



Examiners' Report January 2013

GCSE Health and Social Care 5HS04 01



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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 of 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.

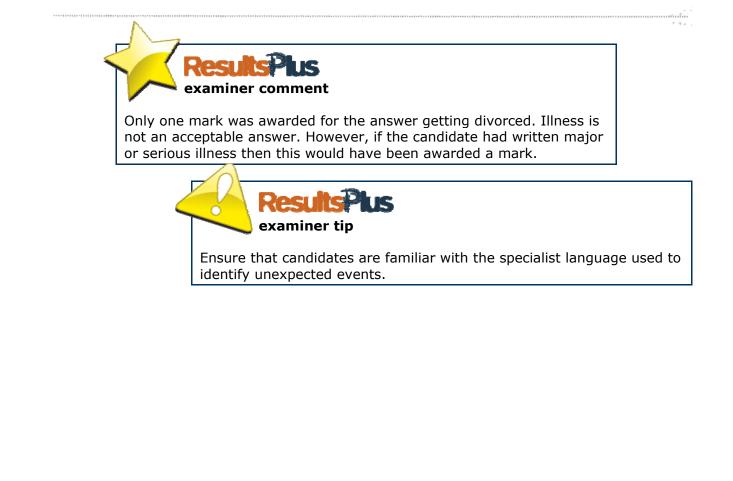
Danny was recently diagnosed with Type 1 diabetes. This was an unexpected event for Danny.

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

(2)

1 getting divourced

2 illness



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.

1 Being made redundant

2 DINOTCE



Two marks were awarded for the correctly identified unexpected events.

(2)

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.

(4)

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

1 Dannys Well-being might be areased alle to different changes that he doesn't are 2 Danny might feel embarrased and lose considence because he doesn't like his Self-image 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. **Results**Plus 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 5cn001 ne to to learn. WONT , Cause Stress which makes him concentrate not00 Such hes meant to thing School a 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.

(6)

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

Factor 1 He is Slightly overweight which means he could be quite concious of the way he looks and he may even doubt himself and think that he is ugly. A positive side to this cauld be that Danny encouraged to lose weight if Feel more worried about the way he looks. In conclusion there are positives and negatives on the. being overweight can affect Danny's self-image. Factor 2 He suffers From wild acre which he may embarrased about as it is something Not Many of his Friends or people he knows has, he may Try and use different creams to get ride of the 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.



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.



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 ne 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 now 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 acre and they dont, HIS Self-image can be knocked and he may feel he ISAL normall The Look of the ache can lower nis self-image as he will look at himself and whatever he feels sees ne will know others will See and if he isn't confident this can really lower his self image



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 pining an appletics and club may cause him to lase weight and boast his self esteen and there is self-image therefore giving him an overall better selfconcept. If he exercises requiring and his fitness is improved this self-concept with most litrely increase and cause min to make new mends asswell as boorbing his confidence within new experiences He may become making and motive to in important to empower Danny and matre him strive to do the best he can Neopubire affects many curise also mangin it is untiredy Davny may not be in and he may develop a lowerconcept of himself because this experiance may ouve him depression as he's het at 'fit) as like owner enharch eausing his confidence to drop. An opposite affect may happen margin as he may become aware of his (thress more and be motowaked to become as fit is the others. Over all the experionce will malt litely be possible boosting Dannys self-concept allowing he may

Succeeds no life & Self-concept will improve. (Total for Question 1 = 20 marks)



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 nelp Danny's self-concept because with him, joining the local athletics Cl ub he is e with others and not innu fée wanted and there is Also with IS pass positive ou me ne e willing stick to it and is going is goir nimself in to 0 () NS posi the C rake Neight have mpaot a DACO 5 Q 0 Dir VICC ۱C Uiu in himself and ho Detter Q positive aspect life. NIS MORE



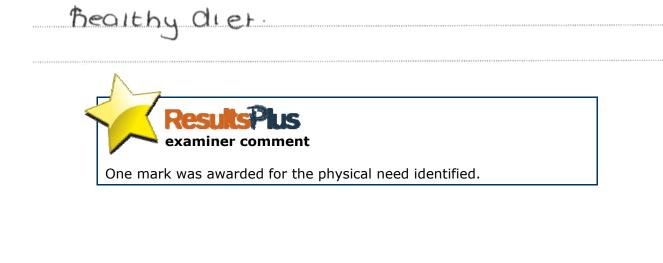
A Level 2 response, with four marks awarded.

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.

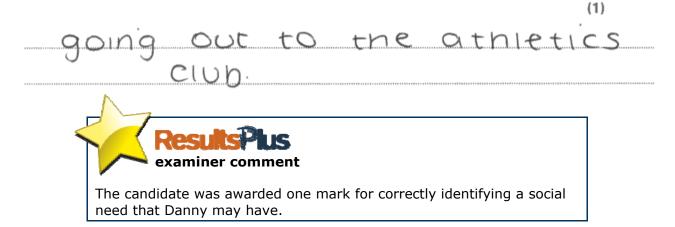
(1)



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.



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.

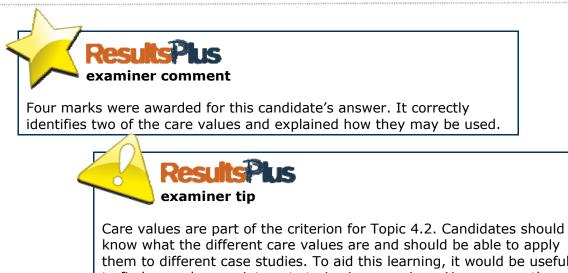
In her work she promotes health and safety, dignity and independence.

Explain two other care values.

(4)

1 ACKNOWLEDGING INDIVIDUAL PERSONAL DELLESS and identity This is when a professional takes into consideration the service users beliess, such as what religion they are, is they eat special goods and is 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



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) , maintaining confidentiality of in 2D () (MOHIU) the DURSP INI SULP (IVP NR t anv Int she h P U 0 hl 2 PM R Q 10191 0 0 200 create nn DQT/1200 ID wal hQ lesp 50 (l)intormat (D)



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)

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



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) promoting a positive relationship with Like he Can talle. re may RNI Haravinder Mupuld relationship with him that a 50 Dannu win feel like he Can trust Paninder. E an explain to him about adiabek Deen faceing to him at ٥ 1 Openo WILL



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 indurid 21 DC s the bou NCTho Q 1110 00 wish 10 2 mportain 15 *Jesnt* 0 ſ 000 011 31 Q Knoi te choice to de ILEO OL



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 will second increases
an individualis self-worth as they feel
worthly to recieve this come and service.
Self-concept is also increased because they will
Feel good about themselves whithing they're not
being discriminated because of their cultural
bachground. An individual will also feel empowered
as they will feel as though they can be
responsible for making there own choices which
will also give an individual independence.
Overall respecting an individual's cultural
background in come practice is important as
it makes them feel positive about themselves and
is part of a carre value.



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.

If an individual exercises, the are keeping healthy and are keeping a healthy weight or even losing weight to become a healthuer 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 theo 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

(8)



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.



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.

Exercise is important as it makes your metabolic rate speed up, this will mean that you buirn caubries faster so it is effective, it will also increase an individuals hearth making their self-concept increase. Exercise is important as it helps you to gain the physical fitness that you want, this will make you feer much better about yourself, enpowering you in your decisions. Exercise whit good by it's sent though. you need to eat a balanced diet to get an overall successful result from exercising. Exercise is hard as its difficult to maintain so if you don't succeed at doing exercise you could start to blame yourself ondfeer bad about a yourself, so which would malle you gan weight instead of 10249 14, By exercise you going muscle which is bequier then fat and some people don't reallie this so they night store to View then self negatively effecting they self-esteen and cert-image. In conclusion I thing that the effects of exercise have a positive effect on an undividuall health and well-being

(8)



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.

(2) Healthy eating - Fnuit + veg no chocola Fizzy pop 2 Exensice negularly



Two marks were awarded for this answer.

Question 3 (b)

(b) Describe two aims of health promotion.

(4)people's weig 1 to er roove people to eat health 2 60 Kercise 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 awarness. showing, telling, letting everyone lonow what to get across. Such as your trying VERES, DOSKERS FOR CLINK CLIVING ()QV and improving earth promotion aim belos as anay this would realize the problem and do Something about it such as smoking. his would then Would Stop Drever NON Improvince Khom From 0 expectancy 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 students, as it will encourage the studients to ealt healthy instead of eating unnearthy and fatty foode. 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 edt fruit and vegetables, instead of un-healthy foods, increasing the health of the studants. It will also increase students self image and self concept as they WILL Start to feel better about themself and feel more confident about their health.

In canciusion, 1+ Will overall improve students health and fitness jevels in a positive way.



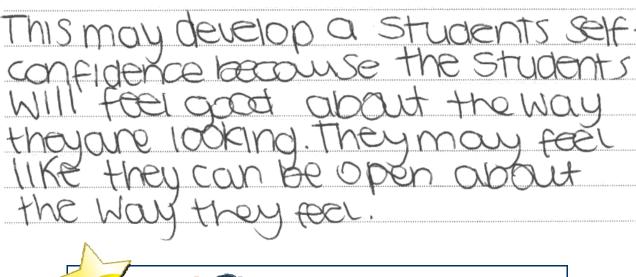
Six marks were awarded for this answer. It is coherent and well structured. Links have been made between the health promotion and the benefits it may have for the students.

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.





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

(4)

(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 UII MOR be 6 OPOC Ir In Mt, MChe and Kru enco \sim 6 J١ 201 Lan the \circ IIINO ppc 0 F Ind them C SANC th 0 examiner comment

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.

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 questionaire 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 heathy living week to camp on for longer than just a7 day trial and keep it permanently.

(10)



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 SUCCERS by looking to see if exam results Of grades have risen. However the problem with this is a week the is not 1000 enough for results to show and the week may also have not been in the exam time Aswell as this Students could be parting chocorate etc at nome so it will be hard to measure success rates. School could measure success by how often the health FOOD IS SOLD IN COMPARISON to the UNPERIONY In AN OPINION CONCLUSION I THINK THORE are positive and negatives to measuring and evaluating the success rate of realthy eating. In my opinion it is very hard to do but another pospible way is to see how much the students behaviou has improved and now mirch more thay can concentrate



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.

Grade boundaries

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