



**higher education
& training**

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE

MEDICAL PRACTICE N5
(Second paper)

9 June 2021

This marking guideline consists of 8 pages.

SECTION A**QUESTION 1**

1.1	1.1.1	Deriving sexual gratification from observing unsuspecting others engaged in intimate activity		
	1.1.2	Sexual gratification from the infliction of physical pain or humiliation, either on another person or on oneself		
	1.1.3	Erotic attraction to animals		
	1.1.4	Inability to get and keep an erection sufficient for intercourse		
	1.1.5	An inherited disorder resulting in a build-up of phenylalanine/inability to metabolise phenylalanine		
	1.1.6	An abnormally small head due to abnormal brain development		
	1.1.7	Abnormal build-up of cerebrospinal fluid in the brain		
	1.1.8	A physical illness that results from or is made worse by mental or emotional factors		
	1.1.9	An extreme or irrational fear of or aversion to something		
	1.1.10	A mental illness in which an individual acts as if he/she has a physical or mental illness when he/she is not really ill and gives approximate answers to questions that have right and wrong answers	(10 × 2)	(20)
1.2	1.2.1	False		
	1.2.2	True		
	1.2.3	False		
	1.2.4	False		
	1.2.5	True		
	1.2.6	False		
	1.2.7	True		
	1.2.8	False		
	1.2.9	True		
	1.2.10	False	(10 × 2)	(20)
				[40]
TOTAL SECTION A:				40

SECTION B

Mark only THREE questions from this section.

QUESTION 2

- 2.1
- Patient name
 - Age
 - Date of birth
 - Sex
 - Address
 - Telephone/Cell phone number
 - Medical aid information
 - Details of family member/next of kin
 - Marital status
 - Occupation
 - Working hours telephone number
 - Parent/guardian details, if needed
 - Referring doctor
- (Any relevant 7 × 1) (7)
- 2.2
- Ensure that the room is clean and tidy
 - Set/Maintain a comfortable room temperature
 - Eliminate draughts from windows and doors but ensure adequate ventilation
 - Ensure adequate lighting
 - Ensure that equipment and instruments are in good working order
 - Check and replenish stock/consumables
 - Ensure that supplies are not exposed to patients
 - Replace dirty linen
 - Remove waste
 - Clean/Sterilise and replace instruments/equipment
 - Disinfect surfaces
 - Eliminate any potential safety hazards
 - Tidy rooms between patients
 - Replace disposable covers before the arrival of each new patient
- (Any relevant 8 × 1) (8)

- 2.3
- Smartphone use can become an addiction, with many compulsively checking their phones for new updates on social media, which becomes stressful, increasing anxiety.
 - Those who already suffer from anxiety are more likely to become addicted to smartphone use, using it more as anxiety levels increase.
 - Compulsive checking of social media may be driven by a 'fear of missing out' (commonly referred to as FOMO) on social events or interactions deemed important.
 - Young people compare themselves to others on social media, who may only post good things, and begin to feel anxious about not being good enough or living good enough lives in comparison, feeling pressure to live up to certain standards.
 - Smartphones are constantly within reach, with no break in connection to social media and instant messaging.
 - Staying up late using a smartphone in bed can result in trouble falling asleep, and lack of sleep can worsen anxiety.
 - Cyber bullying via social media and instant messaging is prevalent.

(Any relevant 5 × 1)

(5)
[20]

QUESTION 3

- 3.1
- Back pain
 - Chest pain
 - Constipation
 - Diarrhoea
 - Nausea
 - Dry mouth
 - Tiredness/Fatigue
 - General aches and pains
 - Headaches
 - High blood pressure
 - Palpitations
 - Rapid heart rate
 - Sexual problems
 - Shortness of breath
 - Stiff neck
 - Sweating
 - Weight gain/loss

(Any relevant 7 × 1)

(7)

- 3.2
- Lack of genuine empathy
 - Callousness/Cold-heartedness/Uncaring behaviour
 - Lack of remorse
 - Insincerity/Superficial charm
 - Deceitfulness
 - Shallow emotional response
 - Manipulation
 - Irritability and aggressiveness
 - Irresponsible/Impulsive/Risk-taking behaviour
 - Violent behaviour
 - Incapacity for mutually intimate relationships
 - Absence of prosocial standards in goal setting
 - Overconfidence
 - Egocentricity and selfishness
 - Unlawful behaviour
- (Any relevant 8 × 1) (8)
- 3.3
- Get enough sleep.
 - Improve your diet.
 - Exercise.
 - Meditate.
 - Try yoga.
 - Learn to do breathing exercises.
 - Listen to music.
 - Write down your thoughts to facilitate processing.
 - Reduce your caffeine intake.
 - Consider helpful herbs, teas and supplements, after consultation with a qualified professional.
 - Take time out.
 - Practise mindfulness.
 - Hug a loved one to release oxytocin and lower cortisol.
 - Spend time with a pet.
 - Spend time with friends and family.
 - Talk to a family member, friend or someone you trust if you feel overwhelmed.
 - Get professional help if needed.
- (Any relevant 5 × 1) (5)
- [20]

QUESTION 4

- 4.1
- Friendliness
 - Empathy
 - Patience
 - Tolerance
 - Interest
 - Confidentiality
 - Helpfulness
 - Competence
 - Professionalism
- (Any relevant 7 × 1) (7)
- 4.2
- Health paranoia is having an adverse effect on his/her daily life or relationships
 - Frequent doctor visits
 - Frequently changing doctors
 - Wanting multiple second opinions/visiting multiple doctors
 - Seeking constant reassurance
 - Not feeling reassured by doctors or anyone else that he/she is fine
 - Searching for a doctor who will tell him/her what he/she wants to hear
 - Being convinced that doctors are missing something/should have done more tests or scans
 - Constantly worrying/being consumed by worry about health, to the point of obsession
 - Constantly researching symptoms and drawing 'worst-case scenario' conclusions
 - Exaggerating minor symptoms/being convinced that any minor complaint is something far worse than it is, or convinced that it will progress to something worse
 - Constantly talking about his/her personal health to others
 - Frequent self-examination for any sign of illness/monitoring of vitals
 - Suffering from anxiety/depression
 - Reporting/Feeling a sense of impending doom
 - Excessively heightened fear/paranoia about health if someone he/she knows becomes ill, even if they have not been in contact recently
- (Any relevant 8 × 1) (8)

- 4.3
- A specific cause may be unknown, but there are social, cultural, environmental, psychological and genetic links/it is multifactorial.
 - Alcohol is an addictive substance.

The risk of alcoholism increases with the following:

- A family history
- Young age at onset of drinking/the earlier an individual starts drinking
- Availability/Prevalence of alcohol in the environment
- Suffering from a mental health disorder, e.g. depression, anxiety or schizophrenia/self-medicating
- Cultural attitudes that encourage drinking
- Positive expectations about the use of alcohol
- Maladaptive ways of coping
- Impulsivity as a personality trait
- Drinking as an escape from problems
- Drinking to relieve stress
- Continually taking alcohol with medication
- Drinking to enhance creativity

(Any relevant 5 × 1)

(5)
[20]

QUESTION 5

- 5.1
- Drug cravings
 - Agitation
 - Anxiety
 - Depression
 - Chills
 - Increased blood pressure
 - Increased heart rate
 - Shivering
 - Abdominal cramps
 - Diarrhoea
 - Muscle aches/spasms
 - Mood swings
 - Nausea
 - Vomiting
 - Tremors
 - Insomnia
 - Runny nose
 - Sweating

(Any relevant 7 × 1)

(7)

- 5.2
- Order in bulk to better ensure supply and save money
 - Have sufficient storage space available
 - Order new supplies in time to ensure that supplies are always on hand, e.g. when half of the present supply is left
 - Store medicines correctly for longevity, e.g. at room temperature or in the fridge, if required
 - Exercise strict control over expensive or dangerous medicines
 - Consult with the doctor in deciding what to order and how much
 - Control supplies weekly and note expiry dates
 - Exchange medicines that have expired, if possible
 - Keep price lists up to date to avoid loss
 - Determine quantities to be ordered with seasons in mind, e.g. flu vaccine to be ordered in time for flu season, in correct quantities to avoid leftover and wastage
 - Organise stock well (e.g. alphabetically) to save time and know what is available
 - Record supplies in a drug book
 - Keep similar/supplies of similar sizes together (Any relevant 8 × 1) (8)
- 5.3
- The mind and body are intricately linked, with thoughts and emotions affecting our physical health.
 - Some people try to mask or treat emotions such as anger, loneliness or depression by eating, or eat to avoid dealing with their feelings.
 - Some eat as a way to overcome feelings of boredom or worry, or because it is comforting.
 - Overeating and weight gain may be symptoms of depression.
 - Eating may be linked to feelings of happiness, when people associate food with happy emotions and events, or overeat on occasions such as parties, holidays, anniversaries or birthdays.
 - Obesity may be a defence mechanism, seen as protecting one from social pressures related to being perceived as more physically desirable.
 - In some cultures or communities, obesity may be seen as desirable, encouraging some to strive for this.
 - Prolonged stress and related hormones may result in weight gain and obesity. (Any relevant 5 × 1) (5)
- [20]**
- TOTAL SECTION B: 60**
GRAND TOTAL: 100