

7013 - CHILD HEALTH, NUTRITION, GUIDANCE AND COUNSELING

MARKING SCHEME

SECTION A

1. a) Definition of terms:

- Family planning

This refers to the idea of matching the family size to the family resources and space.

(2 x 1 = 2 marks)

- First Aid

This is the immediate help given to a person injured. It is the skilled help that uses accepted principles which are given to injured person or persons taken ill suddenly before they are taken for medical treatment in a health centre, clinic or hospital.

(2 x 1 = 2 marks)

- Weaning

This is a gradual introduction of supplementary feeding alongside breast milk.

(2 x 1 = 2 marks)

b) Difference between guidance and counseling.

Guidance is the act of leading, giving advice or showing the way through providing information to help a person solve problem or conflict.

Counseling is the process by which the counselee is helped by the counselor to identify, explore and examine various options or actions and their consequences.

(2 x 2 = 4 marks)

2. a) Causes of poliomyelitis among young children.

- Virus that enters the body through the mouth.
- Eating dirty food or drinking dirty water.
- Virus that enters the body through the air from an infected person.

(2 x 1 = 2 marks)

b) Aspects that the mothers' breasts would hinder suckling.

- Cracked nipples.
- Engorged breasts.
- Inverted nipples.
- Infections or mastitis.

(3 x 1 = 3 marks)

c) Maternal factors that would affect the health of the unborn baby.

- Age of the mother.
- Nutrition.
- Health of the mother.
- Accidents.
- Drugs and substance abuse.

(5 x 1 = 5 marks)

3. a) Importance of iron in the diet of an expectant mother.

- To make additional blood required for her bigger body.
- To make blood for the foetus.

(2 x 1 = 2 marks)

b) Ways an ECDE teacher would minimize chances of suffocation during a lesson.

- Never put the child to sleep with plastic feeder/bib.
- Keep plastic bags and containers away from children.
- Do not use pillows for small children.
- Never leave children near water unattended.
- Never leave children alone in the car.

(4 x 1 = 4 marks)

c) Learner related challenges that would require guidance and counseling services in ECDE centers.

- Stress.
- Poor performance.
- Anxiety.
- Hyperactivity.

- Grief.
- Anger.
- Truancy

(4 x 1 = 4 marks)

4. a) Methods of follow-up in a counseling process.

- Making a phone call.
- Writing a message.
- Visits.

(2 x 1 = 2 marks)

b) Benefits of colostrum to a new born baby.

- Contains antibodies that help boost immunity.
- Protects the baby from infections.
- Helps to clean the intestines.
- Stimulates the production of more breast milk.

(4 x 1 = 4 marks)

c) Differentiate between facilitative and preventive counseling.

- Preventive counseling aim to stop the counselee from getting involved in something negative or destructive e.g. contracting while facilitative counseling aim at helping the counselee solve his or her problem by discussing the problem giving advice rather than telling the counselee what to do.

(4 x 1 = 4 marks)

SECTION B

5. a) Causes of malnutrition among children in Kenya.

- Poverty.
- Food taboos and beliefs.
- Lack of knowledge by parent's nutritional value.
- Illness.
- Poor environmental hygiene.
- Failure of parents to feed children consistently.
- Lack of knowledge by parents on what constitutes balanced diet.

- Food shortages and failure.

(5 x 1 = 5 marks)

b) Ways a teacher would prevent truancy in school going children.

- Guidance and counseling.
- Showing love and affection.
- Provide play opportunity.
- Provide play materials.
- Celebrate with the parents.
- Good learning environment.

(5 x 1 = 5 marks)

c) Ways a caregiver would prevent electric shock among children.

- Unplug all kitchen and bathroom appliances when not in use.
- Use child safety covers on all sockets.
- Make sure all electric wires and electric connections are well installed.
- Do not lock the children in the house.
- Inform children about the dangers of electricity.

(5 x 1 = 5 marks)

6. a) Advantages of home-based care for people infected by HIV/AIDS.

- Protect HIV positive persons from contracting other diseases.
- It is cheaper because one does not pay hospital services.
- Home is familiar and therefore the patient feels more at home.
- Presence of family members offers support, psychological comfort and love.
- Inaccessibility of health facilities within the immediate neighborhood.
- The health facilities are limited and overcrowded.

(5 x 1 = 5 marks)

b) Ways through which school management would sustain a school feeding programme.

- Involve parents and other stakeholder.
- Look for donations.
- Initiate a sustainable feeding programme.
- Use locally available foods.

(5 x 2 = 10 marks)

7. a) Difference between fortification and food preservation.

Food fortification is the addition of nutrients to a food or other foods in order to make it more nutritious. Food preservation is the proper treatment of foods so that it can last for a longer period without going bad.

(2 x 1 = 2 marks)

- b) Roles of non-governmental agencies in providing health in the community.

- Sponsors health workers on immunization.
- Conducts research on outbreak of diseases.
- Provides treatment of the common diseases.
- Provide drugs.
- Sensitizes the community on importance of immunization.
- Training of more community health workers.

(5 x 1 = 5 marks)

- c) Ways the Kenyan government has secured food in the country.

- Providing fertilizers at an affordable price.
- Providing pesticides.
- Provide farm education.
- Employ the extension offices to help farmers practice good farming methods.
- Give loans and grants to support farming.
- Building dams and water pans.

(4 x 2 = 8 marks)

8. a) Ways of resolving conflicts among children.

- Effective guidance and counseling in schools.
- Use of dialogue and moderation.
- Use of existing arm of government.
- Frequent meetings between teachers, pupils and parents.
- Creating awareness on importance of peaceful co-existence.
- Providing enough learning and play materials.

(4 x 1 = 4 marks)

b) Temporarily methods of family planning.

- Norplant.
- Withdrawal method.
- Condom/Barrier methods.
- Pills.
- IUCD.

(5 x 1 = 5 marks)

c) Ways in which the Beyond-Zero initiative has helped to reduce child mortality rate in Kenya.

- By reporting cases of child abuse and neglect.
- Initiating mobile clinics.
- Educating mothers on importance of delivering in the hospitals.
- In conjunction with the National Government it offers free maternity in public hospital.
- Sensitizes on the rights of children.

(3 x 2 = 6 marks)

9. a) Components contained in a child health card.

- Age.
- Date of birth.
- Name of the child.
- Any disability.
- Birth weight.
- Immunization.
- Place of birth.

(5 x 1 = 5 marks)

b) Advantages of preservation food.

- Avoid the food rotting or going bad.
- Avoid food contamination and food poisoning.
- Avoid wastage.
- Ensure food is being kept for a longer period in good conditions.

- Ensure food is available for use even when out of season.
- Keep the food in good condition so that the surplus is sold in future.
- To keep the food in good condition, to sell it when prices go up.
- To keep the food in good condition for future use.
- It cuts down the cost of food in the family budget.
- It makes it possible to transport food to further places for sale. The food reaches there in good condition.

(5 x 2 = 10 marks)