



Component 3

Health & Social care

External unit
Learning aim A Factors
that affect health and
wellbeing

Name:

Component 3 - The Exam

Assessed through a set task
Marked by the exam board

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

**The Exam will take place in February
next year**

The assessment – external

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

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*)

You will need to know the factors that could effect that person

You will need to know how the factors could have a positive/negative effect

The effects of a live event on a person wellbeing (related to the PIES)

Lifestyle data - BMI, blood pressure, peak flow, pulse – how to interpret this data

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

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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

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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

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Learning aim A

Identify 3 ways each of these help
with wellbeing and health

Social wellbeing:

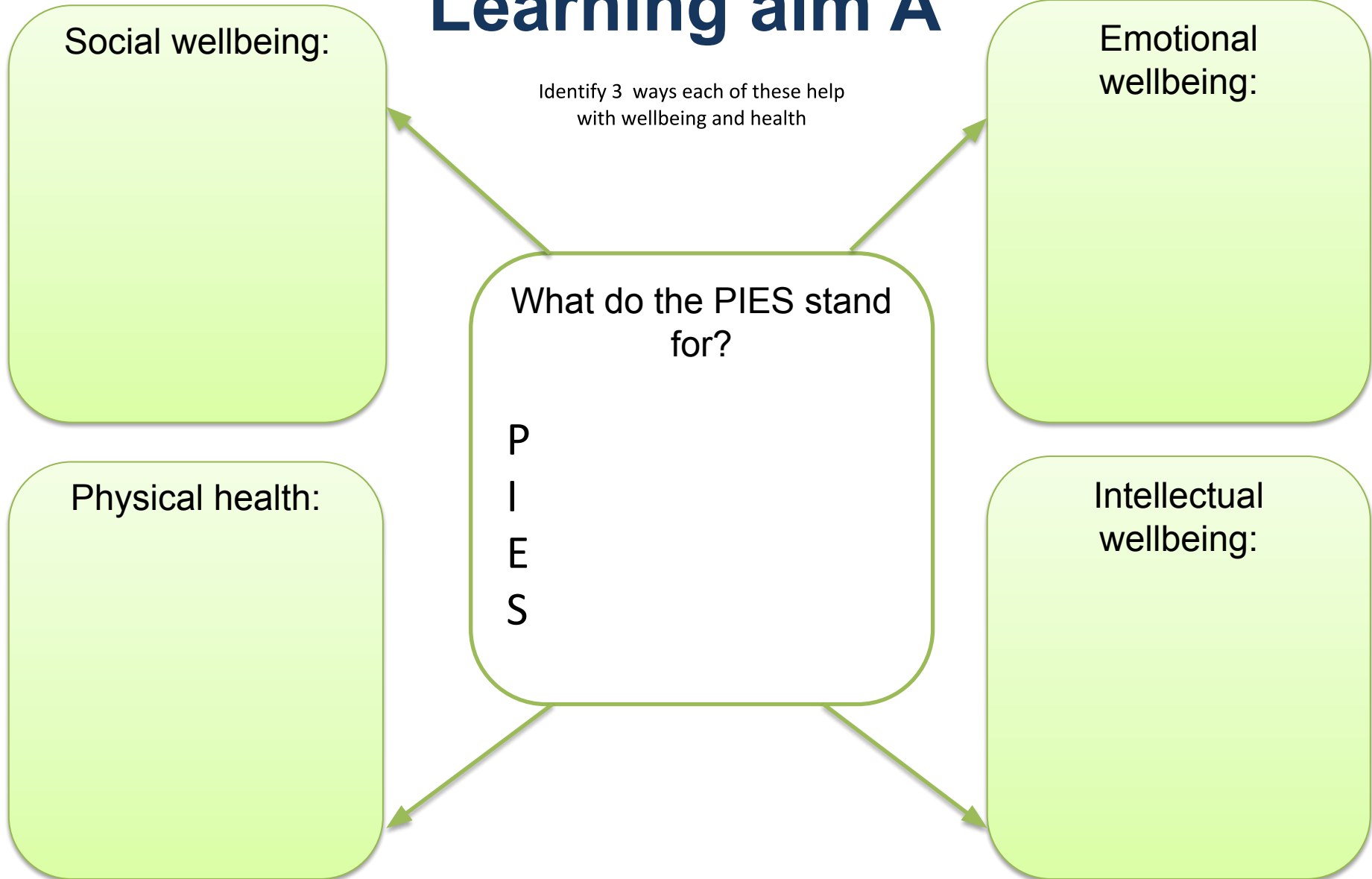
Emotional
wellbeing:

What do the PIES stand
for?

P
I
E
S

Physical health:

Intellectual
wellbeing:



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Learning aim A

Definition of health:



Definition of wellbeing:

What is genetic inheritance?

Identify two inherited conditions:

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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:

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Learning aim A

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

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



Food group	Nutrients	Purpose

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Learning aim A

Types of exercise:

1.

2.

3.

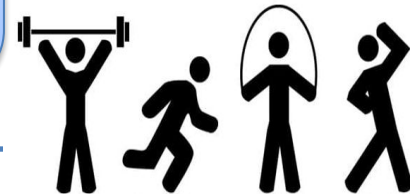
Negative effects of not exercising

Physical

Intellectual

Emotional

Social



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Learning aim A

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



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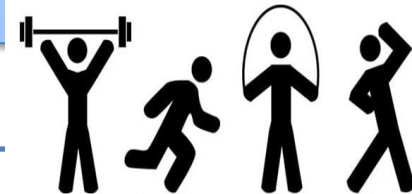
Learning aim A

Government recommendations for exercise

Children and young
people
(5-18 yrs.)

Adults
(19 – 64 yrs.)

Older adults
(65+ yrs.)



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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

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Learning aim A

What is personal hygiene?

Negative effects of poor personal hygiene

Good personal hygiene

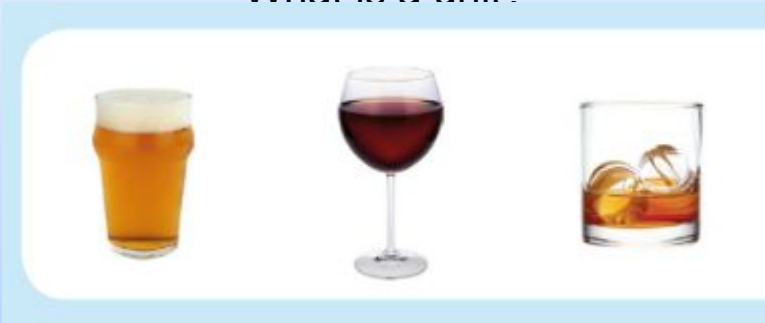


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Learning aim A

Government guidance for alcohol

What is a unit?



Guidance for drinking:

Men & women –
Pregnant women –

Negative effects of excessive
alcohol

P

I

E

S

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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

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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)

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Learning aim A

What is social integration?

What is social isolation?

What are the negative effects of social isolation?



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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?

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Learning aim A

Types of relationships

Relationships	Possible effects
Close friendships	
Family	
Parenthood	
Marriage or partnerships	

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Learning aim A

Causes of stress:



Physical effects:

Emotional effects:

Intellectual effects:

Social effects:

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Learning aim A

Causes of stress:



Physical effects:

Emotional effects:

Intellectual effects:

Social effects:

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Learning aim A

What are the three barriers to seeking help?

- 1.
- 2.
- 3.

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

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

How does education affect seeking help?

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Learning aim A

What does a person's financial resources depend on?

What is poverty?



Effects of economic factors on health and wellbeing

	Positive effects	Negative effects
Physical		
Intellectual		
Emotional		
Social		

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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:

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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



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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



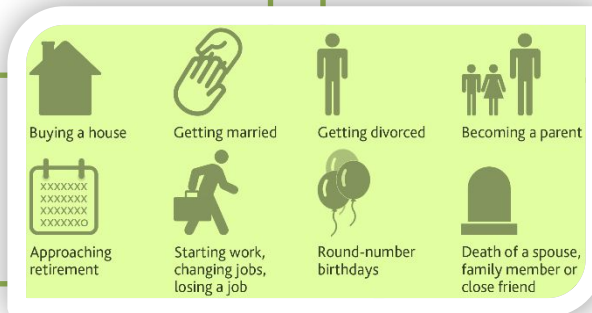
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Learning aim A

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.

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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		



Component 3

Health & Social care

External unit Learning
aim B Health indicators

Name:

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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

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Learning aim B

Health indicators



Lifestyle
indicators



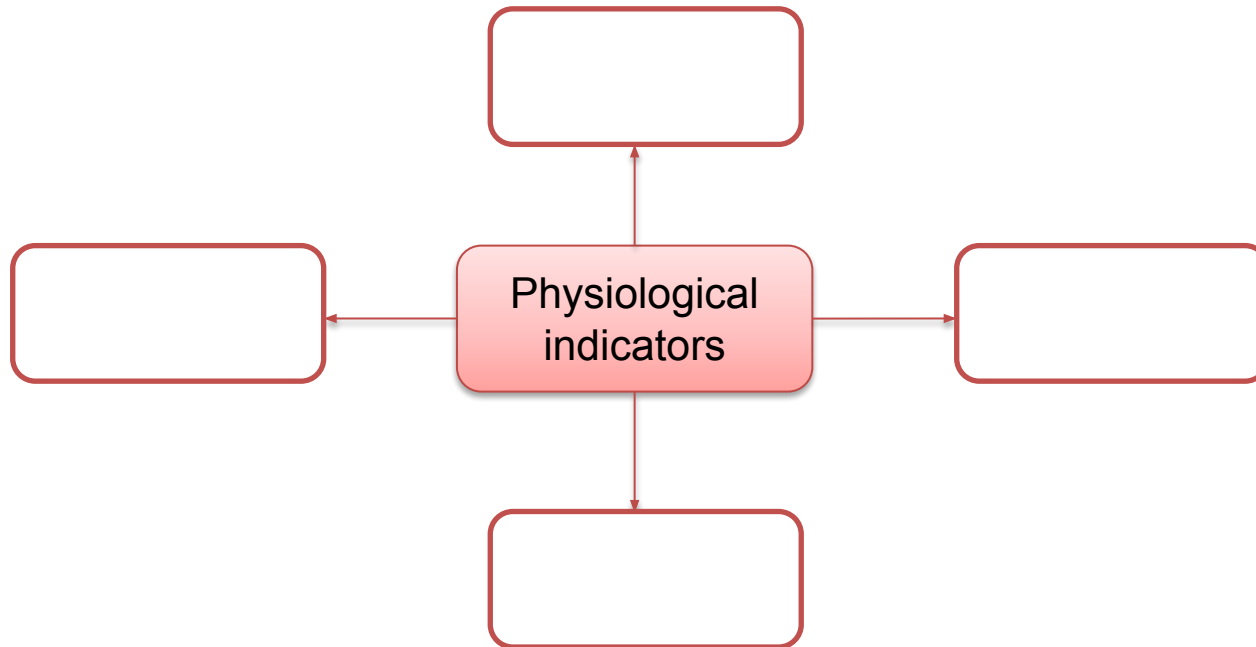
What is a lifestyle indicator?

Why are health indicators important?

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Learning aim B

Health indicators



What is a physiological indicator?

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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.

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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



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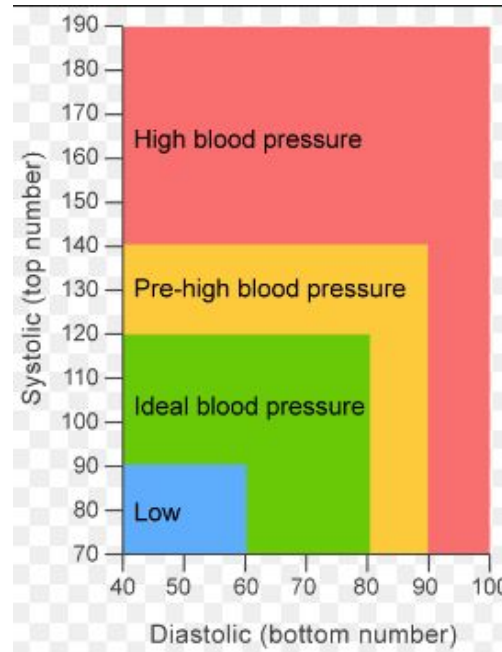
Learning aim B

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:

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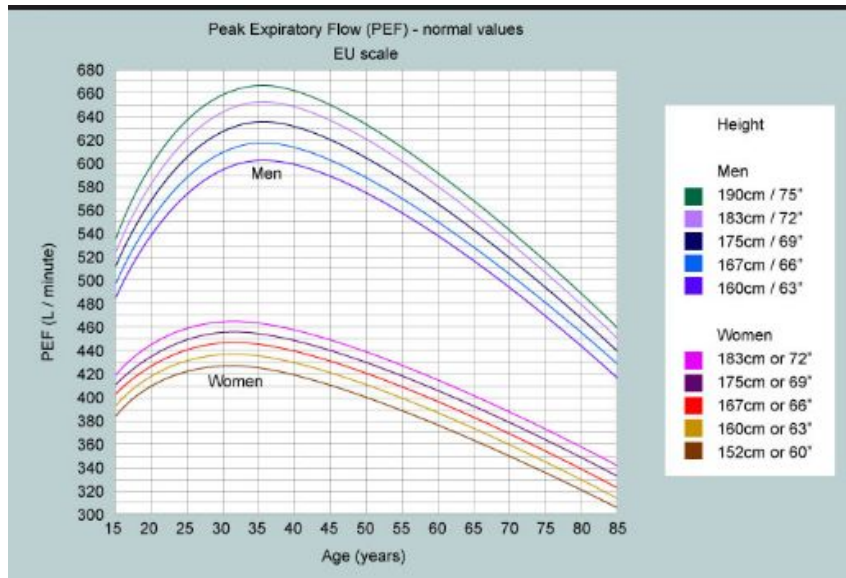
Learning aim B

Peak flow (PEF)

What is peak flow?

How is Peak flow measured?

What do abnormal readings show?



Reason 1 for keeping a diary

Reason 2 for keeping a diary

Reason 3 for keeping a diary

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Learning aim B

Body Mass Index (BMI)

What is BMI?

BMI calculations:

Limitations of BMI:

BMI readings:

BMI	Meaning
<18.5	
18.5 – 24.9	
25-29.9	
30 – 34.9	
35 – 39.9	
40 +	

Risks to health

Underweight	Overweight

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Learning aim B



Lifestyle data - Smoking

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

- 1.
- 2.
- 3.

Give three barriers to quitting smoking:

- 1.
- 2.
- 3.

Give three positive effects of quitting

- 1.
- 2.
- 3.

Give three ways a person can be supported in quitting smoking:

- 1.
- 2.
- 3.

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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.

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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
plans

Name:

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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

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Learning aim C

Person-centred approach

What are the 7 care values?

1

4

2

5

3

6

7

What is a partnership?

Needs

Wishes

Circumstances

Give 3 benefits of this approach

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Learning aim C

Care values 1

What is Empowerment?

What are the barriers to empowerment?

P
I
E
S

What is Empowerment?

-

What is Respect?

What is Dignity?

What is Communication?

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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?

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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

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Learning aim C

Health and wellbeing plans

What are the 5 steps to improving health?

Planning for better health

P

I

E

S

Produce an outline plan to stop smoking:

Step		Example
1		
2		
3		
4		
5		





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Learning Aim C

Goals and recommended actions

Goal	Example action	The actions must...

Produce a mind map to show other examples of possible actions

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Learning aim C



Targets

What are SMART targets? Give examples

Give examples of short term targets:

Give examples of long term targets:

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Learning aim C

Formal support

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

Produce a mind map of secondary care:

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Learning aim C

Informal support

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

Friends

Family

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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?

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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:

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Learning aim C

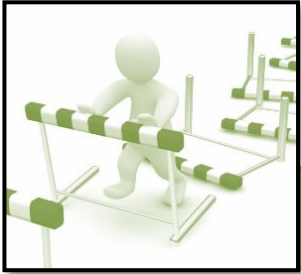
Time constraints

Produce a mind map to show the 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





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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	

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Learning aim C

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

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

Unachievable targets

Unclear targets

High expectations

Poor timing

Too many targets

Unsuitable targets

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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

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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

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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		