

Examiners' Report January 2013

GCSE Health and Social Care 5HS04 01

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January 2013

Publications Code UG034606

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Introduction

The examination paper is synoptic in content, developing the key aspects of learning from units 1, 2 and 3. These are:

- the range of care needs of major client groups
- care values commonly used in practitioner work
- the development of self-concept and personal relationships
- promoting and supporting health improvement.

The paper consists of three questions, with each question based on a scenario. The questions are divided into two different types – short-answer questions that require candidates to apply their knowledge, and extended writing questions requiring candidates to formulate their knowledge and apply it in a coherent, balanced argument that reads logically.

Question 1 (a)

The case study for the examination paper focused on a 13-year-old male named Danny. He is slightly overweight and suffers from mild acne, which has made him very aware of how he looks. He spends a lot of time alone. Danny was recently diagnosed with Type I Diabetes – an unexpected event.

The first question asked candidates to identify two other unexpected events that Danny might experience in his lifetime.

Answer ALL questions. Write your answers in the space provided.

- 1 Danny is 13 years of age. He is slightly overweight and suffers from mild acne which makes him very aware of how he looks. Although he has some friends, he tends to spend a lot of time by himself.

Danny was recently diagnosed with Type 1 diabetes. This was an unexpected event for Danny.

(a) Identify **two** other unexpected events that Danny might experience in his lifetime.

(2)

1 getting divorced

2 illness



ResultsPlus
examiner comment

Only one mark was awarded for the answer getting divorced. Illness is not an acceptable answer. However, if the candidate had written major or serious illness then this would have been awarded a mark.



ResultsPlus
examiner tip

Ensure that candidates are familiar with the specialist language used to identify unexpected events.

Answer ALL questions. Write your answers in the space provided.

- 1 Danny is 13 years of age. He is slightly overweight and suffers from mild acne which makes him very aware of how he looks. Although he has some friends, he tends to spend a lot of time by himself.

Danny was recently diagnosed with Type 1 diabetes. This was an unexpected event for Danny.

(a) Identify **two** other unexpected events that Danny might experience in his lifetime.

(2)

1 Being made redundant

2 Divorce



ResultsPlus
examiner comment

Two marks were awarded for the correctly identified unexpected events.

Question 1 (b)

This question builds on the theme of unexpected events that were identified in Q1a. Candidates are asked to describe two effects that an unexpected event could have on Danny's intellectual well being. The examiners were looking for responses such as Danny experiencing a diabetic crisis and therefore having to be absent from school. This would result in him falling behind with his studies.

(b) Describe **two** effects that an unexpected event may have on Danny's intellectual wellbeing.

(4)

1 Danny's well-being might be affected due to different changes that he doesn't like.

2 Danny might feel embarrassed and lose confidence because he doesn't like his self-image.



ResultsPlus
examiner comment

No marks were awarded for this answer because the candidate did not describe two effects that an unexpected event may have on Danny's intellectual development.



ResultsPlus
examiner tip

Candidates are advised that the best practice for describe questions is to identify points and then explain them in relation to the stem of the question.

(b) Describe **two** effects that an unexpected event may have on Danny's intellectual wellbeing.

(4)

1. Could make him not want to go to school so he won't learn.

2. Cause stress which makes him not concentrate on things hes meant to such as school.



ResultsPlus
examiner comment

Four marks were awarded to the candidate for this answer. The candidate identified two effects that an unexpected event could have on Danny's intellectual well being.

Question 1 (c)

This question was answered particularly well by the candidates. They identified two factors from the background information, many of them selecting 'slightly overweight' and 'mild acne'. They then explained how these may affect Danny's self image.

(c) From the background information given, identify and explain **two** factors that may affect Danny's self-image.

(6)

Factor 1 He is slightly overweight which means he could be quite conscious of the way he looks and he may even doubt himself and think that he is ugly. A positive side to this could be that Danny may feel more encouraged to lose weight if he is worried about the way he looks. In conclusion there are positives and negatives on the way being overweight can affect Danny's self-image.

Factor 2 He suffers from mild acne which he may be embarrassed about as it is something not many of his friends or people he knows has, he may try and use different creams to get rid of the spots because he may think they are ugly and no-one will like him because of it, this could make him very paranoid about his looks.



ResultsPlus
examiner comment

Six marks were awarded for this answer: one mark each for the identification of each factor and a further two marks for each of the explanations.



ResultsPlus
examiner tip

When the question stem talks about 'from the background information given', it is essential that the candidate includes information from the case study in their answer.

(c) From the background information given, identify and explain **two** factors that may affect Danny's self-image.

(6)

Factor 1 Being overweight will effect Danny's self-image as when he looks at himself in the mirror he may not like what he sees and may feel unconfident with himself. Also if people say comments about his weight he will get the idea that people see him this way and that is how he should see himself. Danny may not play sports and as a result could feel that he isn't good enough and this can knock his confidence.

Factor 2 Having Acne can make Danny feel different to other people as he has acne and they dont, HIS self-image can be knocked and he may feel he isn't normal. The look of the acne can lower his self-image as he will look at himself and whatever he feels/sees he will know others will see and if he isn't confident this can really lower his self image.



ResultsPlus
examiner comment

Six marks were awarded for this answer. The answer is coherent and well structured. Links have been made between the background information and how this may affect Danny's self-image.

Question 1 (d)

Candidates demonstrated a good understanding of the effect of joining a local athletics club on Danny's self-concept.

*d) Danny has joined a local athletics club to improve his fitness and lose some weight.

Discuss how joining the local athletics club could affect Danny's self-concept.

(8)

Danny joining an athletics ~~and~~ club may cause him to lose weight and boost his self-esteem and ~~the~~ self-image therefore giving him an overall better self-concept. If he exercises regularly and his fitness is improved ~~his~~ his self-concept will most likely increase and cause him to make new friends as well as boosting his confidence within new experiences. He may become motivated and motivation is important to empower Danny and make him strive to do the best he can.

Negative affects may arise also though it is unlikely Danny may not fit in and he may develop a lower-concept of himself because this experience may cause him depression as he's not as 'fit' as the other children causing his confidence to drop.

An opposite affect may happen though as he may become aware of his fitness more and be motivated to become as fit as the others.

Overall the experience will most likely be positive boosting Danny's self-concept although he may have to come through obstacles in his path. If he succeeds his ~~life~~ self-concept will improve.

(Total for Question 1 = 20 marks)



ResultsPlus
examiner comment

An excellent answer. It was placed in Level 3, with seven marks being awarded. It is a coherent, well-structured discussion, which accurately reflected the question stem. The candidate has made good use of vocabulary and valid links have been made.

*(d) Danny has joined a local athletics club to improve his fitness and lose some weight.

Discuss how joining the local athletics club could affect Danny's self-concept.

(8)

This will help Danny's self-concept because with him joining the local athletics club he is going to be interacting more with others and this will make Danny feel wanted and not left out. Also with Danny knowing there is going to be a ~~poss~~ positive outcome he is going to stick to it and is going to be willing to do it. Danny is going to value himself in a much more positive way and this will give Danny the ability to want to make friends. Losing weight will probably have the biggest impact on Danny's self-concept because he is going to feel better in himself and he will have a more positive aspect on his life.



ResultsPlus
examiner comment

A Level 2 response, with four marks awarded.

Question 2 (a)(i)

For this question the candidates were required to identify one physical need that Danny may have.

2 Like most people Danny has a range of needs.

(a) (i) Identify **one** physical need that Danny may have.

(1)

Healthy diet.



ResultsPlus
examiner comment

One mark was awarded for the physical need identified.

Question 2 (a)(ii)

The candidates were asked to identify one social need that Danny may have.

(ii) Identify **one** social need that Danny may have.

(1)

going out to the athletics
club.



ResultsPlus
examiner comment

The candidate was awarded one mark for correctly identifying a social need that Danny may have.

Question 2 (b)

This question requires the candidates to recall two of the care values and explain them.

(b) Parvinder, a nurse, is teaching Danny how to check his glucose levels and how to administer his insulin.

In her work she promotes health and safety, dignity and independence.

Explain **two other** care values.

(4)

1 Acknowledging individual personal beliefs and identity. This is when a professional takes into consideration the service users beliefs, such as what religion they are, if they eat special foods and if they do things in a different way to others.

2 Promoting effective communication and relationships. This is when a professional should treat and speak to a service user nicely and with respect, gaining trust and building up relationships.



ResultsPlus
examiner comment

Four marks were awarded for this candidate's answer. It correctly identifies two of the care values and explained how they may be used.



ResultsPlus
examiner tip

Care values are part of the criterion for Topic 4.2. Candidates should know what the different care values are and should be able to apply them to different case studies. To aid this learning, it would be useful to find some human-interest stories in magazines. You can use these as case studies, asking the candidates to apply the different care values to them, thus checking their understanding of the care values and their application.

(b) Parvinder, a nurse, is teaching Danny how to check his glucose levels and how to administer his insulin.

In her work she promotes health and safety, dignity and independence.

Explain **two other** care values.

(4)

- 1 maintaining confidentiality of information as the nurse will have to make sure that any information that Danny and her discuss even if it isn't medical, she needs to keep ~~it~~ private. Danny needs to know that his life will be kept private.
- 2 Promoting effective communication and relationships because the nurse needs to create a friendship between her and Danny so he will trust and respect her with his information.



ResultsPlus
examiner comment

Four marks were awarded to this answer due to its full explanation.

Question 2 (c)

Many candidates struggled with this question as they failed to focus their answer on the promotion of a positive relationship between Parvinder and Danny.

- (c) Danny has found it difficult to accept he is diabetic and that he will need regular medication for the rest of his life.

Describe how Parvinder may promote a positive relationship with Danny.

(4)

Parvinder may promote a positive relationship with Danny ~~be~~ by using effective communication, speaking to him about his problems and helping him when he needs it. Parvinder could also make Danny feel empowered, making decisions for himself, which will make him feel more confident and increase his self esteem. Parvinder could also promote Danny's rights by making sure his dignity is kept and making sure he gets the medication he needs. This will gain trust between Danny and Parvinder and will promote a positive relationship.



ResultsPlus
examiner comment

Four marks were awarded to this candidate. The answer accurately describes how Parvinder could promote a positive relationship with Danny, describing the counselling role and how she empowered him.

(c) Danny has found it difficult to accept he is diabetic and that he will need regular medication for the rest of his life.

Describe how Parvinder may promote a positive relationship with Danny.

(4)

By promoting a positive relationship with Danny he may feel like he can't talk to people about it. So Parvinder will build up a relationship with him so that Danny will feel like he can trust Parvinder. She can explain to him about being a diabetic and talking to him about it. By doing this they will have a positive relationship.



ResultsPlus
examiner comment

Two marks were awarded for this answer. Points have been identified but the supporting description is limited.

Question 2 (d)

The candidates found this question very challenging, lacking knowledge of the importance of an individual's cultural background. They experienced difficulty in explaining why it is important to respect cultural backgrounds in care practice.

(d) Parvinder's service users come from different cultural backgrounds.

Explain why respecting an individual's cultural background is important in care practice.

(6)

Respecting and individuals cultural background shows the patient not to be afraid of speaking about their religion they will then have choices on how they wish to be treated this is important in care practice so the patient doesn't feel ~~other~~ discriminated against, And trusts the carer. They will then feel independent knowing they've had the choice to do what they'd like.



ResultsPlus
examiner comment

This answer was very typical of the responses presented by candidates, displaying a lack of understanding of the importance of culture.

(d) Parvinder's service users come from different cultural backgrounds.

Explain why respecting an individual's cultural background is important in care practice.

(6)

Respecting an individual's cultural background is important in care practice as it gives the individual a sense of belonging because they feel equal. It also ~~also~~ increases an individual's self-worth as they feel worthy to receive this care and service.

Self-concept is also increased because they will feel good about themselves ~~which~~ ^{as} they're not being discriminated because of their cultural background. An individual will also feel empowered as they will feel as though they can be responsible for making their own choices which will also give an individual independence.

Overall respecting an individual's cultural background in care practice is important as it makes them feel positive about themselves and is part of a care value.



ResultsPlus
examiner comment

Five marks were awarded for this answer. The candidate demonstrated a good understanding of cultural background. It is well constructed and well written.

Question 2 (e)

The focus of this question was the effect of exercise on an individual's health and well being. Overall, it was answered very successfully as candidates were able to make the necessary links.

*(e) Danny has become very aware of the importance of exercise.

Discuss the effects of exercise on an individual's health and wellbeing.

(8)

If an individual exercises, they are keeping healthy and are keeping a healthy weight or even losing weight to become a healthier weight.

If the person does not exercise, they will build up fat and start to put weight on. They could also develop a health problem, such as being overweight or obese. If they become overweight or obese, they will have to start exercising or get they ~~hav~~ would have to have surgery to lose some of their weight so no more health problems will occur.

We need exercise to help keep our bodies healthy and strong, so we are able to do everyday tasks without problems doing them.



ResultsPlus
examiner comment

Three marks were awarded for this Level 1 answer. For the candidate to access Level 2, they needed to consider more than one aspect of the physical, intellectual, emotional and social (PIES) in health and social care.



ResultsPlus
examiner tip

When the question stem uses the terminology 'health and well-being', the candidates need to consider more than one aspect of PIES.

*e) Danny has become very aware of the importance of exercise.

Discuss the effects of exercise on an individual's health and wellbeing.

(8)

Exercise is important as it makes your metabolic rate speed up, this will mean that you burn calories faster so it is effective, it will also increase an individual's health, making their self-concept increase.

Exercise is important as it helps you to gain the physical fitness that you want, this will make you feel much better about yourself, empowering you in your decisions.

Exercise isn't good by itself though. You need to eat a balanced diet to get an overall successful result from exercising. Exercise is hard as it's difficult to maintain so if you don't succeed at doing exercise you could start to blame yourself and feel bad about yourself, which would make you gain weight instead of losing it.

By exercising you gain muscle which is heavier than fat and some people don't realise this so they might start to view themselves negatively affecting their self-esteem and self-image.

In conclusion I think that the effects of exercise have a positive effect on an individual's health and well-being.



ResultsPlus
examiner comment

The answer was awarded seven marks in Level 3. The candidate successfully discussed the effects of exercise on more than one aspect of PIES.

Question 3 (a)

This was a straightforward question where the candidates were asked to identify two lifestyle choices.

3 Danny's school is running a Healthy Living Week as part of its health promotion plan.

(a) Identify **two** lifestyle choices the school may promote to improve the health of school children.

- 1 Healthy eating - fruit + veg ⁽²⁾ NO chocolate
fizzy pop
- 2 exercise regularly.



ResultsPlus
examiner comment

Two marks were awarded for this answer.

Question 3 (b)

(b) Describe **two** aims of health promotion.

(4)

- 1 to improve people's weight and image
- 2 to get people to eat healthy and do exercise



ResultsPlus
examiner comment

No marks were awarded for this candidate's response, as the aims of health promotion were not described.

(b) Describe **two** aims of health promotion.

(4)

- 1 raising awareness:
showing, telling, letting everyone know what it is you're trying to get across, such as adverts, posters for drink driving.
- 2 ~~improving fitness~~ ~~as~~ improving life expectancy, this health promotion aim helps as people would realize the problem and do something about it such as smoking. they would stop then this would then prevent them from getting ^{lung} cancer. improving their life expectancy.



ResultsPlus
examiner comment

Four marks were awarded for this full description of the aims of health promotion.

Question 3 (c)

Candidates either misread this question or misinterpreted what it was asking them. A very good answer has been included in this report to help candidates in their understanding of the question.

- (c) The school's canteen now sells greater quantities of fruit and vegetables. It has stopped selling energy drinks, crisps and chocolate.

Explain the health benefits for the students.

(6)

This will have many health benefits for the ~~studen~~ students, as it will encourage the students to eat healthy instead of eating unhealthy and fatty foods. It will also decrease the chances of obesity in the school and will be a way to improve students fitness levels.

Another way it will improve health is that ~~children~~ students may enjoy the food and go home and eat fruit and vegetables, instead of un-healthy foods, increasing the health of the students. It will also increase students self image and self concept as they will start to feel better about themselves and feel more confident about their health.

In conclusion, it will overall improve students health and fitness levels in a positive way.



ResultsPlus
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Six marks were awarded for this answer. It is coherent and well structured. Links have been made between the health promotion and the benefits it may have for the students.

Question 3 (d)

Making links between the students' involvement in the health promotion and their self-confidence proved more difficult for a number of candidates.

- (d) The school encouraged students to be involved in the organisation and planning of the Healthy Living Week.

Explain how this involvement may develop the students' self-confidence.

(4)

This may develop a students self-confidence because the students will feel good about the way they are looking. They may feel like they can be open about the way they feel.



ResultsPlus
examiner comment

One mark was awarded to this answer for making the link between self-confidence and its effect on how the student may feel.

(d) The school encouraged students to be involved in the organisation and planning of the Healthy Living Week.

Explain how this involvement may develop the students' self-confidence.

(4)

With the students been more involved they will be feeling more independent, more grown up. They will feel a sense of trust making them have a high self-esteem. If people are telling them they are good at what they are doing ~~to~~ this will give them a higher self-image boosting their confidence giving them a higher self-concept.



ResultsPlus
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Four marks were awarded for this answer. It successfully explained the impact of the health promotion on a student's self-confidence.

Question 3 (e)

Many candidates failed to focus their answer on the evaluation techniques that the school may have used to assess the success of its Healthy Living Week.

*(e) Discuss how the school may evaluate the success of its Healthy Living Week.

(10)

The school may evaluate the success of its Healthy Living Week by getting information on how many people ate healthy for the week and whether they enjoyed it or not.

This information could be brought together by sending out a questionnaire to each and everyone of the students to get their opinion.

The school could also ask the students to write down their opinion of the school's healthy living week. If the school gets positive opinions back then they should sell more healthy foods and have a wider variety of food for the students to choose from.

The school could ask the students if they want healthy living week to carry on for longer than just a 7 day trial and keep it permanently.



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This answer was awarded four marks in Level 2. It accurately identified a number of relevant points, which were then discussed further.

* (e) Discuss how the school may evaluate the success of its Healthy Living Week.

(10)

School may evaluate the success of its healthier living week by the attendance of pupils. It could also evaluate the success by looking to see if exam results or grades have risen. However the problem with this is a week ~~is~~ is not long enough for results to show and the week may also have not been in the exam time. As well as this students could be eating chocolate etc at home so it will be hard to measure success rates. School could measure success by how often the healthy food is sold in comparison to the unhealthy. In ~~my opinion~~ conclusion I think there are positive and negatives to measuring and evaluating the success rate of healthy eating. In my opinion it is very hard to do but another possible way is to see how much the students behaviour has improved and how much more they can concentrate.



ResultsPlus
examiner comment

This answer has been awarded six marks in Level 2. It is a very good attempt at discussing how the school may evaluate the Healthy Living Week.

Paper Summary

The following comments may be beneficial in helping candidates to improve their performance:

- Read the case studies and questions carefully.
- Keep referring back to the question stem, staying focussed on addressing the question being asked.
- Learn key terms and specialist language.
- Make links and write conclusions in extended responses.
- Use PIES appropriately.
- The number of lines allocated to each question provides a clear indication of how to plan a response. The more lines that are provided, the more marks allocated to that question and the more in-depth the answer should be.
- Allocate time carefully. Do not run out of time before the extended writing questions.
- Practise past exam papers, paying particular attention to timing.

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Order Code UG034606 January 2013

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