

Please check the examination details below before entering your candidate information

Candidate surname	Other names	
<b>Pearson BTEC</b> <b>Level 1/Level 2</b> <b>Tech Award</b>	Centre Number <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>	Learner Registration Number <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>
<b>Sample assessment material for first teaching</b> <b>2018</b>		
Supervised hours: 2 hours	Paper Reference <b>21117K</b>	
<b>Health and Social Care</b> <b>Set task: Component 3 Health and Wellbeing</b>		
<b>You do not need any other materials.</b>	Total Marks <input style="width: 50px; height: 30px;" type="text"/>	

### Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and learner registration number.
- Answer **all** questions.
- Answer the questions in the spaces provided  
– *there may be more space than you need.*

### Information

- The total mark for this paper is 60.
- The marks for **each** question are shown in brackets  
– *use this as a guide as to how much time to spend on each question.*
- This booklet contains material for the completion of the assessment under supervised conditions.
- This booklet is specific to each series and this material must be issued only to learners who have been entered to take the task in the specified series.
- This booklet should be kept securely until the start of the 2-hour supervised assessment period.
- This set task should be undertaken in one sitting timetabled by Pearson.

### Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

*Turn over* ►

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## Assessment

You must complete ALL activities.

### SECTION A: Assessing health and wellbeing

You are a healthcare assistant at Ashbrooke Surgery. You have been asked to assess the health and wellbeing of one of the service users.

Read the information below and then complete the activities that follow.

#### Location

Sarah is 45 years old. She lives with her husband and daughter in a four-bedroom house on the outskirts of a small town. The house has a large garden.

#### Medical history

After the birth of her daughter, Carly, Sarah found it difficult to cope and was diagnosed with postnatal depression. She lost interest in herself and started to comfort eat, which has led to significant weight gain.

#### Family, friends and social interactions

Sarah is married to Tom. They live a three-hour drive away from their families and only visit them during holiday periods. Their daughter Carly is two years old. She has Down's syndrome. Tom and Sarah both enjoyed ballroom dancing, but they have not done any dancing since Carly was born.

#### Day-to-day life

Sarah works three days a week at the local newsagent and Carly goes to the local nursery when Sarah is at work. Tom is a graphic designer. Although Sarah does not earn a lot of money, she enjoys the work and their joint income means that they can afford a good lifestyle.

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Ashbrooke Surgery has asked you to review the information about Sarah.

- 1 (a) Explain **two** economic factors that could have a **positive** effect on Sarah's health and wellbeing.

Use the information provided.

(4)

1 .....

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2 .....

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- (b) Explain **one** environmental factor that could have a **positive** effect on Sarah's health and wellbeing.

Use the information provided.

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(c) Explain **two** emotional factors that could have a **negative** effect on Sarah's health and wellbeing.

Use the information provided.

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(d) Explain **one** physical factor that could have a **negative** effect on Sarah's health and wellbeing.

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**(Total for Question 1 = 12 marks)**

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Tom became ill a few weeks ago and was in hospital for several days. He was diagnosed with coronary heart disease. There is a family history of coronary heart disease and Tom's father suddenly died from it when he was 47 years old. Tom is now on long-term sick leave and will not return to work until he has fully recovered. Tom smokes heavily and is overweight. Sarah has had to reduce her working hours so she can care for Tom.

- 2 (a) Explain **two** effects that Tom's ill health could have on Sarah's emotional wellbeing.

(4)

1 .....

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2 .....

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- (b) Explain **one** impact of Sarah reducing her hours of work on her social wellbeing.

(2)

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**(Total for Question 2 = 6 marks)**



### Lifestyle data

Sarah made an appointment to see Dr Brown, her general practitioner (GP), because she is concerned about her occasional shortness of breath.

Dr Brown asks her some questions and records the following information:

- Sarah smokes between 15 and 25 cigarettes a day
- Sarah snacks on a lot of sugary foods.

### Physiological data

Dr Brown records the following measurements:

Body Mass Index (BMI)	31 Kg/m <sup>2</sup>
Height	155 cm
Peak flow	300 litres/minute

### Guidance for physiological data

Dr Brown gives you the guidance below to help you interpret the physiological data.

#### BMI

Weight Categories	BMI (Kg/m <sup>2</sup> )
Underweight	<18.5
Healthy weight	18.5 – 24.9
Overweight	25 – 29.9
Obese	30 – 34.9
Severely obese	35 – 39.9
Morbidly obese	>40

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Age in years	PEF in l/min					Body height in metres							
	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.85	1.90	1.95	2.00
15	426	438	449	461	473	485	497	509	521	533	544	556	568
20	415	427	439	451	463	475	487	499	510	522	534	546	558
25	405	417	429	441	453	465	477	488	500	512	524	536	548
30	395	407	419	431	443	454	466	478	490	502	514	526	538
35	385	397	409	420	432	444	456	468	480	492	504	516	527
40	375	387	398	410	422	434	446	458	470	482	493	505	517
45	364	376	388	400	412	424	436	448	459	471	483	495	507
50	354	366	378	390	402	414	426	437	449	461	473	485	497
55	344	356	368	380	392	403	415	427	439	451	463	475	487
60	334	346	358	369	381	393	405	417	429	441	453	465	476
65	324	336	347	359	371	383	395	407	419	431	442	454	466
70	313	325	337	349	361	373	385	397	408	420	432	444	456
75	303	315	327	339	351	363	375	386	398	410	422	434	446
80	293	305	317	329	341	352	364	376	388	400	412	424	436

(Data from: Tammeling G.J., Quanjer P.H.; Physiology of Breathing; Thomae 1980)



**3** Explain what the data provided by Dr Brown suggests about:

- Sarah's current physical health
- risks to her future physical health.

Lifestyle data	Sarah's current physical health: ..... ..... ..... ..... .....  Risks to Sarah's future physical health: ..... ..... ..... ..... .....
Body Mass Index (BMI)	Sarah's current physical health: ..... ..... ..... ..... .....  Risks to Sarah's future physical health: ..... ..... ..... .....

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Peak  
flow

Sarah's current physical health:

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Risks to Sarah's future physical health:

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**(Total for Question 3 = 12 marks)**

**TOTAL FOR SECTION A = 30 MARKS**

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## SECTION B: Designing a health and wellbeing improvement plan

You have been asked to design a health and wellbeing improvement plan for Sarah.

**First** you should look again at the information about Sarah from Questions 1, 2 and 3.

**Then** study the notes below taken by Dr Brown.

Sarah wants to:

- regain her confidence
- have more energy to enjoy life
- make sure that the whole family eats a healthier diet
- start dancing again.

Sarah does not want to:

- give up her part-time job
- stop smoking completely.

Other relevant information

- Sarah feels self-conscious because of her weight.
- Sarah has always had high levels of motivation.

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4 Design a health and wellbeing improvement plan for Sarah. Your plan should describe **three** recommended actions.

For each action:

- set a short-term target
- set a long-term target
- explain how the one source of support will help Sarah achieve the target.

Recommended Action 1

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Short term target

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Long term target

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Source of support and how it will help

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Recommended Action 2

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Short term target

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Long term target

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Source of support and how it will help

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Recommended Action 3

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Short term target

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Long term target

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Source of support and how it will help

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**(Total for Question 4 = 12 marks)**

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5 Explain how your health improvement plan takes into account Sarah's needs, wishes and circumstances.

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(Total for Question 5 = 10 marks)



6 Describe possible obstacles Sarah may experience when trying to follow your health and wellbeing improvement plan and suggest how these could be reduced or overcome.

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**(Total for Activity 6 = 8 marks)**

**TOTAL FOR SECTION B = 30 MARKS**

**TOTAL FOR TASK = 60 MARKS**

