

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					Learner Registration Number				
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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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)

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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)

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

(2)

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(Total for Question 2 = 6 marks)



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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.

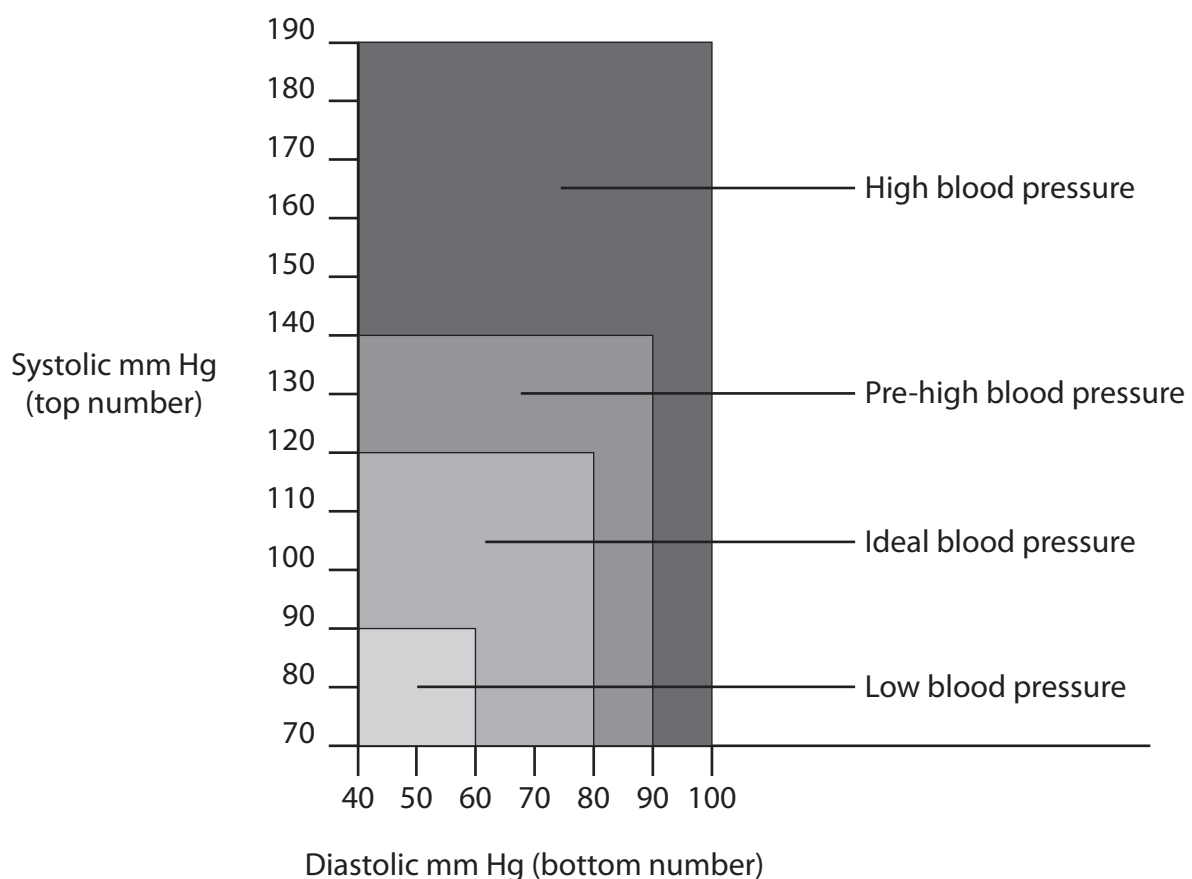
Physiological data

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

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

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

Lifestyle data	Damien’s current physical health: Risks to Damien’s future physical health:
Blood pressure	Damien’s current physical health: Risks to Damien’s future physical health:

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Peak flow	Damien's current physical health:
	Risks to Damien's future physical health:

(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.



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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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(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.

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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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