



Examiners' Report Lead Examiner Feedback

January 2021

Pearson BTEC Nationals
Health and Social Care (31494H)
Unit 4: Enquiries into Current Research in Health
and Social Care

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Introduction

This controlled assessment requires learners to consider articles provided from research undertaken in the health and social care sectors including health conditions, lifestyle factors, social care and welfare needs. The controlled assessment aims to consider the learner's ability to demonstrate knowledge and understanding of methods, skills and ethical issues related to carrying out research. When undertaking the controlled assessment, learners should demonstrate their ability to apply knowledge and understanding of research, with a focus on analysis of information and data related to the current research presented in this assessment. Learners are required to interpret the potential impact and influence of research on practice and provision in the sectors, as well as evaluating current research to make informed judgements about the validity of research methods used and further areas for research.

Introduction to the Overall Performance of the Unit

Centres have overall prepared learners well for this series and undertaking the controlled assessment, with evidence of good teaching and learning for the most part. Learners in this series have demonstrated breadth of understanding of research in both the health and social care sectors using secondary research to support responses in the set activities. There has been some evidence of gaps in knowledge and some time-related issues in responses but overall, learners have performed well.

There appears to be a more balanced approach to choosing articles this series, with evidence of centres submitting a mix of both health and social care articles which is pleasing to see. This allows learners to have more autonomy and a focus on their future career choices in relation to the controlled assessment.

When preparing for this assessment, it is important, once again, to remind centres that notes prepared for assessment should not be potential responses to the activities. There were lots of similarities in the responses of centres, with the same secondary research used, and some rote learning of answering the activities evident. Notes for the assessment, as stipulated in Part A, should be limited to the following:

- facts, figures, and data relating to secondary sources covering the article's area of research.
- the research methods used in the learner's own secondary research.

Centres once again should be reminded that when preparing learners for this assessment, they should read and respond to the activities set. Many learners have provided responses that, at times, regurgitate the article, do not answer the activity set, or include information in one activity that would be better suited to another activity; learners will not be awarded marks for responses where they have not responded to the activity set. Whilst undertaking the delivery of the unit, it would be advised that centres support learners in how to approach each individual activity, using the guidance and support offered on the Pearson website.

Individual Questions

Activity one

The assessment focus for this question is **'understanding research methods, validity and reliability of results of research'**. Learners are expected to understand the research methods used, with understanding of data usage, in the chosen article. They should show understanding of validity and reliability of **research methods used** and draw conclusions in relation to the suitability of the methods used in context.

Health article

The health article for this series included an online survey sent to patients with Coeliac Disease, following a gluten free diet. For the most part, learners have approached this activity well, offering knowledge and understanding of the research methodology included in the article. However, many responses provided generic evaluation of this research methodology, offering little evidence of their ability to link this directly to the article in question. This limits the awarding of marks due to the need to consider context of the research methodologies. Where learners had provided information on statistical tests, it did not always support the evaluation of the research method, but instead attempted to evaluate these tests as a separate research methodology. It is important to note to learners that statistical tests are a measurement of data.

Social Care article

Within the social care section, learners were presented with a range of research methodologies including online surveys, case studies, interviews and focus groups. Overall, each of these methods were considered by learners, with some nice attempts at evaluation of the research methodologies. However, it is noted at times, these responses remained generic with links to the research not always being considered. Where

learners had a clear understanding of the research article, context, and research methodologies, they provided some good evaluations and considerations of the research undertaken.

Overall

Validity and reliability still appear to be an issue within responses. Where learners understood these terms, they applied them well and gained higher marks in this response. However, some learners added a cursory sentence at the end of an evaluation which did not demonstrate their understanding of the validity and reliability of the research methodologies used in both the health and social care articles. Centres need to consider this as a priority in their preparation for the unit. Although difficult, these concepts are crucial to a learner's ability to make evaluative judgements on suitability of research methodologies. Sampling methodologies also remains poor in this activity. Some learners have a basic understanding of sampling methodologies used in research, but these are few and far between. Again, this is an important aspect of research and centres should support learners in their acquisition of knowledge in this area.

Learners are still including secondary sources of information in activity one which is not required; where learners have provided secondary sources to offer alternate research methodologies, this is not asked for and therefore has not been awarded. For this activity, learners need to explain the research methodologies used, evaluate these methodologies, and provide judgements and conclusions on suitability within the context of the research. Responses to this activity still frequently remain generic with little or no reference to data usage, the issue presented, or the research methodologies used.

This response scored Band 4, 13 marks.

SECTION 1: Health Research

Activity 1

How have different research methods been used in this research?

In your answer, you should consider the:

- suitability of research methods referred to in the article
- reliability and validity of the research methods.

(15)

This research article has used quota sampling to ~~to~~ come up with their target group of patients with coeliac's disease on a gluten free diet for ^{which is relevant to the aim and topic} at least 6 months. Quota sampling is a reliable method as it allows researchers to develop a target group which is relevant to the topic and representative of the entire population. This was a suitable method as it is quick and easy to do as it doesn't include probability sampling techniques however it may be prone to bias because of this which may decrease the reliability of it.

In addition to this, they selected a matched control group which increases the reliability and validity of the results by providing a control to compare with while also eliminating extraneous variables such as individual differences.

The data collection tool was a questionnaire which is a self report technique. This was a suitable choice as it allows them to gain a

more personal insight, however can be prone to social desirability bias or demand characteristics which can decrease the validity of the findings that are produced. Questionnaires are reliable methods which are tried and tested as they are widely used in research, and are a quick and easy method of generating large amounts of data. However a questionnaire has to be made to a good standard, meaning any scales must have been easy to interpret as questions that are interpreted differently or wrong can produce unreliable results.

The questionnaire was in the format of an online survey, which is suitable because it is accessible and quicker than sending a letter in the post and waiting for results to come back.

The survey consisted of 16 questions with an answering time of 5 mins. This is to ensure the best adherence which improves the reliability and validity by eliminating order effects such as the fatigue effect. This is where people get tired and put less effort in or skip questions which puts a strain on the validity of the answers as they

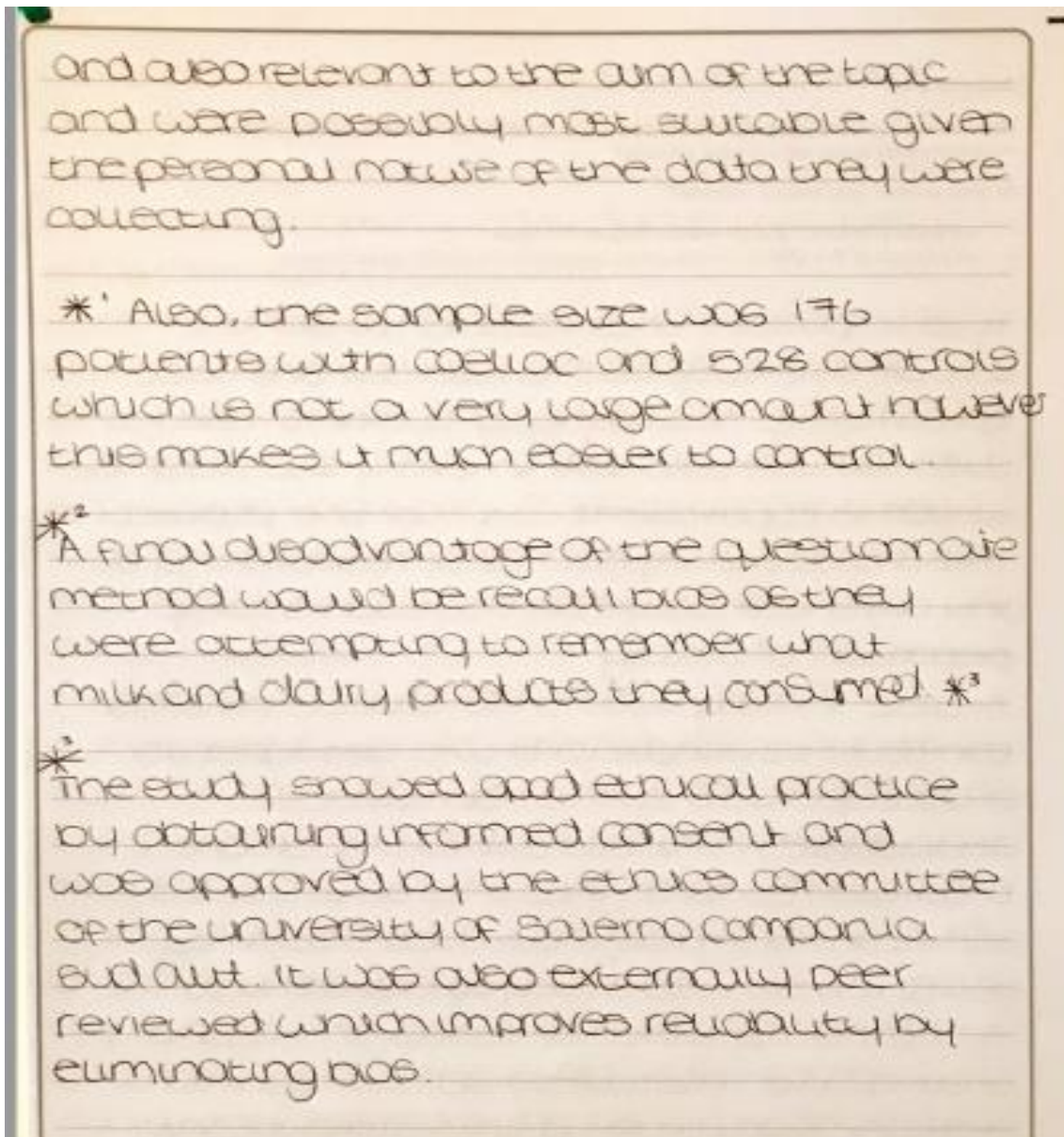
The methods used in this piece of primary research allowed for the collection of quantitative data. This is reliable as it is easier to analyse and can be expressed in different formats. In this case it was put into a table which is suitable as it is easy to read and understand and clearly shows the difference between the target group and the general population.

An advantage of the target group would be that they are aged 18 - 75 years, which is reliable as it increases the extent to which the findings can be generalised due to it covering a range of ages. *

Differences in frequencies were calculated using the χ^2 and t test. This is a reliable method as it is scientific and widely used in research.

A further note would be that the use of an online survey can lead to technical errors, therefore making it less reliable as 43 of the emails bounced back due to incorrect email addresses or technical errors. **

In conclusion, the methods used were reliable in that they are widely used



This response scored highly because:

- Research methods are explained.
- There is understanding of data usage in context.
- There are evaluative judgements made.
- The conclusions on suitability are supported.
- The context of the article is evident throughout the response.

This response scored Band 2, 8 marks.

SECTION 1: Health Research

Activity 1

How have different research methods been used in this research?

In your answer, you should consider the:

- suitability of research methods referred to in the article
- reliability and validity of the research methods.

(15)

In the original article the research collected is primary data, this is because it has been carried out by the researchers themselves. The researchers are trained and qualified professionals and so the information recorded is reliable and valid as they have the knowledge to do this accurately. The main research method used in this article was online surveys and questionnaires, this involved asking 16 questions that were short and concise. This method is effective as it is quick and easy to carry out and therefore it is also less time consuming, but it is a good method to gain specific information. Online surveys are a qualitative data collection tool as it allows the researchers to collect information and answers to questions. This is reliable and valid because rather than a yes or no answer it allows individuals to answer in more depth via open questions which helps to make the data more accurate. Online surveys and questionnaires can also be completed all over the world by various different people, therefore this is a valid method because it can reach a range of people and they can gain information from a wide range/target group, therefore they have more data to record and compare. However online surveys can be biased in some cases, this is because individuals can give fake answers and they could lie, this wouldn't be reliable and valid as they would be collecting inaccurate data. Other people could also be giving the answers and so the data would be false and unreliable. Also

not every individual has access to the internet and so this could be a barrier to some individuals and the researchers would be unable to collect accurate data. Therefore this research method may not be suitable in some cases. Like in the original article ~~201~~⁴³ emails bounced back, this would then affect the reliability and validity of the data because they would be missing various important pieces of data that they can use. Also in this article the researchers used volunteer sampling when recording the data, this means that the survey was put to the public and volunteers took part and they weren't chosen specifically. This method of sampling is less time consuming and may also be more cost effective, however similarly to the survey it could lead to bias due to individuals not being chosen and so anyone could join. This would produce reliable and valid data to a certain extent but not all of the data could be accurate which could impact on the validity of the results. In this article these methods were suitable to use to an extent because they allowed the collection of data quickly and easily, but there may have been better research methods that they could have used which could have been less biased, this could have made it more reliable and valid. Surveys and questionnaires were suitable for the sample size in this article as it was 176 patients and 528 controls who participated, this is quite a large sample size and so the research method was effective as it allowed researchers to collect the information quickly whilst it still would be reliable and valid data that can be used to form conclusions. Whereas in other articles, researchers have used a quantitative data collection tool of experiments, this is a reliable and valid research method as it

produces accurate data that can be then used in a graph or a table and it is recorded easily and efficiently. This research method may be more time consuming but if it is carried out correctly by qualified professionals it can produce reliable and valid results, however there is still always the chance of error although it is still reliable and valid as it is able to be repeated to gain consistent results that are accurate and reliable. Stratified sampling also allows individuals to be chosen more specifically as well as being split into groups, this can make it easier to gain results that are accurate. Quota sampling is the same and it can make it easier for researchers to collect data and research. Having a smaller sample size it allows less room for error if there is only one researcher, this is because they have more time to observe and make sure their data is correctly recorded. This therefore makes it more reliable and valid when collecting data via experiments *

In conclusion the research methods that have been used are reliable and valid because they allow the accurate collection of data, whilst they are also less time consuming they also allow many individuals to be involved which can be more reliable as the data is more widespread and more accurate as there is more to compare and look at, to provide valid results. These methods are also suitable as they ~~work~~ work well with the sample sizes used by the researchers.

* In article 2 there was a small sample size used and there may have been less chance of error, however it also means that there is less data to use and compare. A prospective study was used in the first article and this would have allowed the collection of accurate data and ~~also~~ however there is the possibility that it could be more time consuming but as long as it is carried out by skilled professionals the data should be accurate.

This response scored lower because:

- The research methods in the response are described.
- There is an attempt at evaluation, but these are unsupported.
- There is some evidence of suitability of research methods used.

Overall

The ability to grasp the concepts of reliability and validity still seems to remain an issue for most learners. Where learners understand these concepts, they apply them well which supports their ability to evaluate the suitability of the research methods used in the chosen article. Centres need to consider this as a priority in their preparation for the unit; these concepts are crucial to a learner's ability to make evaluative judgements on the suitability of research methodologies and this is limiting many learners when accessing the higher bands.

Some learners are still including secondary sources of information in activity one which is not required. Centres should support learners to understand assessment outcomes for the unit, sharing the assessment focus with them in preparation for the controlled assessment. For this activity, learners need to explain the research methodologies used, evaluate these methodologies, and provide judgements and conclusions on suitability within the context of the research. Responses to this activity still frequently remain generic with evaluations not always being applied to the research presented.

Activity two

The assessment focus for this question is **'understanding the importance of the issue being researched, why the research is being carried out, and how the article and own secondary research reinforces the importance of the issue'**. Learners are expected to understand the importance of the issue in the chosen article and include relevant examples of how the research has affected individuals and/or professionals and/or wider society. Learners should include secondary research in their response, demonstrating an understanding of the relationship between this, and the article chosen.

Health article

Responses to this article tended to focus on the importance of the issue for individuals, with only higher scoring learners considering professionals and /or wider society. Many responses to this activity considered the participants' increased risk of developing osteoporosis and the impact that Coeliac disease has on the small intestine which are relevant and important points when considering the importance of the issue and how it affects individuals. However, these points often did not offer analysis and simply explained the issue. Secondary research was evident in most responses, but this often led to learners simply regurgitating their own research finding with little application to context and the issue presented.

Social Care article

The importance of the issue of vulnerable adults was in the main, recognised, and responses considered a range of points including how issues for vulnerable adults could be reduced through research, training requirements and the availability of appropriate adults. Learners who chose to answer the social care activities often provided better understanding of the impact of the research on individuals and professionals. However, it was found that many learners tended to provide a wealth of secondary research with little to no application to the activity posed – often highlighting research findings with little analysis of this in the context of the importance of this research.

This response scored Band 3, 12 marks.

Activity 2

How does your secondary research support the importance of research into diets maintained by those with coeliac disease?

In your answer, you should consider:

- secondary research and its relationship to the issue
- an analysis of the effects on individuals, practitioners and/or wider society.

(15)

Research into diets and those with coeliac disease is very important. The aim of article 1 is to evaluate bone mineral density by dual-energy X-ray absorptiometry, it was also to evaluate the prevalence of abnormalities as DXA in patients with a new diagnosis of coeliac disease to assess the impact of a gluten-free diet one year after diagnosis. Studies have shown that low Bone mineral density (BMD) can affect up to 75% of people when they are diagnosed with coeliac disease (CD), this shows the importance of researching into this to try and prevent it from impacting on the everyday lives of individuals, for example at work. The issue of low BMD affects the physical health of many individuals, for example it can leave them with a higher risk of other health problems like osteoporosis and osteopenia. This can also affect the emotional health of individuals as it can cause them stress and anxiety if they are worrying about their conditions and the effect it can have on their lives. Also socially they can be impacted because if they developed these conditions it could affect them being able to go out and meet friends socially. It is also important research as it looks into the effect of a GFD on BMD, this can be shown on scans and it is important that research is done into this topic because other research shows that if you are diagnosed with coeliac disease in your childhood/teens following a GFD means your long term bone health is likely to be unaffected. This is important

as by making a change when younger and developing good dietary habits it could prevent the worry and stress as the individual gets older and it could also lower their risk of developing other related health problems. It is important that research is done into these different diets so that they are able to fully understand the effect on health that it might have both positively and negatively on members of society. Coeliac disease is characterised by the malabsorption of nutrients. In the original article the research talks about the possible nutritional deficiencies, this is important to be researched to try and avoid individuals avoiding foods that they may not need to which could be impacting on health. Coeliac disease affects the everyday lives of many individuals and so by research being done into the effect of a diet to improve health, it is important that this is done to try and help individuals to not have to miss work due to this or any other health problems that it may cause an individual as a main consequence of osteoporosis is increased fracture risk. The method of an experiment (DXA) being used is an effective way to do this as it allows accurate data to be recorded by professionals who can then analyse this and make a judgement. This research into CD and GFD also benefits professionals as they are able to give out accurate information to patients and provide them with the correct diagnosis and treatment plan. In article 2 the aim is to investigate the local inflammatory reaction to gluten and the cM protein in adult patients with CD in remission. It is important to also research into this issue to be able to understand fully the impact that gluten has on

it investigates the impact by a rectal challenge. This is a scientific procedure/experiment and therefore it is a very accurate and reliable way to gain this information. However it is important that research is done into this issue and this article is a key way of representing it. The investigation into the effect of cows milk is also very important as this would benefit individuals as they would know whether they are able to cut this out of their diet to have a positive impact on their health or if it would have more of a negative effect. For example for their physical health they may avoid it, however this could be worse for their health if they are missing out on an essential protein. Also it would be important to gain knowledge on this to be able to pass it to professionals, this rectal challenge and the results could help them to know what symptoms to look out for and they would be able to provide the individual with an accurate diagnosis. This would then help individuals to better understand their condition and what they must do to improve it, for example results show that they could change their diet. These articles both link to the original article which is investigating the effect that ~~the~~ milk and dairy consumption has on those with CD. This is also important to be able to gain the knowledge to be able to make a well informed decision. It is important that all of the researchers carrying out this research have the necessary skills. This is so that the results collected are accurate and the correct diagnosis and treatment can be given to the individual.

In conclusion it is important that research is done into this issue as CD affects many people's health, it is important that these research articles are providing accurate information that individuals can use to know how they can treat their CD but also the short-term and long-term effects it can have on their health.

This response scored highly because:

- There are explanations of the issue's importance.
- There are relevant examples of how the issue affects individuals, with reference to professionals.
- The evidence presented is supported with secondary research findings.
- The relationship between the issue and secondary research is explained.
- The relationship between the issue and secondary research findings are evident.

This response scored Band 2, 7 marks.

Activity 2

How does your secondary research support the importance of research into protecting vulnerable adults in custody?

In your answer, you should consider:

- secondary research and its relationship to the issue
- an analysis of the effects on individuals, practitioners and/or wider society.

(15)

Further investigations into vulnerable in police custody shows it is ^{an} important to understand because it can have an impact on the individuals being questioned. According to the social care research Government commissioned reviews and inspections report suggested that the rights and welfare of vulnerable adults in custody are currently not being safeguarded. The mum of a disabled girl was held four times by the police and she said that at the time her daughter's disability meant she could behave in very challenging ways, but what she needed was patience, respect and the support of her mother. Instead she was locked up in a police station without her mum or anyone else she knew. This shows that understanding the link between vulnerable adults in police custody is important because this girl ~~we~~ would have been very emotional and without any self-confidence due to the fact she was placed in an unfamiliar environment.

Without her parents and without someone who knows how to support her and her additional needs making her vulnerable. As a result she might not be coping well, which could have made her disability worse. Due to this she might not have felt comfortable socially interacting with the police when she was being detained there on her own which, could make her situation even worse for not co-operating (BT-, 2016)

Additionally, further investigations into vulnerable adults in police custody shows it is an important topic ~~is~~ to understand because of the impact it can have on practitioners. According to the Justice Gap, police stations are amongst the most pressured work places, staff are extremely pressured for time, with competing demands. Added to this problem is the lack of understanding those with a learning disability/autism in custody what this means is that intellectually they lack the knowledge and understanding around vulnerable adults and what it means relating to crime, processes and getting justice.

This could lead to additional pressure as without the understanding and knowledge it make custody sergeants jobs harder which could lead to a negative self-image as they are unable to work accordingly towards the vulnerable individual. Also with all the ~~stress~~ stress from work and other factors it could lead to a possible depression and anxiety. (Alox, Presenten, 2015).

This response scored lower because:

- The issue is described with some concluding statements.
- There are some relevant examples of individuals.
- There is evidence of relevant secondary research.

Overall

There were some good responses to this activity with examples and explanations of the importance of research into both issues included in the health and social care research. Where learners scored well on this activity, they demonstrated good understanding of the issues, using relevant and supported secondary research consistently. There were, however, many learners who provided literature reviews of secondary research in both the health and social care sections, offering some relevant research but with little to no application to the context, with isolated links to the issues presented. For learners to be successful in this activity, they need to consider why the research undertaken is important – any secondary research included, should link directly back to the activity posed through justification and an understanding of the relationship between the issue presented and the secondary research evidence included.

Activity three

The assessment focus for this question is **'research implications for future provision and/or practice'**. Learners are expected to provide implications of the research for future provision/practice in the sector, with analysis of these implications. They should show understanding of the issue and implications in both the context of the article and wider research. Learners should also consider recommendations for change in provision/practice, with justification.

Health article

The activity considers implications of the research on provision and or practice in the health sector. There was a mixed level of responses seen to this activity, with some learners offering insightful implications including improvements in medication and symptom management, the recognition of unnecessary dietary restrictions and a personalised approach to care for those diagnosed with Coeliac Disease. However, where recommendations for change were offered, these were not always focused on the issue at hand with many learners offering impacts on individuals or changes to the research undertaken rather than provision and or practice in the sector.

Social Care article

The activity for social care required the learners to consider changes to provision and or practice in the sector, as well as the implications that the research would pose on the sector. Where learners did this well, they

provided analysis on things such as training programmes, service user involvement and availability of funding to support enhancing change to the provision available. Learners seemed to be able to contextualise their responses more within this section of the paper, but recommendations offered were not always supported or justified which limited the awarding of marks for this activity.

This response scored Band 4, 20 marks.

Activity 3

How could research into vulnerable adults in police custody affect the provision of social care services for this service user group?

In your answer, you should consider:

- the effect on provision and/or practice
- recommendations for change in future provision and/or practice
- secondary research findings.

(20)

One implication of research for practice in the sector is to improve outcomes for service users. This is because the current picture is that training is essential in providing effective AA services. The Article says there's a need for further training to improve outcomes for service users. When an AA is needed, priorities have to be rearranged, which impacts workload on practitioners. Many colleagues have received bad training and may act up as a result of this (NIHR, 2017). There to Help 2015 found one reason for bad implementation of AA safeguarding recommendations was the lack of police staff training in AAs (Chris Bath, et al 2020). The issues with the current picture is that there isn't enough training at the moment and it needs to be increased. Training would reduce miscarriages of justice in CSS. There's not enough fully qualified AAs, which can lead to mistakes during the custody process (Chris Bath, et al. 2020). A recommendation for change that would help to address this implication is

that more training programmes need to be made available to a wider audience. All practitioners in social care services should do AA training to increase readiness for when an AA is needed. There should be more information provided in why training is important and how it affects service users. There should be more information available on becoming an AA and where to get training. This would help to improve future provision because there would be more support available and easy access to training, which hugely benefits everyone, especially service users. There would be more people with training and more people qualified to being an AA.

Another implication of the research for practice in the sector is to identify gaps in provision. The current picture is that there are not enough local authorities with the duty to fund AA services, which leads to gaps in provision being identified. The article has a purpose of identifying gaps in provision that there's a need for statutory duty to provide funding. There should be more local authorities with the duty to fund AA services. Changes need to reduce gaps in provision to be

adult social care departments funded AA Services. (NIHR, 2017). The issues with the current picture are that the lack of funding has led to a non closing gap in provision of AA services. This can lead to inadequate AA services, and deterioration of the service users mental health. It can also lead to a false confession (Cummins, et al. 2019). The service user doesn't get the best quality and their needs aren't properly met. The resources necessary in AA provision aren't available without funding, which negatively affects both the AA and service user. A recommendation for change that would help address this implication is to strengthen AA provision in local authorities duty to fund. Statutory funding provision needs to be revisited and applied to more services to close gaps in provision quicker. Commissioners need to relook at funding models to see if they're still suitable to the certain service. This would help to improve future provision because gaps in provision wouldn't be as large and there would be more services being funded by local authorities. It would improve AA provision quality and performance.

The last implication of the research for practice in the sector is to inform policy and practice. This is because the current picture is that ~~that~~ there isn't adequate service user involvement in AA provision. The article says service user involvement needs improvement, which is why the article has a purpose of informing policy and practice to change many of things, including service user involvement. They found no evidence of service user involvement in design, delivery, and monitoring of the AA provision. This contributes to why service users and practitioners have a different perspective on what makes a good AA (NIHR, 2017). A study shows issues with the current picture and the views of service users after using an AA. These include some didn't like that they didn't know their AA, hardly any of them remember meeting the AA shortly after the interview, and some thought they didn't understand the CJS (Chris Bath, et al. 2015). Issues like these increase the risks of miscarriage of justice, and false confessions. It shows why there should be a change in service user involvement, as it's not enough.

The service users are left feeling misunderstood and changes to practice need to be made to improve service user involvement. A recommendation for change that would help to address this implication is that there should be more opportunities to enable service users to give feedback about their service use. This could be through surveys or a questionnaire. These should be made mandatory in all local authorities involving AA services to ensure improvements are made to suit the service users needs, overall improving the practice. This would improve future provision because it would give service users the chance to give improvements needed and how to make the experience easier for others. It would give AA services a better look at their areas needing improvement.

It's arguable that the recommendations based on the implications don't apply to every AA service. But a large majority need improvements made. These will benefit the social care sector because they can the needs of service users and what's best for them.

(Total for Activity 3 = 20 marks)

This response scored highly because:

- The implications of the research for provision and /or practice are analysed and explained consistently.
- The issue and secondary research presented are consistent and in context, linking to wider research evidence.
- Recommendations for change in provision and /or practice are included and justified throughout.
- Rationale for implications included are supported consistently.

This response scored Band 0, 0 marks.

Activity 3
How could research affect the provision of health services for people living with coeliac disease?

In your answer, you should consider:

- the effect on provision and/or practice
- recommendations for change in future provision and/or practice
- secondary research findings.

(20)

It's getting increasingly important to study coeliac disease & what can be done to help them, whether that's financially, meal ideas or just helping getting their opinion across.

In the original article, there was an online survey sent out to 176 coeliac sufferers aged 18-75 and 528 members of the general public who volunteered to take part. Quantitative data was produced meaning that it's a reliable source of data & can be repeated if needed, meaning it comes out with the same results each time. They examined the consumption of milk and dairy products & the reasons for not consuming them. Results showed 22.2% of coeliacs and 19.9% of the control group didn't drink fluid milk on a daily basis. Lactose free milk was preferred by 20.4% of the participants with coeliac disease, whilst 19% of the control group preferred lactose free alternatives. However, these results don't break down the different types and alternatives of the range of lactose free milk to see if there is a clear favourite, nor there isn't any opinions about living as a coeliac, meaning it's not valid. Therefore, there is no strong evidence

but ~~that~~ the responses the participants actually gave, are a true reflection on what they think, because there could be a very small amount of choices to choose from in the online survey used.

Recommendations in the future include having follow-up questions that still relate to the research ~~by~~ but taking into consideration the types of lactose free milk to see which was favoured, as well as getting an opinion on the comparison of prices ~~after~~ according to the amount of ~~the~~ milk per carton.

~~The secondary research~~ For the secondary research, 106 coeliacs and a ~~control~~ control group of no stated size had to do a 3 day food diary and a short questionnaire in order to be able to assess the dietary intake. Quantitative data was produced, meaning it's reliable and accurate at measuring what it was supposed to. Results found that 42% of men and 42% of women ~~to~~ had calcium below the recommended intake, and people with coeliac disease were found to have a much lower calcium intake, meaning that they ~~are~~ are at much higher risk of developing osteoporosis, because not enough calcium intake ~~can~~ can increase the risk of deterioration in bone density. However a limitation for this ~~is~~ research is that there was no opinion involved about the difficulty of reaching dietary intakes as someone with coeliac disease.

As well as this, another limitation is that there is no number specified for the controlled group, neither an age range for the participants, this means that the group used could be highly unrepresentative.

For future research & recommendations, the researcher should take into account the opinions participants may have about the prices of gluten free food, and lactose free foods if some individuals also lactose intolerant or sensitive to some products, ^{to make it more varied} As well as this, because there was an average intake made especially for the research, it could show slight inaccuracy because every person has different values of intakes because of BMI's and heights & weights.

This response scored lower because:

- The response is not worthy of credit.
- The response highlights change to the research undertaken that could/should be made.
- The learner has not answered the set activity.

This response scored Band 2, 9 marks.

Activity 3

How could research affect the provision of health services for people living with coeliac disease?

In your answer, you should consider:

- the effect on provision and/or practice
- recommendations for change in future provision and/or practice
- secondary research findings.

- Practice
- Policy
- Society
- Recommendation
- Gaps in provision
- Importance of research
- Conclusion

(20)

The research in the original article is important as it is investigating the effect of milk and dairy products on coeliac disease patients and normal people without it. This research will change policies and practice as it will allow GPs to gain a wider knowledge of the disease, and may then therefore have more time on their hands for more sick patients. Likewise with the NHS, knowledge will reduce the hospital admissions so doctors and nurses will ~~not~~ have more time to care for more sick patients, improving society. ~~As~~ currently being a shortage of nurses, it is important to free up their time if possible.

Within the first article there was a limitation of the anonymous questionnaire as this means that responses could not be looked at personally and in detail. Future recommendations

also included that doctors and dietitians should advise on follow up visits on patients with coeliac disease on a gluten free diet should avoid restricting themselves from milk and dairy products which could further compromise health and quality of life. This could include osteoporosis due to the weakening of bone mineral density.

~~Practise~~ Implications in practices may include gathering support groups to form to help individual cope with their disease, whilst also discussing the differences they experience. This would be beneficial as it would reduce the gaps in provision by exploring the disease more thoroughly.

In article 2, practices could change as, if more people are aware of the risk of bone mineral density reducing and if they can improve this/stop from happening in any way; there will be less people admitted to NHS with osteoporosis or fractures. This could improve society as a 1 year gluten free diet led to a significant improvement in bone mass.

However, there was a limitation within the research as the female/male ratio was high, so due to the small amount of men within the study it is impossible to draw any conclusions, reducing reliability. In the future there should be an equal ratio of female/male to gain the best knowledge possible to reduce gaps in provision. Another future improvement is to propose to perform Dual energy X-ray absorptiometry (DXA) at diagnosis of CD in all women and ~~men~~ men age 30+, whilst considering risk factors such as: age, use of drugs, low BMI and family history of hip fractures. This is to reduce biased results as factors have been considered.

In the third article, ~~practice will change~~ as policies and procedures would change as this is more of an observational study. If this was an ongoing experiment, many may be eligible and find the results useful.

Results showed that rectal challenge with cow milk protein produced a local inflammatory mucosal reaction in patients with CD but not

This response scored lower because:

- There are implications of the research highlighted and described.
- There is an attempt to provide understanding of the issue in context.
- Recommendations for change are attempted but do not go beyond a simple reference.

Overall

There was a mixed level of responses seen to this activity, with some learners providing clear and detailed implications of the research, and others highlighting these in a more generic manner. Where learners had clearly understood the activity, they often provided detailed accounts of things such as training programmes, personalised approaches to practice and the monitoring of legal and welfare rights. It was pleasing to see that those who engaged with the activity were able to consider secondary research to support their points, considering both implications and recommendations for change in a knowledgeable and consistent manner.

Activity four

The assessment focus for this question is **'planning and ethical consideration for further research'**. Learners are expected to offer rationalised suggestions of research methods that could be used to continue the research that they have chosen (in relation to the case study presented) and need to justify the reasons behind these choices to show effectiveness /suitability of the methods stipulated in the case study. Learners should be considering planning of further research in the case study, ethical issues and research skills that would be implemented in this research in the relevant area. They should also highlight practical problems with carrying out research in a wider context.

Health article

Learners for the most part responded well to this activity, providing contextualised responses in relation to the case study provided. The higher scoring learners were able to demonstrate understanding of the more scientific methodologies used in the activity, offering some rationalised responses. However, many learners focused on ethical considerations throughout the activity. Although pleasing to see this, they often misinterpreted the case study, focusing on the vulnerability of children in research rather than considering the measures in place, often producing an essay on ethics.

Social Care article

Responses to this activity varied from learner to learner; there was good understanding of research methodologies, but this was not always in depth or contextualised. Although the case study has been used more effectively than in previous series, there is still a lack of application of the knowledge surrounding research which limited the awarding of marks. Learners tended to focus on more generic responses, offering valid evaluations of research methods but lacking in application to the context given. Where learners scored highly, they were able to apply their understanding of the key areas of the activity to the case study presented.

This response scored Band 4, 15 marks.

Activity 4

Silas works for the National Appropriate Adult Network and is interested in improving the services offered to vulnerable adults in need of an Appropriate Adult. Recent research findings have led to more funding being provided to improve the provision currently offered. Silas has been asked to work with adult social services, service users and the police. He will investigate a more appropriate system for dealing with, and reporting, the support offered.

During this research, Silas would like to investigate the use of more volunteers as Appropriate Adults, along with the type of system that would personalise the service for vulnerable adults. He would like to involve the participants in his research in the design, delivery and monitoring of the provision. It is thought that with their input, the system would be more beneficial and supportive for all involved.

Silas has decided to undertake 10 observations of meetings between Appropriate Adults and service users in a range of contexts, to assess the attributes presented by the Appropriate Adults. He will also provide a quantitative questionnaire for 20 service users to rate what is important for them when using an Appropriate Adult.

Silas will undertake small focus groups with the same vulnerable adults, split into smaller groups, to gather further data on their expectations of the provision. He will also hold focus groups with a total of 10 adult social services employees and 10 police officers, to design the delivery and evaluation of this provision to meet the needs of all involved.

What should Silas consider when undertaking this research?

You should include judgements on:

- planning considerations
- ethical issues
- research methodologies used in the scenario
- research skills required to explore the issue.

(15)

*
 Silas must first start with planning the research this will include his rationale and hypothesis such as 'what do service users expect from an AA (appropriate adult)' or 'how can a ^{more functioning} ~~help~~ ~~with~~ help be provided to improve AA provision'. He will then select research methodology which he has already done partly such as 10 observations of meetings between AAs and service users in a range of contexts this is effective as it will allow an holistic view. I believe

that he should conduct covert observations which is when the participants are unaware they are being watched this will prevent them being uncomfortable and the Hawthorne effect which is when someone acts differently if they know they are being watched it will also increase validity. However it may increase the risk of bias going in nature meaning he gets too involved with the participants affecting objectivity. ^{it may also increase risk of participant} He will also provide a quantitative questionnaire for 20 service user ^{as it is quantitative I believe it should be a closed question} so it is easier to generate and quicker and cheaper to evaluate. He also wants to undertake small focus groups with the same vulnerable adults in smaller groups as well as ones with 10 adult social services employees and 10 police officers. I do not believe this is the best decision and would suggest one to one interviews that are unstructured this is because focus groups can cause dominant participant bias which is when a dominant personality in the group affects the results as well as social desirability bias as the members will most likely want to appear socially acceptable by the rest of the group unstructured interviews are more valid and use of greater use in sensitive subjects such as this one, although they will ^{most} likely be influenced by the interviewer and they may also pose social desirability bias there is a ^{although less likely}

The individuals mood known as mood bias or ^{or cognitive} bias which is responding in a way you expect ^{may also affect} however this is less likely in observations if ^{and question if credible} covert and ^{and} after this you must select the target group which he has done for observations has selected 10 as a ^{and} ^{what} service users he must decide which sample to use I would suggest ^{stratified} random sampling ^{which is} as it is ^{cheaper} ^{when} ^{group} ~~quicker and will alternate~~ ^{such as race or gender} ~~any bias researcher may have~~ divided sub subgroups and selected proportionally this can help increase validity such as (MIND 2013) 57% women 43% men aged 25-34 over half white 22% black 4% asian. this will also increase reliability as more ^{representative} of pop were used and reliable however this study may not have been so ^{because makes more likely selected} representative of gender however they did select 1/5 people who work which reflects office for national statistics which show low employment rates mentally vulnerable this can also be done for the ^{question} For the one-to-one interviews / focus group he could do a random sample which will be cheaper ^{and} ^{of} ^{play} quicker ^{and} ^{alternates} bias however less representative. this as with a ^{histol} study must take into account that not all participants will reply. they must then consider ethical considerations some include informed consent and might be withdrawn which is impossible to achieve in a covert observation, protect human rights

, avoid error, promote truth you must consider if you were to breach these would it be worth the results and could their health be at risk. ^{if so not worth it} Melanion Grobin were able to achieve ethical approval by the newcastle and north tyenside research ethics committee in 2011 and ^{Farrugia} and Gilbert in 2019 got ethical approval from the faculty of humanities and soc sciences at the university of Plymouth as well as the researcher being ^{to obtain data} ~~secretly~~ ^{secretly} vetted. They also ensured to anonymise transcriptions to maintain confidentiality. Siles should ^{may have} have a format of his planning such as a within subjects design measure ^{Farrugia Gilbert 2019} data collection leaflet (MIND 2013) ~~etc.~~ as well as the time frame for interviews observations and arrange them for a time slot. place suitable with participants.) He should consider the research objectives ensure these Specific Measured Achievable Realistic Time related. Siles must be compassionate, ^{for} friendly, ^{for} respectable and acknowledge feelings. as the (MIND 2013) stated ^{participants} they would be from police so it can be suggested this would be ~~complex~~ a researcher they also must have good communication skills to extract information and have management skills to have it completed in time and is not rushed affecting validity. Subs must then conduct research and ^{*}analyse select interpret secondary sources as they document range

drawing primary sources.) he must evaluate findings and publish them to inform policy improve quality provision identify gaps provision and expand knowledge. primary research is effective as he is able to control the reliability and the information he wants to collect as well as ensuring no bias. He can compare with other studies and information will be more current. Although it costs time and money to conduct research he must build his knowledge and experience and ensure his opinion and speculation does not affect conclusion

This response scored highly because:

- There are rationalised considerations of the suggested research methods including improvements and changes.
- There is evidence of understanding the suitability of the research methodologies.
- An analytical approach to the response is sustained throughout.
- There is coverage of planning, ethics, and research skills throughout the response.
- Judgments on the importance of the considerations are consistently supported.

This response scored Band 1, 4 marks.

Activity 4

Yanna is a gastroenterologist who specialises in coeliac disease. She works for the NHS and has been diagnosing and working with individuals with the disease for several years. As research progresses, there is evidence to suggest that children are at a higher risk of developing the disease if their parents have been diagnosed with coeliac disease.

She has been commissioned by NHS England to investigate this link further in the hope of improving early diagnosis of the disease. She will be working with a team of six researchers undertaking a range of tests, along with monitoring participants' diets over the next six months. Due to the nutritional deficiencies and low bone mineral density evident in those living with coeliac disease, Yanna is keen to assess the consumption of dairy in the diets of participants.

The research will involve the use of laboratory testing, using a serological test, as well as questionnaires to assess current diets, and changes to diet made throughout the research. The parents of the children participating will complete the questionnaires at the start of the research, then after three months and again at six months.

Yanna will implement the case study methodology during her research, using parental support to consider the holistic lifestyle of their child. She will include 20 children in her research, where at least one parent has been diagnosed with coeliac disease.

What should Yanna consider when undertaking this research?

You should include judgements on:

- planning considerations
- ethical issues
- research methodologies used in the scenario
- research skills required to explore the issue.

Handwritten notes: → case of me, → lab, → children, → questionnaires, → controlled, → conclu (15)

Introduction

Yanna is a Coeliac disease specialist, which Coeliac disease is an autoimmune disease, where gluten is consumed the body attacks its own immune system. The research is on children and ~~early~~ early diagnosis.

Planning consideration: When Yanna is planning on for this experiment she should have covered many criterias. First one being time. In the statement above it says

that it will take Yanna 6 months to monitor patients ^{children} with coeliac. 6 months may be considered as less time. So not enough monitoring. Planning should cover every aspect of the experiment except of the results and conclusion. Being in the plan which has been made shows consistent and reliable moves.

Ethical issues: As Yanna will be working with underaged children she will have to get informed consent from the parents. She should explain the whole procedure to parents and remind them of withdrawal any time of the experiment. This is important because having a empowerment can increase the comfort for parents and they wouldn't have to worry at all.

In source 6 I have found that in the UK children diagnosed with coeliac disease tripled ~~off~~ over the 20 years. Which is suspected of parents having an disorder.

Methodology: One of the methods that Yanna will be using is laboratory experiment which this is a reliable data due to it being ⁱⁿ a controlled

environment. laboratory study will have consistent and quantitative data. Another method is questionnaires, which is not mentioned if it's structured or unstructured. If structured then it again is controlled so produces reliable and quantitative data however if unstructured then it's valid, which is accurate and qualitative data produced. Lastly Serological tests will be taking place, in tests like this parent's confirmation is very important so informing parents in any point is key.

Research skills: As Yanna will be working with children the first skill she should have is patience. Having to work with children for 6 months maybe tiring however to conduct the right practice she should be patient.

Another skill is clear communication and right ethical understanding, it is un-mentioned if Yanna will be using diversity of children from different background. So she should speak clearly on the process and explain ^{what} the experiment requires. Communication

is key for both children and parents. Yanna should be clear and understandable.

Another skill or requirement is being understandable. As we have a global Pandemic Covid 19, Yanna should be careful with the measures. The safety and health of the testers are important. They should be reminded of wearing a mask and sanitizing hands. So health and safety measures.

In conclusion Yanna should be preparing for her research very carefully. She should have a Plan which covers all risk assessments for the methodology, and she should make sure her consent forms are well explained especially the freedom to withdraw. In conclusion I believe this is a right research that should be made. And when done with the required skills her research should work.

This response scored lower because:

- The response offers a basic consideration of suggested research methods.
- There is reference to planning and ethical considerations.
- The importance of considerations are not supported.

Overall

Learners have provided more contextualised responses overall this series, referring to the case study consistently in many responses. There have been good attempts made to use the case study information when considering the chosen research methods, with more learners offering good evaluations of these in context. Some responses seen have not been balanced, focussing on one area more than others, for example providing great information on ethical considerations but lacking in research methodologies. Centres should work on a balance of each area of the assessment focus to make further improvements to responses to this activity.

Summary

In conclusion, learners are making improvements with each series in different areas of this controlled assessment. Knowledge of research methodologies within the social care section of the paper have seen improvements but more still needs to be done on things such as scientific experiments. Learners need to be exposed to a range of articles throughout delivery of this unit, allowing them to understand application of research methodologies to different types of research, thus enhancing their ability to evaluate these when undertaking the controlled assessment. Centres should focus on supporting learners to develop their skills in extended writing, with the ability to apply the relevant knowledge learnt in context. It is important to remember that the controlled assessment does not require learners to write everything that they have learnt in the unit during the assessment, and that writing extra pages for activities does not necessarily equate to more marks – this takes time away from performing well in all aspects of the assessment. Centres should consider exam techniques and preparation for assessment consistently when delivering this unit. It is also noted that learners do seem to achieve better when sitting this assessment further into the course where they are able to draw on knowledge and understanding from across different units and indeed work experiences being undertaken.

The following is recommended for future examination series:

- Make use of the most up to date resources and specification provided for this unit.
- Avoid re-writing the articles in responses, particularly with activity two.
- Support learners with exam techniques and extended writing skills.
- Support learners to use technical language for this unit consistently and accurately.
- Support learners to understand assessment outcomes for each activity, particularly activities two and three.
- Secondary research and choice of article should be independent to the learner and not centre specific.
- Choose an appropriate assessment window for learners to sit this controlled assessment; learners are more successful when they have had the opportunity to develop knowledge and understanding across their health and social care studies.



Llywodraeth Cynulliad Cymru
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