
Example Assignment

Unit 3: Promoting Good Health

The portfolio work you produce for this assignment will be assessed to decide your mark for this unit.

Activity 1 (AO1)

Plan and prepare a questionnaire which you will use with service users and service providers to find out their views of different concepts and models of health and well-being including:

- personal responsibility for health;
- health as the absence of illness;
- illness-wellness continuum;
- concepts of ill-health – social model and medical model;
- government policies on health.

Activity 2 (AO1)

Use your questionnaire to find out the views of service users and service providers to gather information about their views of the different concepts and models of health and well-being.

This could be carried out through interviews or discussions.

Research the implications of **one** government initiative.

Activity 3 (AO1)

Use the information you have gathered to prepare and give a presentation about your findings. You must include:

- personal responsibility for health and well-being;
- influences of society on health and well-being;
- influences of the environment on health and well-being;
- the effects of ill-health;
- medical and social models of health and well-being;
- why service users often fail to conform to health education advice;
- implications of **one** government initiative.

Your presentation should be accompanied by a fact sheet which could be distributed to interested service providers and service users to improve their understanding of health and well-being.

Write an evaluation of your presentation. You must include a bibliography of all sources of information and reference any quotations used.

Assessor and/or peer assessment of your presentation should be included.

ACTIVITY 4 (AO2)

Choose **two** key workers who are involved in promoting health from:

- health education specialist;
- health visitor;
- community nurse;
- environmental health officer;
- GP.

Arrange to interview them or for them to visit your centre to find out about the job they do and how they contribute to health-promotion.

Use the information you have gathered to describe their job roles. You must include:

- the different tasks they perform;
- skills needed;
- qualities needed;
- how their skills and qualities ensure service users needs are met;
- **two** different preventative measures they could apply in their work.

Activity 5 (AO3)

Research **two** different factors that can affect health from the following:

- attitudes and prejudices;
- lifestyle choices;
- social factors;
- environmental issues;
- financial factors;
- physical factors.

You should use both primary and secondary sources of information. These could include questionnaires, interviews, books and internet.

Use examples to explain how your chosen factors affect health and well-being. Compare the similarities and differences between the factors. Draw conclusions from your findings.

Explain **two** ways in which service users' quality of life could be affected by ill-health.

Activity 6 (AO3)

Plan and implement a small-scale health-promotion campaign.

You must state the pre-set criteria in your plan. These must include:

- aims and objectives;
- target group of service users;
- the approach/method to be used with reasons;
- resources to be used;
- timescales for completing each component/task;
- intended and unintended outcomes;
- costs.

Record the implementation of your campaign. Include assessor/peer observations or records of assessment to confirm competence, confidence and that the small-scale health-promotion campaign was carried out independently.

Activity 7 (AO4)

Evaluate your performance in the small-scale health-promotion campaign. Include the following points in your analysis:

- your own performance;
- the skills used;
- timing;
- the benefits to the service user;
- success of the campaign and achievement of the pre-set criteria;
- recommendations for improvements;
- reasons for improvement suggestions.