

Section B Q5 Rationale

Question 5

Question 5

Give a rationale for your plan that explains how it takes into account Brian's needs, wishes and circumstances.

(10)

- This question is worth 10 marks.
- It needs to be broken down into 3 sections. For each section you need to refer back to your
 - 1) Recommended action points
 - 2) Short term and Long-term targets
 - 3) Support you describe and justify (give reasons for) why you have written these

Question 5

Give a rationale for your plan that explains how it takes into account Brian's needs, wishes and circumstances.

(10)

LOOK AT YOUR ACTIONS FOR Q4 -
DO THESE TAKE INTO ACCOUNT HIS
NEEDS/ WISHES/ CIRCUMSTANCES

Brian wants to:

- keep his independence
- have a better social life
- lose weight
- give up smoking.

Brian doesn't want to:

- stop drinking completely.
- give up fast food completely.

Other relevant information:

- he has tried to give up smoking before but found it very difficult
- he has low levels of motivation since Edith's death.

1) MAKE A PLAN - What are Brian's **needs**, **wishes** and **circumstances!**?

Any other needs or circumstances?? Think about his BMI/ Blood pressure

BMI is 32. He is Obese so NEEDS to lose weight to reduce his risk of getting life threatening illnesses.

He has high blood pressure so NEEDS to reduce this to decrease his risk of having a heart attack

He has recently had a hip replacement and cannot stand for more than 20 minutes so he finds it difficult to cook meals, which is why he eats a lot of fast food. He NEEDS quick and easy recipes.

Model answer

My first recommended action is for Brian to increase his exercise to help him lose weight, **which is one of Brian's wishes**. His short-term target is to exercise for 10-15 minutes three times a week within 6 months. **I have taken into account Brian's circumstances** and made this target realistic because he has recently had a hip replacement and walks with a stick. Within a year he should get stronger and fitter so can increase this to 30 minutes three times a week, which should **help to meet his other wish** of losing weight. Informal support from his family/ friends could help motivate him, which is something he has struggled with, since losing his wife Enid (**circumstances**)

Section B Q5 Rationale

MARKING BAND

Question 5

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Rationale for health and wellbeing improvement plan	0	1–2	3–5	6–8	9–10
	No rewardable material.	<ul style="list-style-type: none">There are few relevant comments to link the plan to needs, wishes and circumstances.	<ul style="list-style-type: none">There is a straightforward explanation for how the plan addresses needs, wishes and circumstances.	<ul style="list-style-type: none">There is a clear explanation for how the plan addresses needs, wishes and circumstances.	<ul style="list-style-type: none">There is a clear and comprehensive explanation for how the plan addresses needs, wishes and circumstances.

Section B – Q6

Question 6

Describe possible obstacles that Brian may face when trying to follow your health and wellbeing improvement plan and suggest how these could be minimised.

Top tips:

- This question is worth 8 marks.
- You need to write about the obstacles/barriers which might affect the individual/client achieving/following the health and wellbeing plan you created for Q4.
- The command word is 'describe', which means you need to give a detailed account of the barrier and then make a REASONABLE suggestion for minimising it
- This is an extended writing task, so you need to **have a plan** for breaking your response down. Try to use the terms from the spec. to demonstrate your knowledge


Overcoming obstacles

How could you overcome the following obstacles? Discuss this with the person next to you. Use the mind map to help you.

- **Emotional/psychological** e.g. lack of motivation, low self-esteem



- **Time constraints** e.g. work and family commitments



- **Availability of resources** e.g. financial, physical, e.g. equipment



- **Lack of support from family and friends**



- **Addiction**



Overcoming obstacles

How could you overcome the following obstacles? Discuss this with the person next to you. Use the mind map to help you.

- **Emotional/psychological** e.g. lack of motivation, low self-esteem
 - Try different activities e.g. swimming, circuits
 - Join a group e.g. day centre, cooking classes
 - Set realistic targets and rewards when targets are met
- **Time constraints** e.g. work and family commitments
 - Get up early
 - Set aside time dedicated to meeting goal
 - Prepare food for the week at the weekends
 - Stay organised
- **Availability of resources** e.g. financial, physical, e.g. equipment
 - Access free resources e.g. go for a run around the park
 - Find free classes
- **Lack of support from family and friends**
 - Involve the family
- **Addiction**
 - Support groups

Section B – Q6

Question 6

Describe possible obstacles that Brian may face when trying to follow your health and wellbeing improvement plan and suggest how these could be minimised.

- 1) MAKE A PLAN which includes the following:
 - a. 3 x recommended actions you wrote in Q4
 - b. The TYPE of barrier which could affect the client meeting each action
 - c. How to overcome each obstacle



Action	Obstacle faced	How to overcome obstacle



Section B – Q6

Question 6

Describe possible obstacles that Brian may face when trying to follow your health and wellbeing improvement plan and suggest how these could be minimised.

- 1) MAKE A PLAN which includes the following:
 - a. 3 x recommended actions you wrote in Q4
 - b. The TYPE of barrier which could affect the client meeting each action
 - c. How to overcome each obstacle



Action	Obstacle faced	How to overcome obstacle
Brian should stop smoking	Addiction	Nicotine gum and patches
Brian should reduce his alcohol intake	Emotional - lack of motivation (since his wife died)	Attend a day centre to keep him occupied and keep his mind off his loss. This may also help to reduce the amount of alcohol he drinks in a day, as he will be too busy.
Brian should increase his exercise to help lose weight	Emotional (poor self-concept)/ Lack of support	Ask family to join weight watchers/ exercise with him



Section B Q6

Question 6

Describe possible obstacles that Brian may face when trying to follow your health and wellbeing improvement plan and suggest how these could be minimised.

Question 6

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Obstacles and how to overcome them	0	1-2	3-4	5-6	7-8
	No rewardable material.	<ul style="list-style-type: none">Few relevant obstacles are identified without suggestions for how these can be minimised.	<ul style="list-style-type: none">Obstacles are identified with basic suggestions for how these can be minimised.	<ul style="list-style-type: none">Obstacles are described with suggestions for how these can be minimised.	<ul style="list-style-type: none">Obstacles are described clearly with realistic suggestions for how these can be minimised.

Example:

Addiction might be an obstacle that Brian might face when **trying to stop smoking** due to the nicotine found in cigarettes. Brian has tried to give up smoking before but said he found it really difficult, possibly because he was addicted and may not have received the right support. **To overcome this obstacle Brian could try nicotine gum or patches.** This will help with any cravings he may experience when he reduces the cigarettes he smokes daily, eventually helping him to reach his long-target of stopping smoking.

Brian recently told the practice nurse that he has struggled with his motivation since his wife Enid died. This **lack of motivation** is an emotional obstacle and might stop him from **reducing his alcohol intake**, as he might drink to cope with her loss. **To overcome this barrier Brian should visit a day centre or social club**, as they will be able to provide him support and keep him occupied, so he isn't tempted to drink during the day, therefore helping him to reach his target and reduce his daily consumption.

Brian's final recommended action is to **increase the amount of exercise** he does to help him lose weight. An obstacle he might face when doing this is a **lack of support**. He has recently had a hip operation and uses a walking stick to get around his bungalow so exercise might be quite difficult for him. He doesn't like asking for help either because he likes his independence, therefore he might avoid exercising altogether. **To overcome this barrier Brian should ask for support from his family** and ask if they will exercise with him so he has someone to motivate him and support him, therefore helping him to reach his targets of exercising more and losing weight.