

Name: _____

Index No: _____/_____

7013
CHILD HEALTH, NUTRITION,
GUIDANCE AND COUNSELLING
December 2015
Time: 2 $\frac{1}{2}$ hours

Candidate's signature: _____

Date: _____



THE KENYA NATIONAL EXAMINATIONS COUNCIL

**CERTIFICATE IN EARLY CHILDHOOD
DEVELOPMENT AND EDUCATION**

CHILD HEALTH, NUTRITION, GUIDANCE AND COUNSELLING

2 $\frac{1}{2}$ hours

INSTRUCTIONS TO CANDIDATES

- Write your name and index number in the spaces provided above.*
- Sign and write the date of examination in the spaces provided above.*
- This question paper consists of TWO sections; A and B.*
- Answer ALL the questions in section A and FOUR questions in section B.*
- Answers to both sections A and B must be written in the spaces provided in this booklet.*
- Do NOT remove any pages from this booklet.*
- Candidates should answer the questions in English.*

For Examiner's use only

Section	Question	Maximum Score	Candidate's Score
A	1	10	
	2	10	
	3	10	
	4	10	
B		15	
		15	
		15	
		15	
Total Score		100	

This paper consists of 12 printed pages.

Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.

SECTION A (40 marks)

Answer ALL the questions in this section.

1. (a) (i) Give the meaning of the term confinement, in relation to maternal care. (2 marks)

- (ii) List any **four** discomforts a mother may experience during pregnancy. (2 marks)

- (b) Give **three** purposes of family planning. (3 marks)

- (c) Highlight **three** factors that may necessitate a pregnant mother to seek the help of a Traditional Birth Attendant (TBA). (3 marks)

2. (a) State **two** advantages of using Antiretroviral drugs in HIV management . (2 marks)

(b) State **four** factors to consider in order to preserve nutrients when preparing vegetables. (4 marks)

(c) Highlight **four** ways of maintaining good health of a child at an ECDE centre. (4 marks)

3. (a) State the uses of **three** improvised items of a First Aid kit in an ECDE centre. (3 marks)

(b) State **four** measures a teacher may take to prevent the spread of respiratory tract infection among children in an ECDE centre. (4 marks)

(c) Identify **three** factors that influence growth in children.

(3 marks)

4. (a) Define the term client as used in counselling.

(1 mark)

(b) State **four** characteristics of congruence as a quality of a good counsellor.

(4 marks)

(c) Give **five** factors that may cause examination fever.

(5 marks)

SECTION B (60 marks)

Answer FOUR questions from this section.

5. (a) Outline **seven** categories of people who should seek VCT services. (7 marks)
- (b) Highlight **four** social factors that put women at risk of contracting HIV. (4 marks)
- (c) Explain **two** relationships between STIs and AIDs. (4 marks)
6. (a) (i) State **four** symptoms of diarrhoea and vomiting among children. (4 marks)
- (ii) Identify **three** ways of preventing diarrhoea and vomiting among children. (3 marks)
- (b) Describe the procedure for treating a child who has been stung by a bee. (8 marks)
7. (a) State **two** strategies that can be used to promote community health. (2 marks)
- (b) Give **five** reasons why counselling and testing for HIV and AIDs is important. (5 marks)
- (c) Explain **four** different ways through which poisoning may occur to a child at home. (8 marks)
8. (a) Outline **six** factors that may affect normal development of a foetus. (6 marks)
- (b) Identify **five** methods of modern food preservation that can be used in the home. (5 marks)
- (c) State **four** ways of ensuring good hygiene when preparing food in the kitchen at an ECDE centre. (4 marks)
9. (a) (i) Explain the meaning of educational guidance. (2 marks)
- (ii) Identify **four** advantages of educational guidance. (4 marks)
- (b) (i) Define substance abuse. (2 marks)
- (ii) Give **three** reasons why the youth use drugs. (3 marks)
- (c) State **four** issues a counsellor would assist a client to establish during the exploration stage of counselling. (4 marks)