

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Centre Number

Learner Registration Number

## Pearson BTEC Level 1/2 Tech Award

**Friday 19 May 2023**

Afternoon (Time: 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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**You must complete ALL activities.**

### **SECTION A: Assessing health and wellbeing**

You are completing work experience at a local health centre. You have been given the opportunity to observe the healthcare assistant giving health advice.

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

#### **Location**

Lucas is 40 years old and lives with his partner, David, in a small house they own. Their house is located on a narrow lane in a small village. The village has two shops, a pub, a regular bus service and many public footpaths.

#### **Medical history**

Lucas is generally healthy, although he frequently gets sore throats from tonsillitis. He is attending the health centre for his NHS Health Check, which he was invited to attend after he turned 40. His father has cardiovascular disease, and his mother has an inherited condition called Huntington's disease.

#### **Family, friends and social interactions**

Lucas and David have a large extended family who love them very much. They have a very active social life and go out every weekend. They also enjoy going on holiday together twice a year.

#### **Day-to-day life**

Lucas has recently become unemployed. His partner David has a full-time job, and he is now responsible for supporting them financially. Now that Lucas doesn't have a job, he is trying to use their home gym more and plans to start running. Lucas and David have been putting money aside to buy a bigger house.



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The healthcare assistant has asked you to help review the information about Lucas.

- 1 (a) Explain **two** physical factors that could have a **negative** effect on Lucas's health and wellbeing.

Use the information provided.

(4)

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

Use the information provided.

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

Use the information provided.

(4)

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



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Lucas has recently been told that his father had a heart attack and died very suddenly. He last saw his father on his birthday two months ago.

Lucas has decided to go and stay with his mother for a short period of time to give her support and arrange the funeral. His mother's house is 60 miles away from the village where he lives. Lucas will meet up with his siblings and old friendship groups when he is at his mother's house.

2 (a) Explain **one** effect that returning to his mother's home could have on Lucas's social wellbeing. (2)

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(b) Explain **two** effects that the death of his father could have on Lucas's emotional wellbeing. (4)

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**(Total for Question 2 = 6 marks)**



## Lifestyle data

Lucas has been asked to complete a lifestyle questionnaire.

The healthcare assistant asks you to review the following information:

- Lucas enjoys drinking alcohol at the weekend – as much as 25 units over Friday and Saturday night
- Lucas enjoys cooking and prepares a three-course meal every night, using a lot of butter and cream to make rich sauces
- Lucas has been feeling very stressed since his father died and he is not sleeping well.

## Physiological data

The healthcare assistant has measured Lucas's resting pulse rate and blood pressure as follows:

Pulse (heart rate)	105 bpm
Blood pressure (BP)	155/90 mm/Hg

## Guidance for physiological data

The healthcare assistant gives you the following guidance for interpreting the physiological data.

### Pulse (heart rate)

Average values of heart rate at different ages		
Age	Heart rate (beats/min) for men	Heart rate (beats/min) for women
18 – 25	70 – 73	74 – 78
26 – 35	71 – 74	73 – 76
36 – 45	71 – 75	74 – 78
46 – 55	72 – 76	74 – 77
56 – 65	72 – 75	74 – 77
65+	70 – 73	73 – 76

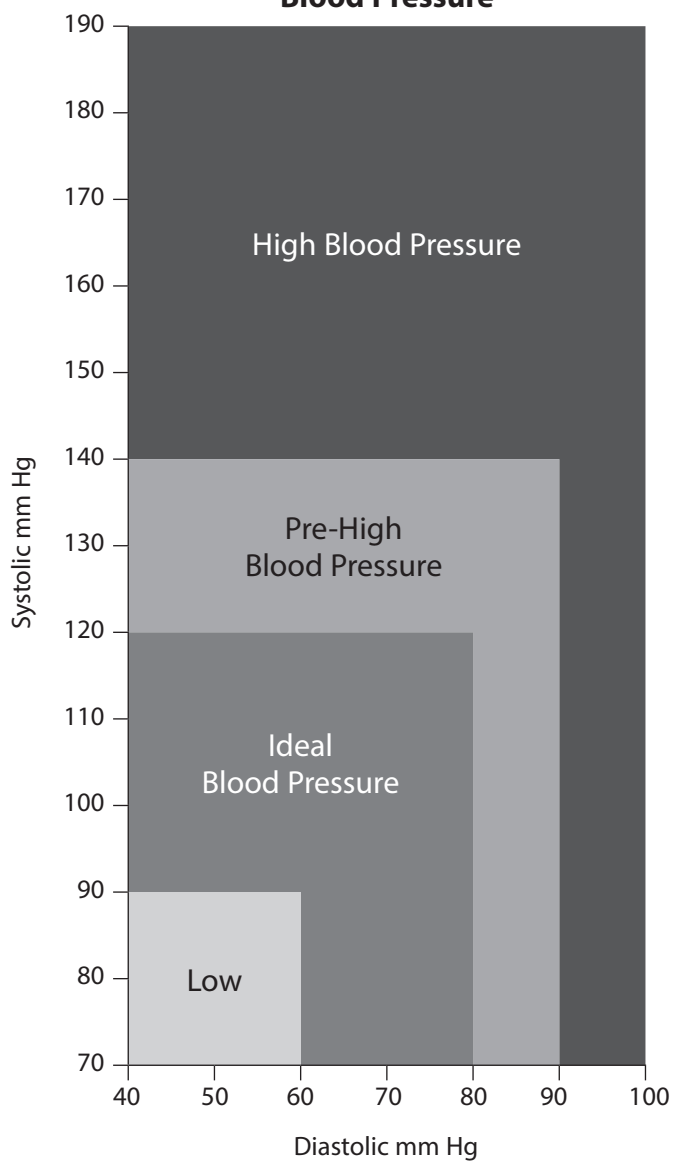


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### Blood Pressure



3 Explain what the data suggests about:

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

(12)

Lifestyle data	Lucas's current physical health: ..... ..... ..... ..... ..... ..... ..... ..... ..... .....  Risks to Lucas's future physical health: ..... ..... ..... ..... ..... ..... ..... ..... ..... ..... .....
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Pulse  
rate

Lucas's current physical health:

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Risks to Lucas's future physical health:

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Blood pressure (BP)

Lucas's current physical health:

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Risks to Lucas's future physical health:

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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 Lucas.

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

**Then** study the notes below taken by the healthcare assistant.

Lucas wants to:

- continue to make evening meals
- drink less alcohol
- find a way to cope with stress.

Lucas does **not** want to:

- stop exercising
- cut alcohol out completely.

Other relevant information:

- Lucas is feeling low after the death of his father
- Lucas would like to make changes together with David.

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4 Design a health and wellbeing improvement plan for Lucas. 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 Lucas to 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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5 Explain how your plan takes into account Lucas's needs, wishes and circumstances.

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(Total for Question 5 = 10 marks)



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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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