

# Component 3

## Health & Soc. care



External unit  
Learning aim A  
Factors  
that affect health  
and  
wellbeing

Name:

# Component 3

Assessed through a set task  
Marked by the exam board  
You will have two hours

You will be asked to make an assessment of a  
service user in a case study

**Friday 1<sup>st</sup> February 2019**  
**date of this assessment**

# The assessment - external

2 hour set task exam

60 marks

Answer all questions

Use black pen

Read each section carefully before you start to answer

# The assessment – external

## Section A – Assessing health and wellbeing 30 marks – mock exam 1 hour

There will be a case study of a person (***will include where they live, medical history, family, friends and social interaction and day to day life***)

1. You will need to know the factors that could effect that person
2. You will need to know how the factors could have a positive/negative effect
3. The effects of a live event on a person wellbeing (related to the PIES)
4. Lifestyle data - BMI, blood pressure, peak flow, pulse – how to interpret this data
5. The risks to the health of the person related to the lifestyle factors

# The assessment – external

## Section B – Designing a health and wellbeing improvement plan (30 marks)

You will be asked to design a plan for the person in Section A  
Make sure you look at the information about the person again  
Look at the additional notes you get for this section

The plan should

Recommend actions

Set short and long term targets

Explain sources of support to help the person achieve targets

Rationale for your plan – explaining how it takes into account the persons needs, wishes and circumstances

Describe potential obstacles the person will face and how these can be overcome

# Revision checklist – BTEC Tech Award

## H&Sc



### Topic Learning aim A

#### **HEALTH AND WELLBEING**

- Definition of health and wellbeing
- Explain what is meant by a holistic approach to health and wellbeing (PIES wellbeing)

#### **GENETIC INHERITANCE**

- Inherited physical characteristics
- Inherited conditions
- Genetic predisposition and effects of inherited disorders

#### **ILL HEALTH**

- Chronic illness
- Acute illness
- Accident and injury (the effects and managing effects)

#### **DIET AND EXERCISE**

- Balanced diet and effects of an unbalanced diet
- Types of exercise
- Positive and negative effects of exercise

#### **PERSONAL HYGIENE**

- Importance of hygiene
- Negative effects of poor hygiene

#### **ALCOHOL**

- Guidance for drinking
- Negative effects of excessive alcohol on PIES

#### **SMOKING, NICOTINE AND DRUGS**

- Reasons people smoke
- Harmful chemicals
- Negative effects of smoking on PIES
- Misuse of drugs and the negative effects on PIES

# Revision checklist – BTEC Tech Award

## H&Sc



### Topic Learning aim A

#### **SOCIAL INTERACTIONS AND RELATIONSHIPS**

- What is social integration?
- What is social isolation?
- The effects of relationships
- The types of relationships

#### **STRESS**

- The causes of stress
- The physical effects of stress

#### **ASKING FOR HELP**

- Barriers to seeking help
- Culture
- Gender
- Education

#### **FACTORS**

##### **Economic factors**

- Financial resources
- Poverty/income

##### **Environment**

- Pollution
- Types of pollution
- Negative effects of pollution

##### **Housing**

- Good and poor living conditions
- The effects on health and wellbeing

#### **LIFE EVENTS**

- Expected and unexpected life events
- The positive and negative effects

# BTEC Tech Award H&Sc

## Learning aim A

Social  
wellbeing:

Emotional  
wellbeing:

Use the revision guide to find  
identify 3 ways each of these help  
with wellbeing and health

What do the PIES  
stand for?

P  
I  
E  
S

Physical  
health:

Intellectual  
wellbeing:



# BTEC Tech Award H&Sc

## Learning aim A

Definition of health:



Definition of wellbeing:

What is genetic inheritance?

Identify two inherited conditions:

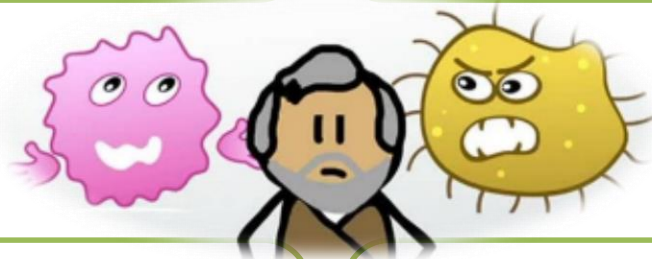
# BTEC Tech Award H&Sc

## Learning aim A

Definition of chronic illness:

Give three examples of a chronic illness

- 1.
- 2.
- 3



Definition of acute illness:

Give three examples of a acute illness

- 1.
- 2.
- 3

Long term effects of a chronic illness:

# BTEC Tech Award H&Sc

## Learning aim A

What food groups is a healthy and balanced diet made up of?

- 1.
- 2.
- 3.
- 4.
- 5.



Food group	Nutrients	Purpose

# BTEC Tech Award H&Sc

## Learning aim A

Types of exercise:

1.

2.

3.

Negative effects of not exercising

Physical

Intellectual

Emotional

Social



# BTEC Tech Award H&Sc

## Learning aim A

Create a mind map to show the benefits of exercise? (link to PIES)



# BTEC Tech Award H&Sc

## Learning aim A

Government recommendations for exercise

Children and  
young people  
(5-18 yrs.)

Adults  
(19 - 64 yrs.)

Older adults  
(65+ yrs.)



# BTEC Tech Award H&Sc

## Learning aim A

### Positive and negative effect on substance abuse on health & wellbeing

	Alcohol	Nicotine	Substance abuse	Prescribed drugs
Long term effect	P	P	P	P
	I	I	I	I
	E	E	E	E
	S	S	S	S
Short term effects	P	P	P	P
	I	I	I	I
	E	E	E	E
	S	S	S	S

# BTEC Tech Award H&Sc

## Learning aim A



What is personal hygiene?

Negative effects of poor personal hygiene

Good personal hygiene



# BTEC Tech Award H&Sc

## Learning aim A

Government guidance for alcohol

What is a unit?



Guidance for drinking:

Men & women -

Pregnant women -

Negative effects of  
excessive alcohol

P

I

E

S

# BTEC Tech Award H&Sc

## Learning aim A

Smoking and nicotine use

Why do people smoke?



Negative effects of smoking

P  
I  
E  
S

What 4 harmful  
chemicals are in  
cigarettes?

1  
2  
3  
4

# BTEC Tech Award H&Sc

## Learning aim A

Definition of prescription drugs:

How are they misused?

Produce a mind map on the negative effects of drug misuse  
(link to PIES)

# BTEC Tech Award H&Sc

## Learning aim A

What is social integration?

What is social isolation?

What are the negative effects of social isolation?



# BTEC Tech Award H&Sc

## Learning aim A

Characteristics of a supportive relationship

Characteristics of a unsupportive relationship

How can social isolation be reduced?

How do social, cultural and emotional factors affect health and wellbeing?

# BTEC Tech Award H&Sc

## Learning aim A

Types of relationships

Relationships	Possible effects
Close friendships	
Family	
Parenthood	
Marriage or partnerships	

# BTEC Tech Award H&Sc

## Learning aim A

Causes of stress:

Physical effects:

Emotional effects:

Intellectual effects:

Social effects:



# BTEC Tech Award H&Sc

## Learning aim A

Causes of stress:

Physical effects:

Emotional effects:

Intellectual effects:

Social effects:





# BTEC Tech Award H&Sc

## Learning aim A

What are the three barriers to seeking help?

- 1.
- 2.
- 3.

How does culture affect people's willingness to seek help?

How does gender affect people's willingness to seek help?

How does education affect seeking help?

# BTEC Tech Award H&Sc

## Learning aim A

What does a persons financial resources depend on?

What is poverty?



### Effects of economic factors on health and wellbeing

	Positive effects	Negative effects
Physical		
Intellectual		
Emotional		
Social		

# BTEC Tech Award H&Sc

## Learning aim A-

Definition of Pollution:

Types of pollution	Causes
Outdoor air pollution	
Indoor air pollution	
Water pollution	
Land contamination	
Food pollutants	
Noise pollution	
Light pollution	

Negative effects of pollutants:

# BTEC Tech Award H&Sc

## Learning aim A

Environment	How it affects health & wellbeing
Type of home	
Condition of home	
Size of home	
Amount of personal space	
Location	
Influence of others	
Conflict	

Create a mind map to show environmental factors that affect health and wellbeing



# BTEC Tech Award H&Sc

## Learning aim A

Poor living conditions

Conditions	Effects on health and wellbeing
Damp and mould	
Overcrowding	
No open spaces	
Poor heating	
Vermin	

Create a mind map to show good living conditions



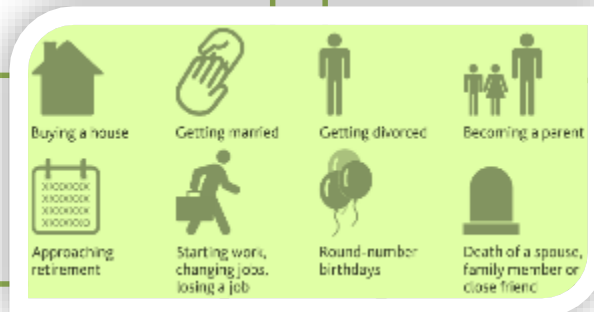
# BTEC Tech Award H&Sc

## Learning aim A

### Life events

Definition of expected life event:

Definition of unexpected life event:



Three examples of expected life event:

- 1.
- 2.
- 3.

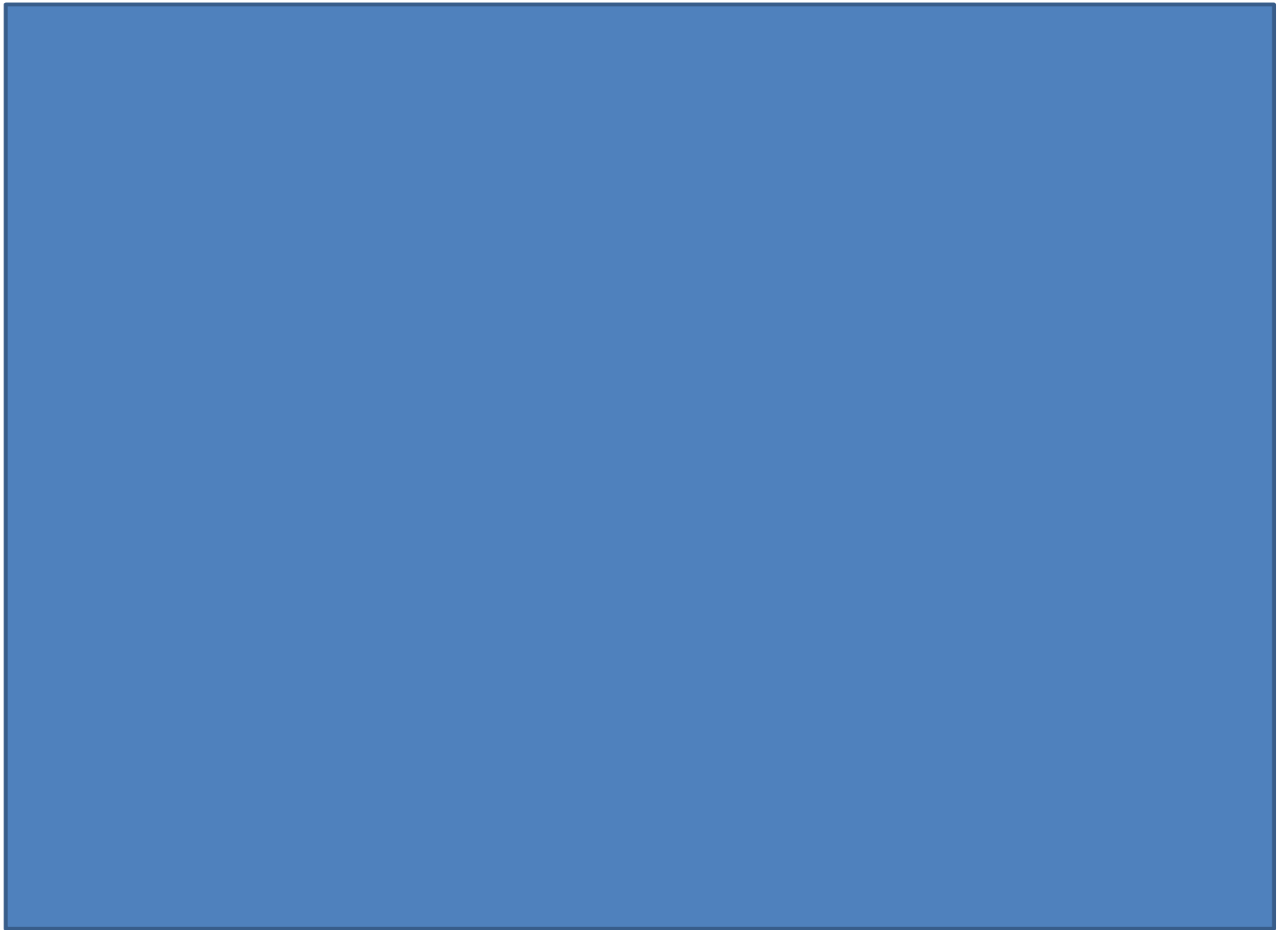
Three examples of unexpected life event:

- 1.
- 2.
- 3.

# BTEC Tech Award H&Sc

## Learning aim A

<u>Expected life events</u>	Positive effects on health & social care	Negative effects on health & social care
Start school, college, university		
Start a new job		
Moving house		
Retirement		
<u>Unexpected life events</u>	Positive effects on health & social care	Negative effects on health & social care
Redundancy/Unemployment		
Dropping out of school		
Imprisonment		





Thursday September 12th



# Component 3

## Health & Social care

External unit

Learning aim B Health

indicators

Name:

# Objectives

1. To understand what a health indicator is and give an example
2. To know what indicators can be measured and why these are important
3. To be able to measure Peak Flow
4. To be able to work out Body Mass Index
5. To keep these measurements for next weeks task

# Revision checklist – BTEC Tech Award

## H&Sc



### Topic Learning aim B

#### **HEALTH INDICATORS**

- Understand the indicators
- Interpreting this data
- Measurements of health (Pulse, BMI, blood pressure and peak flow)

#### **PULSE**

- Resting pulse rates
- Recovery after exercise
- Published guidance and abnormal readings
- Ways to lower RPR

#### **BLOOD PRESSURE**

- Blood pressure readings
- Published guidance, limitations and abnormal readings
- Possible causes of high blood pressure and low blood pressure

#### **PEAK FLOW**

- How it is measured
- Published guidance and abnormal readings
- Advice on recording peak flow results

#### **BMI – Body Mass Index**

- Measuring BMI
- Published guidance and limitations
- Risks to health
- Limitations

#### **LIFESTYLE DATA**

- Lifestyle data on smoking
- Lifestyle data on alcohol
- Lifestyle data on inactivity

# BTEC Tech Award H&Sc

## Learning aim B

Health indicators

It is a way to tell if someone is well or not



Lifestyle indicators



What is a lifestyle indicator? P.161

Exercise, personal hygiene, supportive relationships, adequate financial resources, stimulating work, use of health monitoring and illness prevention services e.g screening, use of dentist/ optician, education, leisure activities, balanced diet, enough sleep

Why are health indicators important?

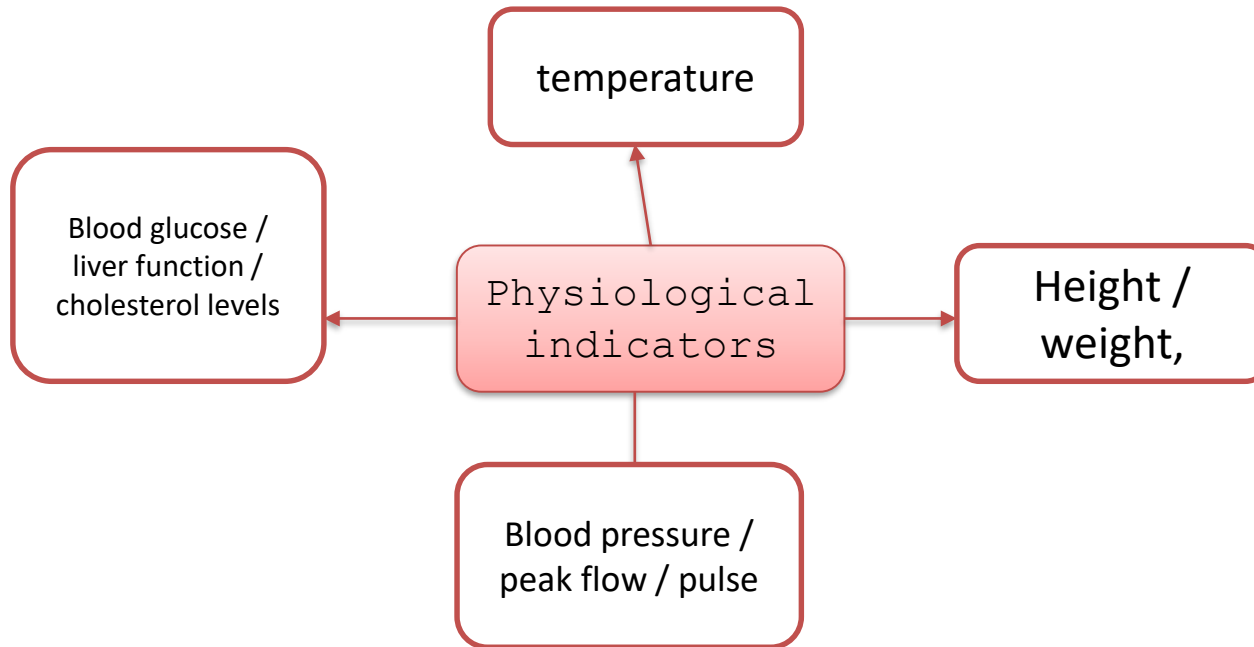
Use the table on page 161 to give your answers. Expand detail where possible

# BTEC Tech Award H&Sc

## Learning aim B

Health indicators

What is an observed indicator?



What is a physiological indicator?

Physiological -Relates to how a person and their body parts function normally, an indicator that it is not normal would be....

Some are measureable, some are hard to see

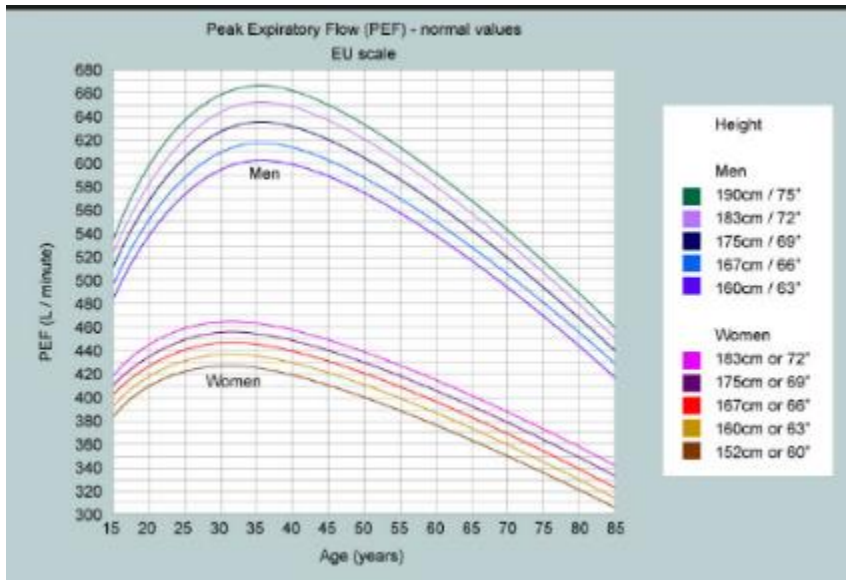
# BTEC Tech Award H&Sc

## Learning aim B

### Peak flow (PEF)

What is peak flow?

Is a measurement of how quickly you can blow air out of your lungs. It is an important health indicator



How is Peak flow measured?

Using a hand held device called a peak flow meter

What do abnormal readings show?

It can diagnose and monitor problems such as:

- Exposure to animal fur
- After a stressful event
- Bronchitis
- Emphysema
- Cystic fibrosis
- Lung cancer

Why would someone keep a diary for peak flow?

Reason 1 for keeping a diary

Reason 2 for keeping a diary

Reason 3 for keeping a diary

# Work out your peak flow

Task: work in pairs

Using the instructions and use the leak flow monitors, work out you peak flow

First write down your peak flow before exercise, then mark your peak flow after you have ran on the spot for one minute

**Check my learning – page 167**

What conditions cold be diagnosed using peak flow readings?  
Name three

# BTEC Tech Award H&Sc

## Learning aim B

### Body Mass Index (BMI)

#### What is BMI?

Measure of the amount of fat on your body in relations ty your height to tell you if your weight is healthy

#### BMI calculations:

$$\text{BMI} = \frac{\text{weight in kg}}{(\text{height in m})^2}$$

#### Limitations of BMI:

#### BMI readings:

BMI	Meaning
<18.5	underweight
18.5 - 24.9	Healthy weight
25-29.9	Overweight
30 - 34.9	Obese
35 - 39.9	Severely obese
40 +	Morbidly obese

#### Risks to health

Underweight	Overweight
An undiagnosed disease	Cardiovascular disease
An eating disorder	High blood pressure
	Diabetes
	Arthritis
	Stroke



# Work out your BMI

Task: work in pairs

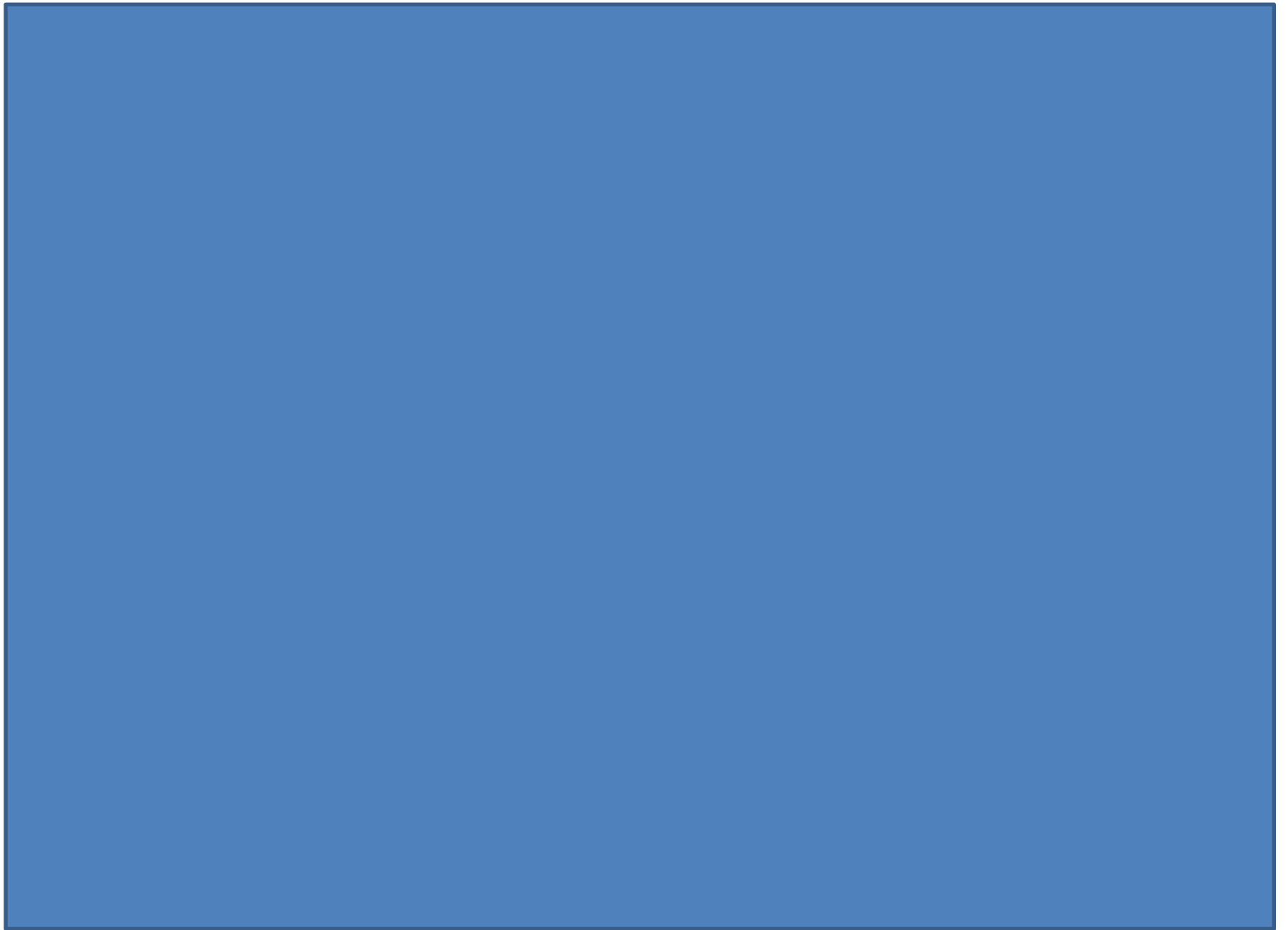
Using the instructions on page 168 work out your BMI

Keep the findings for next weeks task

**Check my learning – page 169**

Jo is 94kg and 163cm tall, what is her BMI?

Do the worksheet on BMI



# BTEC Tech Award H&Sc

## Learning aim B

### Pulse

What two places can you feel the pulse?

What does the pulse measure?

How is a resting pulse rate measured (RPR)?



What is the NHS guidance for RPR?

Babies	-
Children	-
Adults	-

#### Factors that affect RPR:

- 1.
- 2.
- 3.

# BTEC Tech Award H&Sc

## Learning aim B

Pulse – abnormal readings

Abnormal readings

Pulse rate during exercise:

Maximum number of heart beats per minute is 220 minus the persons age

Healthy pulse rate during or after exercise is between 60 - 80% of maximum

Ways to lower RPR



# BTEC Tech Award H&Sc

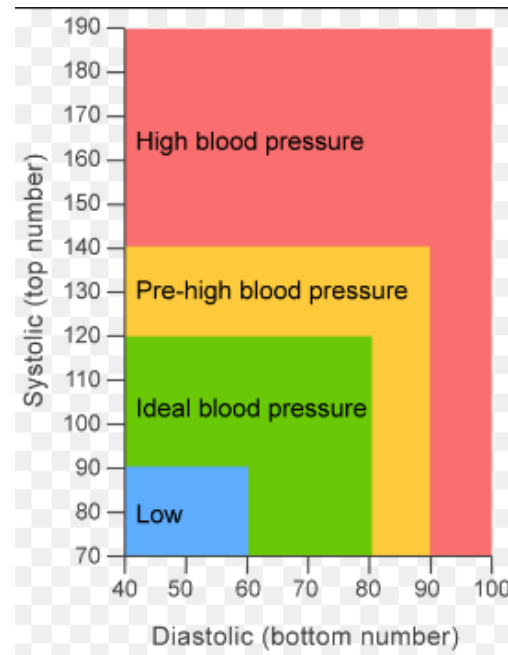
## Learning aim B

### Blood pressure

Readings for blood pressure:

Low blood pressure is...

High blood pressure is...



Causes of high blood pressure:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Abnormal readings:

The risks are:



# BTEC Tech Award H&Sc

## Learning aim B

### Lifestyle data – Alcohol

Give three ways the role of a health care organisation can help:

- 1.
- 2.
- 3.

Give three risks to physical health

- 1.
- 2.
- 3.

Give three positive effects of reducing drinking

- 1.
- 2.
- 3.

# BTEC Tech Award H&Sc

## Learning aim B

Lifestyle data - Inactive lifestyle



Why is being active important?

Effects of being inactive

Effects of being active and following recommended level of activity






# Component 3

## Health & Social care

### External unit

Learning aim C – Person-centred health and wellbeing improvement planes

Name:

# Revision checklist – BTEC Tech Award

## Topic Learning aim C



### PERSON-CENTRED APPROACH

- Understand the approach
- Benefits of a person-centred approach

### CARE VALUES

- The seven care values
- 1. Empowerment and the barriers
- 2. Dignity
- 3. Respect
- 4. Communication (types of communication, effective communication and barriers)
- 5. Anti-discriminatory practice
- 6. Confidentiality
- 7. Safeguarding

### HEALTH AND WELLBEING PLANS

- Definition of a health and wellbeing plan
- What to include in a health and wellbeing plan
- Positive effects of a plan
- Goals and recommended actions
- Short and long term plans and SMART targets

### FORMAL AND INFORMAL SUPPORT

- Primary, secondary and tertiary care services
- Formal support
- Informal support

### OBSTACLES TO THE PLAN

- Obstacles
- Emotional and psychological obstacles
- Time constraints
- Availability of resources
- Unachievable targets
- Lack of support
- Ability, disability and addiction
- Barriers to accessing services

Personal hygiene, social interaction  
willingness to seek help

# Learning aim C

STARTING 21/11/19

The relevant pages in the textbook are pages 184-191

While working through this chapter, take note of the following learning prompts in the textbook that should help you.

**KEY TERMS**

**CHECK MY LEARNING**

**DID YOU KNOW?**

**LINK IT UP**

**ACTIVITY**

# BTEC Tech Award H&Sc

## Learning aim C

### Person-centred approach

What are the 7 care values?

1

4

2

5

3

6

7

What is a partnership?

Working with others – collaboratively. This can lead to a better service

Give 3 benefits of this approach

- Improve the quality of services
- Help people get the care they need when they need it
- Reduce some pressures on HSC services
- Help people to be more active in looking after themselves

Needs

Wishes

Circumstances

# - BTEC Tech Award H&Sc - Learning aim C

## Care values 1

What is  
Empowerment?

What are the  
barriers to  
empowerment?

What is  
Empowerment?

P

I

E

S

What is Respect?

What is Dignity?

What is  
Communication?

# BTEC Tech Award H&Sc

## Learning aim C

### Care values 2

#### Anti-discriminatory

What is stereotyping?

What is prejudice?

What is Safeguarding?

#### What is Confidentiality?

You can...

You can't...

How can you plan using the care values?

# BTEC Tech Award H&Sc

## Learning aim C

### Communication

Effects of  
communication

One positive:

One negative:

Produce a mind map of the  
types of communication

Types of  
communication

Give three  
barriers to  
communication



# BTEC Tech Award H&Sc

## Learning aim C

### Health and wellbeing plans

What are the 5 steps to improving health?

1. Working with patients beliefs & values
2. Engagement
3. Shared decision making
4. Having a sympathetic presence
5. Providing a holistic care

Planning for better health

P

I

E

S

Produce an outline plan to stop smoking:

Step	Example
1	
2	
3	
4	
5	



# Recommended actions to improve health & wellbeing

This is a plan to help improve some part of an individuals health and wellbeing

**A good health and wellbeing improvement plan will start with a statement of the problem to be dealt with.**

There should be a **GOAL** or aim. This will be based on the assessment of a persons present health status through:

- ***The use of physical measures of health ( health indicators)***
- ***The factors that affect this***

The plan should have certain features, one of which is a set of recommended actions designed to improve health and wellbeing.

Using the examples on p.186 write down the goal, recommended action and what the action must include.

# Practise: How to do this

## Page 186:

If you look at a person health indicators and compare them with what is considered '**normal**', you can tell if that person needs to improve one or more aspects of their health and wellbeing.

The **aim** for that person is to improve their health to match the 'norms'. Now take a look at these health indicators

There are 4 examples of people with different health indicators:



# BTEC Tech Award H&Sc

## Learning Aim C

### Goals and recommended actions

Person	Goal	Example action	The actions must...
22 year old adult exercise of 165bpm			
Person with a reading of 160/93 mmHg has high blood pressure			
40 year old woman is 1.45m tall			
Person with BMI of 37			

Produce a mind map to show other examples of possible actions

# S.M.A.R.T. TARGETS

Targets can motivate people.

A mixture of short and long term targets are a key part of a good health and wellbeing improvement plan

**S**pecific

**M**easurable

**A**chievable

**R**ealistic

**T**ime- related

If the target is not SMART it can give you an opportunity to make an excuse NOT to start the plan.

See table 3.8 page 189 and write up the notes

## KEY TERMS

REVIEW – What does this involve?

MONITOR – Why is this important?

# S.M.A.R.T.

## ACTIVITY PAGE 189

1. Discuss the difference between a target and a goal.  
Check an online dictionary!

Complete the page in your booklet. Write the definition of a goal and a target on the sheet

**BTEC Tech Award H&Sc**  
**Learning aim C**

**TARGET**

Targets

What are SMART targets? Give examples

Give examples of short term targets:  
In 6 months

Give examples of long term targets:  
In one year

# BTEC Tech Award H&Sc

## Learning aim C



### Targets

What are SMART targets? Give examples

Give examples of short term targets:  
In 6 months

Give examples of long term targets:  
In one year

# BTEC Tech Award H&Sc

## Learning aim C

Formal support

Name 4 types of primary care services and what do they do?

Produce a mind map of secondary care:



# BTEC Tech Award H&Sc

## Learning aim C

Informal support

Produce a mind map to show how family and friends can support

Friends

Family

# Obstacles to implementing plans

To start December 12th

# BTEC Tech Award H&Sc

## Learning aim C

### Potential Obstacles

Types of obstacles	Give ONE example for each type

Why is a person-centred approach important to the plan? How can obstacles be prevented?

Using your textbook  
answer the  
following:

# BTEC Tech Award H&Sc

## Learning aim C

### Emotional & psychological barriers

How does this barrier affect a person's motivation?

Give 3 reasons for lack of motivation

- 1.
- 2.
- 3.

### How to overcome emotional obstacles

**Obstacle - Staying motivated**  
Overcome this by:

**Obstacle - Self-concept**  
Overcome this by:

**Obstacle - Acceptance**  
Overcome this by:

# BTEC Tech Award H&Sc

## Learning aim C

### Time constraints

Make a list of possible  
time constraints

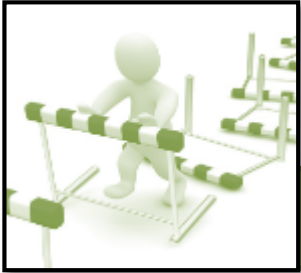
Give 4 ways in which people can  
make time for exercise

Give 2 ways a person can make time  
to be healthy



# BTEC Tech Award H&Sc

## Learning aim C



Availability of resources

**Financial obstacles**  
Give 3 financial obstacles

**Why is lack of facilities or equipment an obstacle?**

How to overcome these obstacles

Lack of access

Cost of healthy food

Cost of transport

Lack of equipment

# BTEC Tech Award H&Sc

## Learning aim C

Unachievable targets

~~Impossible~~  
~~Unachievable~~  
~~Unable~~

~~Impossible~~  
~~Unachievable~~  
~~Unable~~

Unclear targets

High expectations

Poor timing

Too many targets

Unsuitable targets

# BTEC Tech Award H&Sc

## Learning aim C

Lack of support

Produce a mind map on the  
lack of support

Lack of  
support

Produce a mind map on how  
support can be encouraged

Encouragement



# BTEC Tech Award H&Sc

## Learning aim C

Factors specific to the individual

What are specific factors? Give examples

### Disability

Give 3 effects and how they could be overcome

### Addiction

Give 3 effects and how they could be overcome

# BTEC Tech Award H&Sc

## Learning aim C

### Barriers to accessing services

Types of obstacles	Possible obstacle (give one for each type)	Suggestion to overcome this
Geographical		
Financial		
Psychological		
Physical		
Personal needs		
Resources		