

Year 11 Health and social care revision list Exam year 11

exam

11 Health and Social Care Tech Award

Component 3 – Health and Wellbeing

You will learn about:

- Different factors that affect an individual's health and wellbeing
- Different indicators that are used to measure health
- Person-centred health and wellbeing improvement plans

You will be able to:

AO1 Demonstrate knowledge and understanding of factors that affect health and wellbeing

AO2 Interpret health indicators

AO3 Design a person-centred health and wellbeing improvement plan

AO4 Demonstrate knowledge and understanding of how to overcome obstacles relating to health and wellbeing improvement plans

<u>Revision list</u>	<u>Key words</u>
<p><u>Lesson Overview</u> Learning Aim A:</p> <ul style="list-style-type: none"> ➤ Physical and lifestyle factors <ul style="list-style-type: none"> - Genetic inheritance - Ill health - Diet - Exercise - Substance use - Personal hygiene ➤ Social, emotional and cultural factors <ul style="list-style-type: none"> - Social interactions - Stress - Willingness to seek help ➤ Economic factors <ul style="list-style-type: none"> - financial resources ➤ Environmental factors: <ul style="list-style-type: none"> - Environmental conditions - housing ➤ Impact of life events <p>Learning Aim B:</p> <ul style="list-style-type: none"> ➤ Physiological indicators <ul style="list-style-type: none"> - Pulse - Blood pressure - Peak flow 	<p>Acute – illness comes on quickly, is short term and can be cured</p> <p>Chronic – illness comes on gradually, is long term (more than 3 months) and generally can be treated but not cured</p> <p>Short term – less than 6 months</p> <p>Long term – 6 months or more</p> <p>Monitor – to check progress over a period of time</p> <p>Social class – a broad group in society having the same social or economic status, most commonly upper, middle and lower class</p> <p>Physiological – relates to how a person and bodily parts function normally</p>

<ul style="list-style-type: none"> - Body mass index - Using published guidance to interpret readings ➤ Lifestyle Indicators - Interpretation of lifestyle data, specifically risks to physical health associated with: <ul style="list-style-type: none"> - Smoking - Alcohol consumption - Inactive lifestyles Learning Aim C: <ul style="list-style-type: none"> ➤ Health and wellbeing improvement plans - Importance of a person-centred approach - Information to be included in the plan: <ul style="list-style-type: none"> - Recommended actions to improve health and wellbeing - Short term and long-term targets - Appropriate sources of support 	<p>Cardiovascular system – is the system that moves blood, nutrients and gases around our bodies. It is made up of the heart, blood and blood vessels; also known as the circulatory system</p> <p>Potential significance – could develop into something important</p> <p>Norm – is something that is usual, typical or standard</p> <p>Holistic- An all-encompassing approach to healthcare considers the person's physical, mental, and emotional well-being.</p>
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Command words

Choose- Select from a range of alternatives (MCQ)

Compare - Identify similarities and/or differences.

Define -Give a definition or specify meaning of an idea or concept.

Describe -Give an account of or set out characteristics or features.

Explain -Set out purposes or reasons or make something clear in relation to a particular situation. An explanation requires understanding to be demonstrated.

Identify -Name or otherwise characterise.

Label -Add names, indicating their correct position, to an image or diagram

List -Give a selection of answers, as many as the question indicates.

Name- Identify using a recognised technical term.






Outline -Set out main the characteristics or features.

State -Express in clear, brief terms.

Summarise -Brief statement of the main points.

Analyse -Separate information into component parts. Make logical, evidence-based connections between the components.

	<u>Exam question focus</u>	
The positive or negative effects of factors on health and wellbeing (Q1-7, sometimes Q8 also)	The impact on physical, intellectual, emotional and social health and wellbeing of different types of life event (Q7-10)	Interpretation of physiological data according to published guidelines (Q11)
Focused on the potential significance of abnormal readings of physiological indicators in terms of short term or long term risks (Q12)	How lifestyle choices determine physical health (Q13)	Person centred approach to improving health and wellbeing (Q14)
How a person's circumstances could affect their ability to follow recommendations for improving health (Q15)	Recommendations and actions that are aimed at improving health and wellbeing (Q16a)	Support available when following recommendations (formal/informal) (Q16b)
Barriers and obstacles to following recommendations (Q17a & 17b)	How a person's circumstances could affect an area of their PIES development during a particular life stage (Q18)	

 SCAN ME	Exam paper walk-through - An introduction to the Component 3 exam structure
 SCAN ME	Effects of factors and life events on PIES - Support with questions 1-7
 SCAN ME	Physiological & Lifestyle Data - Support for Question 11
 SCAN ME	Person-centred approach - Support for question 14
 SCAN ME	Barriers, Obstacles and Circumstances - Support for question 17a & 17b

Q1–7 (sometimes Q8): Positive & Negative Effects of Factors

Physical factors (illness, injury)

Lifestyle factors (diet, exercise, smoking)

Social factors (friends, support, relationships)

Emotional factors (stress levels, confidence)

Environmental factors (housing, pollution)

Economic factors (income, job)

Explain how each factor can positively or negatively affect PIES.

Q7–10: Impact of Life Events on PIES

Relationship changes

Starting/ending a job

Moving house

Bereavement

Accident or illness

Explain short- and long-term effects on physical, intellectual, emotional and social health.

Q12: Abnormal Physiological Readings

High/low pulse rate

High BMI

High/low blood pressure

PEFR readings

Explain the short-term and long-term health risks.

Q13: Lifestyle Choices and Physical Health

Diet

Exercise

Smoking

Alcohol

Sleep

Explain how each choice improves or harms physical health.

Q15: Circumstances Affecting Ability to Follow Advice

Money

Time

Transport

Motivation

Disability

Family responsibilities

Explain why some advice may be easy or difficult to follow.

Q16a: Recommendations to Improve Health

3 clear actions (diet, exercise, lifestyle)

Short-term goals (2–6 weeks)

Long-term goals (6 months+)

How each action improves health

Q17a & Q17b: Barriers to Following Recommendations

Lack of time

Lack of money

Low motivation

Disability

Emotional barriers

Limited support

Explain how each barrier prevents improvement.

Q18: How Circumstances Affect PIES at a Life Stage

A life stage (childhood, adolescence, early adulthood, middle adulthood, later adulthood)

A specific circumstance (illness, low income, housing, disability, relationships)

Explain how this circumstance affects the person's PIES development.

Resources:

Use carousel to self-quiz, create revision cards with a question on one side the answer on the other. Use teams to access carousel, the online revision guides/textbooks and podcasts. Other useful websites are BBC Bitesize, tutor2u videos on YouTube

Books available online or from Mrs Owen



Physical Factors

- o inherited conditions
- o physical ill health
- o mental ill health
- o physical abilities

Lifestyle Factors

- o nutrition
- o physical activity
- o smoking
- o alcohol
- o substance misuse.

Social Factors

- o supportive and unsupportive relationships
- o inclusion & exclusion
- o bullying
- o discrimination.

Economic

- o employment situation
- o financial resources – income, inheritance, savings.

Cultural

- o religion
- o gender roles, identity and expectations
- o sexual orientation
- o community

Environmental

- o housing needs, conditions, location
- o home environment
- o exposure to pollution – air, noise and light.

Component 3 Health & Wellbeing

..from unhealthy to healthy.. your plan...

PIES health & wellbeing impact of different types of life event:

* physical events *relationship changes
* life circumstances

Person-centred care

ALL ABOUT THE INDIVIDUAL.. their circumstances, their needs to reduce health risks, individual's wishes, preferences and choices

Guidance from the government...

Eatwell plate guide proportions

Max 14 units alcohol

Adults 16 to 64 should aim for at least 150 minutes of moderate intensity activity, or levels of 10 minutes or more, each week.

No smoke and nicotine

No legal or illegal drugs

Blood Pressure Stages

Blood Pressure Category	Systolic (mm Hg Diastolic #)	or	Diastolic (mm Hg Diastolic #)
Low blood pressure (Hypotension)	less than 80	or	less than 60
Normal	80-120	and	60-80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension Stage 1)	140-159	or	90-99
High Blood Pressure (Hypertension Stage 2)	160 or higher	or	100 or higher
High Blood Pressure Crisis (Seek Emergency Care)	higher than 180	or	higher than 110

Physiological indicators, measuring what's healthy and what's

Measuring good and not so good...

Resting Heart Rate Chart

Men (beats per minute)

Age	18-25	26-35	36-45	46-55	56-65	65+
Athlete	35-45	35-45	35-45	35-45	35-45	35-45
Excellent	55-65	55-65	55-65	55-65	55-65	55-65
Great	62-65	62-65	62-65	62-67	62-67	62-65
Good	56-60	56-60	56-60	56-72	56-72	56-60
Average	70-73	71-74	71-75	72-76	72-75	70-73
Below Average	74-82	75-81	75-82	77-85	76-81	74-79
Poor	82+	82+	82+	82+	82+	82+

Women (beats per minute)

Age	18-25	26-35	36-45	46-55	56-65	65+
Athlete	35-45	35-45	35-45	35-45	35-45	35-45
Excellent	55-65	55-65	55-65	55-65	55-65	55-65
Great	62-65	62-65	62-65	62-67	62-67	62-65
Good	56-60	56-60	56-60	56-72	56-72	56-60
Average	70-73	71-74	71-75	72-76	72-75	70-73
Below Average	74-79	75-81	75-82	77-85	76-81	74-79
Poor	82+	82+	82+	82+	82+	82+

Importance of a person-centred approach for people

more comfortable with recommendations, advice and treatment, more confidence, seen as unique and personal needs are met, increases the support available, improves their independence, more motivated, feel happier and more positive about their health and wellbeing.

Importance of person-centred approach for staff and services

job satisfaction for staff, saves time for services, saves money and reduces complaints about health and social care services and workers.

Recommendations for improving health:

- o Improving resting heart rate and recovery rate after exercise
- o Improving blood pressure and maintaining a healthy weight
- o eating a balanced diet and getting enough physical activity
- o quitting smoking, sensible alcohol consumption, stop substance misuse.

Types of support to get and remain healthy:

Formal support eg.GP
Informal support eg.family

Potential barriers

- o physical barriers
- o sensory disability
- o social and cultural backgrounds
- o language barrier or speech impairments
- o geographical barriers
- o resource barriers for service provider
- o financial barriers.

Potential obstacles:

- o emotional/psychological
- o time constraints
- o availability of resources
- o unachievable targets
- o lack of support.

Impact on current and future health risks

BMI Chart

Weight (kg) vs Height (m) chart showing BMI categories: Underweight, Healthy, Overweight, Obese, Extremely obese.