

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 5 February 2021

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 paper 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 section carefully before you start to answer it.
- Try to answer every section.
- 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 on work experience with a practice nurse at your local GP surgery. You have been asked to assess the health and wellbeing of a service user.

Read the information below and then complete the activities that follow.

Location

Sangita is 52 years old. She lives with her husband and two teenage children in a small town. The family live in a large, four-bedroom house and have three luxury cars. They go on holiday twice a year.

Medical history

As a child Sangita developed asthma. She uses a prescribed inhaler from her GP to control the asthma. Sangita's mother recently died after an unexpected illness. Sangita is upset by her mother's death and has trouble sleeping, so her GP has prescribed her sleeping tablets.

Family, friends and social interactions

Sangita and her husband have a large extended family who live in the same town. Sangita is Hindu and actively practises her religion. She regularly attends the local temple and celebrates festivals and holy days with her friends.

Day-to-day life

Sangita works as an office administrator in a small factory. She has had this job for 12 years and she enjoys being at work. Her husband is a doctor at the local hospital, where he has worked for 32 years. Sangita is actively involved in her children's school and every year she gives a talk on Hinduism to Year 10 students.

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The practice nurse has asked you to help review the information about Sangita.

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

Use the information provided.

(4)

1

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- (b) Explain **two** economic factors that could have a **positive** effect on Sangita's health and wellbeing.

Use the information provided.

(4)

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(c) Explain **two** emotional factors that could have an effect on Sangita's health and wellbeing.

Use the information provided.

(4)

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(Total for Question 1 = 12 marks)

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Sangita has been told that the factory where she works is not doing well financially, so it will have to close. Sangita knew that the factory was struggling financially, but she had not expected to be made redundant.

She has been given 12 weeks' notice, which means that she has three months to find a new job. Sangita is not sure how to break the news about her redundancy to her husband because he was hoping to take early retirement this year.

- 2 (a) Explain **one** effect that redundancy could have on Sangita's social wellbeing. (2)

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- (b) Explain **two** effects that looking for a new job could have on Sangita's emotional wellbeing. (4)

1

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(Total for Question 2 = 6 marks)



Lifestyle data

Sangita has been asked to complete a lifestyle questionnaire.

The practice nurse has recorded the following information for you to review:

- Sangita smokes 10 cigarettes per day
- Sangita spends most of her day sitting down
- Sangita has been taking more of her sleeping tablets than was recommended by her doctor.

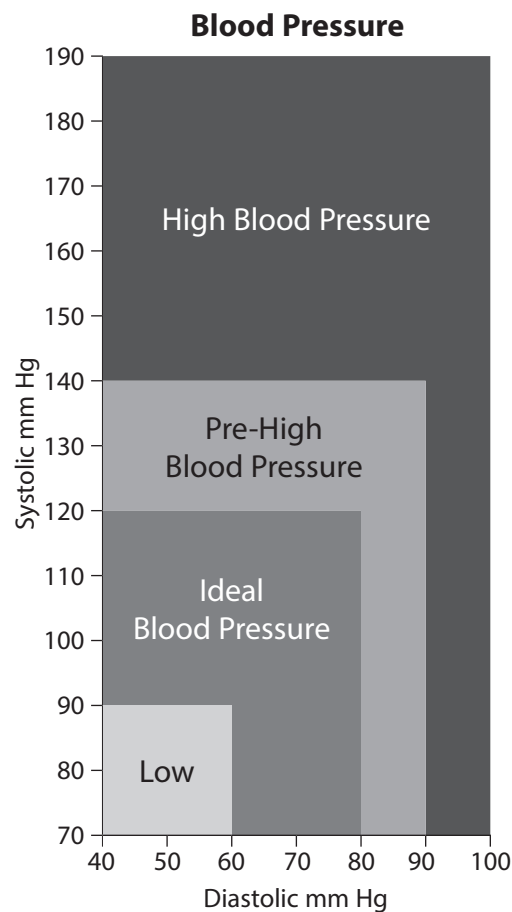
Physiological data

The practice nurse decides to give Sangita a full health check and records the following measurements.

Blood pressure (BP)	141/92 mm/Hg
Peak flow	300 L/min
Height	160 cm

Guidance for physiological data

The practice nurse gives you the following guidance for interpreting the physiological data.



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		PEF in l/min					Body height in metres							
Age in Years	Women	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
	15	426	438	449	461	473	485	497	509	521	533	544	556	568
20	415	427	439	451	463	475	487	499	510	522	534	546	558	
25	405	417	429	441	453	465	477	488	500	512	524	536	548	
30	395	407	419	431	443	454	466	478	490	502	514	526	538	
35	385	397	409	420	432	444	456	468	480	492	504	516	527	
40	375	387	398	410	422	434	446	458	470	482	493	505	517	
45	364	376	388	400	412	424	436	448	459	471	483	495	507	
50	354	366	378	390	402	414	426	437	449	461	473	485	497	
55	344	356	368	380	392	430	415	427	439	451	463	475	487	
60	334	346	358	369	381	393	405	417	429	441	453	465	476	
65	324	336	347	359	371	383	395	407	419	431	442	454	466	
70	313	325	337	349	361	373	385	397	408	420	432	444	456	
75	303	315	327	339	351	363	375	386	398	410	422	434	446	
80	293	305	317	329	341	352	364	376	388	400	412	424	436	

(Data from: Tammeling G.J., Quanjer P.H.; Physiology of Breathing; Thomae 1980)



3 Explain what the data suggests about:

- Sangita's current physical health
- risks to her future physical health.

(12)

Lifestyle data	Sangita's current physical health:

	Risks to Sangita's future physical health:

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Blood pressure (BP)

Sangita's current physical health:

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Risks to Sangita's future physical health:

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Peak flow	<p>Sangita's current physical health:</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>Risks to Sangita's future physical health:</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
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(Total for Question 3 = 12 marks)

TOTAL FOR SECTION A = 30 MARKS

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SECTION B: Designing a health and wellbeing improvement plan

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

First you should look back at the information about Sangita from Questions 1, 2 and 3.

Then study the notes below taken by the practice nurse.

Sangita wants to:

- smoke fewer cigarettes
- stop misusing her sleeping tablets
- have better control of her asthma.

Sangita does **not** want to:

- reduce the time she spends with her friends.

Other relevant information:

- Sangita is not comfortable exercising in front of other people
- Sangita is ashamed of the way she is misusing the sleeping tablets.

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4 Design a health and wellbeing improvement plan for Sangita. 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 Sangita to achieve the target.

(12)

Recommended action 1
Short-term target
Long-term target
Source of support and how it will help



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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5 Explain how your plan takes into account Sangita's needs, wishes and circumstances.

(10)

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Large rectangular area with horizontal dotted lines for writing.

(Total for Question 5 = 10 marks)



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

(8)

Area with horizontal dotted lines for writing.

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Handwriting practice area with horizontal dotted lines.

(Total for Question 6 = 8 Marks)

TOTAL FOR SECTION B = 30 MARKS

TOTAL FOR TASK = 60 MARKS



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