

Please check the examination details below before entering your candidate information

Candidate surname

Other names

**Pearson BTEC  
Level 1/Level 2  
Tech Award**

Centre Number

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Learner Registration Number

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**Friday 1 February 2019**

Supervised hours: 2 hours

Paper Reference **21117K**

**Health and Social Care**

**Component 3: Health and Wellbeing**

**You do not need any other materials.**

Total Marks

### 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 assessment 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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**Pearson**

## Assessment

You must complete ALL questions.

### SECTION A: Assessing health and wellbeing

You are a healthcare assistant at Bellevue 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

Damien is 31 years old. He is a patient at Bellevue Surgery. Damien lives in a modern one bedroom apartment in a large town. He does not have a garden, but he has a small balcony and there is a park a short distance from his home.

#### Medical history

Damien has had breathing difficulties for most of his life. He was diagnosed with asthma when he was three years old. Asthma is a chronic condition that needs regular monitoring. Damien attends the asthma clinic at Bellevue Surgery twice a year.

#### Family, friends and social interactions

Damien is divorced. He has a daughter, Marie, who is five years old. Damien has a wide circle of friends from school and work. He meets his friends twice a week to play cards and drink a few beers. On Sunday he plays football in the local park if he is well enough.

#### Day-to-day life

Damien works in an office where he sits at a computer all day. He earns a low income and struggles to pay the rent for his flat. Damien eats a lot of fast food and takeaway meals.

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Bellevue Surgery has asked you to review the information about Damien.

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

Use the information provided.

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

(4)

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

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

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Damien has been divorced from his wife, Simone, for three years. Simone and Damien do not have much contact with each other. This has made it difficult for Damien to arrange visits with his daughter, Marie. A few months ago, Simone and Marie moved to another town to be with Simone's new partner. This has made it harder for Damien to maintain a relationship with his daughter. Simone and Marie still need Damien's financial support, but because of his low income he has difficulty paying it.

- 2 (a) Explain **two** effects of having less contact with his daughter on Damien's emotional wellbeing.

(4)

1

2

- (b) Explain **one** impact of divorce on Damien's social wellbeing.

(2)

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



### Lifestyle data

Damien attends Bellevue Surgery for his asthma check. Dr Williams, his general practitioner (GP), asks some questions and finds out the following information:

- Damien drinks beer every day
- Damien eats fast food and takeaway meals most days.

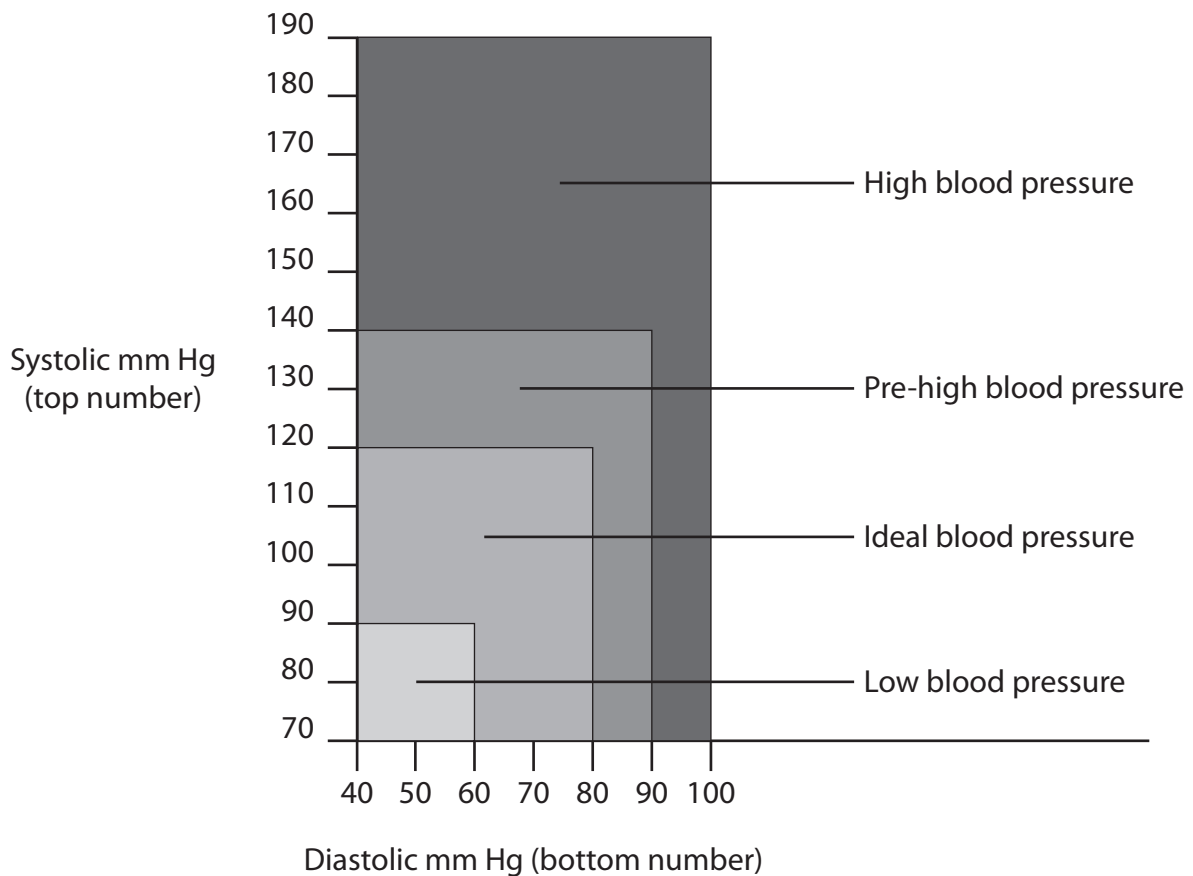
### Physiological data

Dr Williams records the following measurements:

Height	185 cm
Blood pressure	150/100 mm Hg
Peak flow	480 litres/minute

### Guidance for physiological data

Dr Williams provides the following guidance to help you interpret the physiological data.



(Source: Data from: NHS)

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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	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
<b>Men</b>	455	476	496	519	536	556	576	596	616	636	656	676	696	455	476	496	519	536	556	576	596	616	636	656	676	696
<b>15</b>	452	472	492	512	532	553	573	593	613	633	653	673	693	452	472	492	512	532	553	573	593	613	633	653	673	693
<b>20</b>	449	469	489	509	529	549	569	589	609	629	650	670	690	449	469	489	509	529	549	569	589	609	629	650	670	690
<b>25</b>	446	466	486	506	526	546	566	586	606	626	646	666	686	446	466	486	506	526	546	566	586	606	626	646	666	686
<b>30</b>	442	462	482	502	523	543	563	583	603	623	643	663	683	442	462	482	502	523	543	563	583	603	623	643	663	683
<b>35</b>	439	459	479	499	519	539	559	579	600	620	640	660	680	439	459	479	499	519	539	559	579	600	620	640	660	680
<b>40</b>	436	456	476	496	516	536	556	576	596	616	636	656	677	436	456	476	496	516	536	556	576	596	616	636	656	677
<b>45</b>	432	452	473	493	513	533	553	573	593	613	633	653	673	432	452	473	493	513	533	553	573	593	613	633	653	673
<b>50</b>	429	449	469	489	509	529	549	570	590	610	630	650	670	429	449	469	489	509	529	549	570	590	610	630	650	670
<b>55</b>	426	446	466	486	506	526	546	566	586	606	626	647	667	426	446	466	486	506	526	546	566	586	606	626	647	667
<b>60</b>	422	443	463	483	503	523	543	563	583	603	623	643	663	422	443	463	483	503	523	543	563	583	603	623	643	663
<b>65</b>	419	439	459	479	499	520	540	560	580	600	620	640	660	419	439	459	479	499	520	540	560	580	600	620	640	660
<b>70</b>	416	436	456	476	496	516	536	556	576	596	617	637	657	416	436	456	476	496	516	536	556	576	596	617	637	657
<b>75</b>	413	433	453	473	493	513	533	553	573	593	613	633	653	413	433	453	473	493	513	533	553	573	593	613	633	653
<b>80</b>																										

(Source: Data from: Tammeling GJ, Quanjer PH, Physiology of Breathing, Thomaes 1980)



P 6 1 4 8 7 R A 0 7 2 0



3 Explain what the data provided by Dr Williams suggests about:

- Damien's current physical health
- risks to his future physical health.

Lifestyle data	<p>Damien's current physical health:</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>Risks to Damien's future physical health:</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
Blood pressure	<p>Damien's current physical health:</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>Risks to Damien's future physical health:</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

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Peak  
flow

Damien's current physical health:

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Risks to Damien'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 BEGINS ON THE NEXT PAGE.**



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

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

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

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

Damien wants to:

- increase his energy levels
- improve his sleeping patterns
- have more money.

Damien does **not** want to:

- lose contact with his daughter
- give up his old lifestyle choices completely.

Other relevant information:

- Damien finds it difficult to maintain a good level of motivation.
- Damien has a poor self-image since his divorce.



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

For each action:

- set a short-term target
- set a long-term target
- explain how one source of support will help Damien 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 plan takes into account Damien's needs, wishes and circumstances.

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Handwriting practice area with 20 horizontal dotted lines.

(Total for Question 5 = 10 marks)





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

Handwriting practice area consisting of 20 horizontal dotted lines for writing.

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

**TOTAL FOR SECTION B = 30 MARKS**  
**TOTAL FOR TASK = 60 MARKS**





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