

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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**Wednesday 15 May 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 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 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 school nurse assistant working in a community health centre. You have been asked to assess and support the health and wellbeing of a young service user.

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

#### Location

Nabil is 14 years old. He lives in a large block of flats in the middle of a busy city.

#### Medical history

Nabil has had a poor diet for the last five years. As a result, his growth and weight have been affected. He often feels tired and lacking in energy.

#### Family, friends and social interactions

Nabil is from Syria. He lives with his aunt who has no family of her own but there are other young people from Syria in his neighbourhood. Nabil's aunt takes him to see the general practitioner (GP) regularly and to the school nurse clinic at the community health centre. Nabil speaks limited English.

#### Day-to-day life

Nabil goes to the local secondary school. His school is one mile away and Nabil gets the bus to school. Nabil used to play football in Syria, but he has not made any friends in his new school or neighbourhood. He tends to stay inside the flat and play computer games on his own. Nabil's aunt has difficulty getting him to go to bed at a reasonable time and she then has difficulty waking him up in the mornings.

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The community health centre has asked you to review the information about Nabil.

- 1 (a) Explain **one** social factor that could have a **positive** effect on Nabil's health and wellbeing.

Use the information provided.

(2)

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- (b) Explain **one** cultural factor that could have a **positive** effect on Nabil's health and wellbeing.

Use the information provided.

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(c) Explain **three** lifestyle factors that could have a **negative** effect on Nabil's health and wellbeing.

Use the information provided.

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

Use the information provided.

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

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Nabil left Syria eight months ago. He began a dangerous journey from Syria, across the Mediterranean Sea and through Europe. He was separated from his parents during this journey. Nabil arrived alone in the UK six months ago and met his aunt for the first time. Nabil was very close to his parents because he is their only child. Nabil's aunt does not know if his parents will be able to come to the UK. Nabil's aunt is the only family he has in the UK.

- 2 (a) Explain **two** effects of being separated from his parents on Nabil's emotional wellbeing.

(4)

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- (b) Explain **one** impact of living in a new country on Nabil's social wellbeing.

(2)

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(Total for Question 2 = 6 mark)



## Lifestyle data

Nabil attends the community health centre for a medical check-up.

The school nurse asks him some questions. The school nurse records the following information:

- Nabil used to play football every day, but since coming to the UK he spends all his time in the flat
- Nabil used to walk one and a half miles to school every day but since coming to the UK he gets the bus
- Nabil was unable to eat nutritious meals during the journey from Syria to the UK and he is now in the habit of only eating very small meals of rice or bread.

## Physiological data

The school nurse records the following measurements:

Body Mass Index (BMI)	17 kg/m <sup>2</sup>
Resting pulse (heart rate)	102 bpm

## Guidance for physiological data

The school nurse gives you the guidance below to help you interpret the physiological data.

### BMI

Weight categories	BMI (kg/m <sup>2</sup> )
Underweight	<18.5
Healthy weight	18.5–24.9
Overweight	25–29.9
Obese	30–34.9
Severely obese	35–39.9
Morbidly obese	≥40

### Normal values of heart rate at different ages

Age	Heart rate (beats/min)
0 – 6 months	120–140
6 – 12 months	95–120
1 – 5 years	90–110
6 – 10 years	80–100
>10 years	60–100

(Source: Tasker R., McClure R. and Acerini C., (2013), Oxford Handbook of Paediatrics, 2nd edition, OUP: Oxford)



3 Explain what the data provided by the school nurse suggests about:

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

(12)

Lifestyle data	<p>Nabil's current physical health:</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>Risks to Nabil's future physical health:</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
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BMI

Nabil's current physical health:

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Risks to Nabil's future physical health:

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Resting pulse (heart rate)

Nabil's current physical health:

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Risks to Nabil's future physical health:

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**(Total for Question 3 = 12 marks)**

**TOTAL FOR SECTION A = 30 MARKS**

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### Designing a health and wellbeing improvement plan

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

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

**Then** study the notes below taken by the school nurse.

Nabil wants to:

- make friends
- have more fun
- try a wider range of foods.

Nabil does **not** want to:

- stop playing computer games
- spend a lot of time away from his aunt.

Other relevant information:

- Nabil and his aunt do not have a lot of money
- Nabil is lacking motivation since being separated from his parents.

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

(12)

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)**



5 Explain how your plan takes into account Nabil’s needs, wishes and circumstances.

(10)

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(Total for Question 5 = 10 marks)



6 Describe possible obstacles Nabil 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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