental illness



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

Read the scenario and answer the related questions.

Palesa's partner, who is being treated for depression, has stopped taking her medication. She has told Palesa that she is angry with the community for treating them badly since they disclosed their relationship. She is threatening to kill Palesa and herself.

List **FIVE (5)** actions you should take immediately. (5)

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## 2.3. Stress and signs of stress

2.3.1 Circle **FIVE (5)** signs and symptoms of stress. (5)

- a. Sleeping well
- b. Worrying all the time
- c. Be patient
- d. Being irritable
- e. Being able to concentrate
- f. Being unable to relax
- g. Smoking more than usual
- h. Not wanting to eat

## 2.4 Self-management steps for stress

2.4.1 List **FIVE** (5) ways in which stress can be reduced.

(5)

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## Conduct Health Promotion discussions

### 2.5 Health Information Needs

Read the scenario and answer the related questions.

**Tumelo's Team Leader informs the Outreach Team that there has been an increase in TB cases in the community. The community has a large number of grandmothers and young children who they are caring for. The Team Leader asks Tumelo and the other CHW's in the team to conduct TB health promotion discussions at household and community level.**

From the list below **CIRCLE** the **FOUR (4)** most important health information needs about TB.

(4)

- a. Making sure of clean water supply
- b. Importance of open windows and doors
- c. Practicing safe ways to cough
- d. How to grow vegetable gardens
- e. Preventative treatment for children under five
- f. Prevention of overcrowding
- g. Safe refuse disposal
- h. Importance of exercising



## 2.6. Methods of conveying health messages

2.6.1 Based on the scenario above, list **TWO (2)** ways conveying health messages in the household.

(2)

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2.6.2 Based on the scenario above, list **THREE (3)** ways conveying health messages in the community.

(3)

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## 2.7 Counselling

Read the scenario and answer related questions.

**2.7.1 Mr Nthuseni gets drunk every payday and has sex with his wife forcefully. Mrs Nthuseni is depressed, and she tells you that she feels hopeless.**

List **THREE (3)** important points about her situation that you will discuss with Mrs Nthuseni.

**CIRCLE THREE (3)** options from the choices provided.

(3)

- a. She can get a protection order
- b. She doesn't have to accept the situation
- c. She must let her husband have sex when he wants
- d. She doesn't have to continue leaving with her husband
- e. She must try to understand her husband's feelings
- f. She needs to be more supportive
- g. She must let her husband's boss know what is happening

**2.7.2 Mrs Sefike's 16-year-old teenage daughter is pregnant.**

List **THREE (3)** important points about the situation that you will discuss with Mrs Sefike.

**CIRCLE THREE (3)** options from the choices provided.

(3)

- a. The need to let the community know about the situation
- b. The options her daughter has regarding her pregnancy
- c. Her daughter should be told that she should not be having sex
- d. Her daughter's boyfriend must be handled for his behaviour
- e. Her daughter doesn't have to leave school
- f. She should suggest that her daughter go to the clinic
- g. The boyfriend's family must be part of the decision

**2.8 Emotional response to various situations**

2.8.1 The table lists client's emotions in Column A and what the client says to show that particular emotion in Column B.

Write only the letter (A, B, C or D) 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.

ANSWER	Column A: Client's emotion	Column B: What the client says
	1. Client is unfriendly	A. "There's nothing I want to talk about."
	2. Client is shy	B. "Why do you keep coming back to my house?"
	3. Client is very inquisitive	C. "I've tried everything and nothing works."
	4. Client is feeling hopeless	D. "What's happening with Thembie?"

Is this statement True OR False?

2.8.2 Body language is not a key to understanding the basic human emotions.

(1)

- a. True
- b. False

2.8.3 List **FIVE (5)** things that CHWs can do to let the client know that they are listening to the client. (5)

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**Sub-total = 45 marks**

**GRAND TOTAL = 80 marks**