

OCR GCSE IN HEALTH AND SOCIAL CARE (DOUBLE AWARD) 1493

EXEMPLAR MATERIALS UNIT 2 - Promoting health and well-being

This collection of exemplar work is designed to accompany OCR GCSE specification Health and Social Care for teaching from September 2002.

First certification will be available in June 2004 and every January and June thereafter.

This document aims to demonstrate the relationship between candidates' work and the assessment criteria statements. The examples provided represent just a few approaches from a small number of candidates and are not intended to be comprehensive or interpreted prescriptively.

The examples exemplify different standards of work. Some of the examples demonstrate a consistent approach across the objectives, whereas others demonstrate a different standard of achievement for each objective.

Teachers are referred to Section 2.3 of the Teacher Guide (Determining a Candidate's Mark) to further assist their marking.

CONTENTS

Coursework Exemplification for Unit 2 - Promoting health and well-being

Candidate 4	149
Commentary	150
Candidate Project	152
Candidate 5	185
Commentary	186
Candidate Project	188
Candidate 6	227
Commentary	228
Candidate Project	230

GCSE Health & Social Care

January 2004

**UNIT 2:
Promoting Health
and Well-being**

Candidate 4 - Mary

GCSE HEALTH & SOCIAL CARE (DOUBLE AWARD) UNIT 2

PROMOTING HEALTH AND WELL-BEING

CANDIDATE COMMENTARY – MARY

Summary:

- The candidate has produced a sound piece of work, showing that they have knowledge and understanding of 'what is good health'.
- The client used was well chosen and accessible to the candidate.
- Some exemplary ideas of how to present the portfolio were shown in this candidate's work.

Strand A	Centre Mark: 6	Moderator: 6	Difference: 0
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a1 The candidate has identified the individual's state of health and well-being by compiling a questionnaire which is extremely detailed.

a2 The information collected is written in a short account with examples given.

a3 Conclusions have been drawn about the individual's PIES. The work would be further strengthened if there had been a comparison made against the norms.

Strand B	Centre Mark: 7	Moderator: 6	Difference: -1
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b1, b2 More than four factors have been described that positively affect the health and well-being of the individual. There is little reference to the development of the individual.

To achieve marks for the *b3* criteria the candidate needed to show how the positive factors have worked together to affect the health and well-being of the individual. There is minimal evidence of conclusions drawn about the factors and synthesis of the evidence.

Strand C	Centre Mark: 8	Moderator: 8	Difference: 0
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The section was done well with three risks explored both in the short- and long-term. Full marks have been awarded.

Strand D	Centre Mark: 8	Moderator: 8	Difference: 0
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d1 d2 Records of health measures are included and judgements made about the individual's state of health. Some opinions have been included

To achieve marks for criteria *d3* the work of the candidate needed to be strengthened by making judgements and comparisons against the norms of development.

Strand E	Centre Mark: 12	Moderator: 12	Difference: 0
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e1 e2 A clear health plan has been drawn up stating the targets, reasons and method of achieving the goals. The candidate has thought about a variety of ways that the client would be motivated and supported in the plan.

e3 The plan looks at a variety of ways that motivation and support could be used to support or maintain the plan. To achieve higher marks for this criteria there needs to be a comparison about alternative ways. This is implicit rather than explicit. The candidate has included one small paragraph showing conclusions about the effects the plan may have on the individual. The work would be further strengthened with greater synthesis and if they had shown evidence of the range of sources used.

Total:	Centre Mark: 41	Moderator: 40	Difference -1
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GCSE IN HEALTH AND SOCIAL CARE (DOUBLE AWARD)

Unit Recording Sheet for Unit 2: Promoting Health and Well-being



Please read the instructions printed below. One of these sheets, suitably completed, should be attached to the assessed work of each candidate.

Specification Code	1493	Unit Code	4870	Session	Jan / June	Year	2	0	0	4
Centre Name					Centre Number					
Candidate Name	M A R C Y				Candidate Number					

Evidence: a health plan for improving or maintaining the physical health and well-being of an individual.

Guidance on Completion of this Form

- 1 One sheet should be used for each candidate.
- 2 Please ensure that the appropriate boxes at the top of the form are completed.
- 3 Circle the mark awarded for each strand of the marking criteria in the appropriate box and also enter the circled mark in the final column.
- 4 Add the marks for the strands together to give a total out of 50. Enter this total in the relevant box.

Please see over

Criteria		Teacher Comment	Location	Mark
a1 Identify how the individual describes their own state of physical, intellectual, emotional and social state of health and well-being. 0 1 2 3	a2 Use some of the information collected to define the health and well-being of the individual. 4 5	a3 Interpret the information collected to define clearly the health and well-being of the individual. 6 7	1-9, 11, 12.	6
b1 Describe factors that have positively affected the health and well-being of the individual. 0 1 2 3	b2 Make informed suggestions about ways in which factors have worked together positively to affect the health and well-being of the individual. 4 5 6	b3 Draw logical conclusions showing how a range of factors have worked together positively to affect the health and well-being of the individual. 7 8 9	10 11, 12, 13, 14, 15,	7
c1 List possible risks to the individual's health and well-being. Describe how the risks may damage the health of the individual. 0 1 2 3 4	c2 Using the information collected, explain possible risks to health and well-being in the short term. 5 6	c3 Review and assess possible risks to health and well-being of the individual in the long term. 7 8	10 11 12, 13 14, 15 16, 17, 21.	8
d1 With help, carry out and record the correct use of one measure of health. Identify the individual's state of physical health. 0 1 2 3 4 5	d2 Carry out and record the use of two measures of physical health. Assess the individual's state of physical health. 6 7 8 9	d3 Analyse and interpret the results of the two measures of health. Evaluate the individual's physical state of health. 10 11	18, 19.	8
e1 Produce a basic plan for the individual based on your findings. Describe the targets to be set and show how the individual can be supported to maintain and/or improve their health. Draw simple conclusions with help about the effects the plan may have on the individual. 0 1 2 3 4 5 6 7	e2 Produce a detailed plan showing a variety of ways in which the individual can be motivated and supported to maintain and/or improve their health. Evaluate the effects the plan may have on the individual. 8 9 10 11	e3 Produce a comprehensive plan comparing alternative ways in which the individual can be motivated and supported to maintain or improve their health. Draw logical conclusions about the effects the plan may have on the individual. 12 13 14 15	20, 22 23, 24 25, 26 27, 28 29.	12
Total/50			41.	

GCSE health and social care promoting health and Well-being.

Contents.

	Pg's
Questionnaire	1-8
Personal profile	9
Description of the health on the individual	9-10
The individuals diet	10-11
Work, leisure activities and stress	11-12
Exercise	12-13
Personal hygiene	13-14
Supportive relationships and isolation	14
Unprotected sex	14
Finances, poverty, housing, unemployment and environment	15
Substance of misuse	15
Health monitoring and illness prevention services	16
Genetically inherited diseases and conditions	16
Benefits and Risks	16-17
Peak flow and body mass index	18
Health profile	18-19
Health plan	20
Areas for improvements	21-23
Weekly plan	23-27
Alternatives	28
Support	28-29
Conclusion	29

By Mary

QUESTIONNAIRE.

Q1. Please state the age that you are between
18-25 26-33 34-41 42-49 50 and over

Q2. What gender are you?
Female.

Q3. What is your height?
5ft 2inchs. ✓

Q4. How much do you weigh?
10stone. ✓

Q5. Do you exercise regularly?
No.

Q6. If you do, what exercise and how long for?
No.

Q7. Do you enjoy exercising?
If I did it I think I would if it was something like an aerobics' club or dancing class.

Q8. If you do not exercise, why not?
I don't exercise because I have no time too, or the energy.

Q9. Do you want to exercise? (if you don't exercise answer)
Yes.

Q10. Do you agree with this statement? Explain why you do or don't?
* Exercising stops you feeling down and makes you more confident as well as keeping you toned and helping your bones and joints"
Yes I do, this is because it does give you more confidence when you go out because you don't think people look at you with disgust and you look good and feel great at the same time.

Q11. Do you smoke?
Yes, 20 a day.

Q12. Do you want to quit smoking?
Yes.

Q13. How long have you been smoking?
Since I was 15yrs old, about 30yrs.

Q14. Do you take legal or illegal drugs?

Yes, only legal.

Q15. What drugs do you take?

Cigarettes, coffee and tea, alcohol and painkillers.

Q16. How much of a dosage do you take in one day?

: Cigarettes-20

: Coffee-3

: Tea-4

: Alcohol-1 glass of wine- when 4hours on painkillers are up

: Painkillers -4

Q17. What times do you have these drugs at?

Cigarettes

- Three in the morning with a cup of coffee
- Two on the way to work
- One at 10:00am
- Two at 12:00am
- Five at lunchtime
- Two on the way home
- Five at home through the rest of the night

Coffee

- Two in the morning
- One after dinner

Tea

- One at 7:00am
- One at 10:00am
- One at 12:00am
- One at lunch
- One at 3:00pm

Painkillers

- One at 7:00am lasts until 11:00am
- One at 11:00am lasts until 3:00pm
- One at 3:00pm lasts until 7:00pm

Alcohol

- One glass of wine around 8 o'clock

Q18. Do you drink alcohol?

Yes.

Q19. How much exactly would you say you have a week?

18 units a week.

at

Q20. When do you drink alcohol?

I have one glass a night through the week, and on a Saturday 7 glasses and on a Sunday 6.

Q21. Where do you drink?

I drink through the week in my home, and on Saturday we take it in turns to go to each other's houses (friends) and on Sunday at home.

Q22. Who do you drink with?

Husband, friends and family (brothers and sisters).

Q23. When do you drink with them?

Through the week I drink with my husband, on Saturdays with friends and husband, and on Sunday my husband.

Q24. When do you see the people you socialize with?

Mostly at the weekends.

Q25. Would you say your diet is =

Healthy quite healthy okay quite bad very bad need help

Q26. On this planner write what you would eat and drink through the week and your medicine.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Coffee x 2 Cigarettes x 3 Breakfast = corn flakes + milk Tea x 1 Painkillers	Coffee x 2 Cigarettes x 3 Breakfast = corn flakes + milk Tea x 1 Pain killers	Coffee x 2 Cigarettes x 3 Breakfast = corn flakes + milk Tea x 1 Pain killers	Coffee x 2 Cigarettes x 3 Breakfast = corn flakes + milk Tea x 2 Pain killers	Coffee x 2 Cigarettes x 3 Breakfast = corn flakes + milk Tea x 1 Pain killers	Coffee x 2 Cigarettes x 3 Breakfast = corn flakes + milk Tea x 1 Pain killers	Coffee x 2 Cigarettes x 3 Breakfast = corn flakes + milk Tea x 1 Pain killers	Breakfast
10:00am = 1 Ciga 12:00am - tea 1 Cigarette 1 Tea - 2sq Sandwich - butter + ham Pain killers 5 Cigarettes	10:00am 1 Cigarette 12:00am 2 Cigarettes beans on toast + tea tea Painkillers 5 Cigarettes	10:00am 1 Cigarette Chips + chicken 12:00 - Cigarette tea Painkillers Toast - butter Scramble egg, tea 5 Cigarettes	10:00am 1 Cigarette 12:00am 5 tea Painkillers Rols - chicken, butter. tea 5 Cigarettes	10:00am 1 Cigarette 12:00am 5 tea, pain killers Toast - butter - ham tea 5 Cigarettes	10:00 1 Cigarette 12:00am 5 tea 5 Cigarettes Painkillers	10:00 1 Cigarette 12:00am 5 tea 5 Cigarettes Painkillers	Lunch
3:00pm - Tea Pain killers 2 Cigarettes rice + chili sauce + water	3:00pm - Tea Painkillers 2 Cigarettes Tomato sauce + Pasta + chicken + water	3:00pm - Tea Painkillers 2 Cigarettes water Vegetables - sweet corn - cabbage - cauliflower Potatoes ham - joint	3:00pm - Tea Painkillers 2 Cigarettes chips + burgers core	3:00pm - Tea Painkillers 2 Cigarettes onion rings Potatoes Pork, cabbage water	3:00pm - Tea Painkillers 2 Cigarettes Curry pack from sainsbury water	3:00pm - Tea Painkillers 2 Cigarettes milk, potatoes - Roast chicken, peas Carrots, Cabbage Cauliflower	Dinner
• coffee • chocolate biscuit • 5 rest of the night (cigs) • 1 glass of wine	• coffee • crisps • 5 Cigarettes Rest of night • 1 glass of wine	• coffee • apple • 5 Cigarettes rest of night • 1 glass of wine	• coffee • rich tea biscuits • 5 Cigarettes • 1 glass of wine	• coffee • crisps • 5 Cigarettes • 1 glass of wine	• coffee • 7 glasses of wine	• coffee • 6 glasses of wine	Snacks

Q27. Do you enjoy eating?

Yes.

Q28. Would you say that you eat too much or too little?

Too much.

Q29. Do you go out through the week and weekends? (In the days)

Yes.

Q30. Write what you might do at the weekends?

Saturday, I do the food-shopping drop my son and daughter to there lessons. (Dancing, and acting, and singing), I go round my mums and dads and clean there house and see my two sisters there, then relax the rest of the day. Or sometimes go to Milton Keynes or Hatfield.

Sunday my sisters and brothers all take it in turn to look after my mother so my father has a break and can go to the pub as my mum had a stroke 6 years ago and is now paralysed down her left side, or we go to somewhere like Milton Keynes on Sunday instead of Saturday. Then when we come back I make the dinner.

Q31. Do you go out at night in the weekends?

Yes.

Q32. If you do, where do you go?

Friends house.

Q33. Has your family had any genetic diseases in the past, what are they?

Yes, eczema asthma, rheumatism and heart conditions.

Q34. Have you ever gone to a health monitoring services before?

Yes.

Q35. What have you gone to?

Breast screening.

Q36. Have you got any of these genetically inherited diseases?

Yes.

Q37. What diseases have you inherited?

Eczema and rheumatism.

Q38. Do you think personal hygiene is very important?

Yes.

Q39. Do you wash frequently?

Yes.

Q40. How many times a week would you say you have a shower or bath?

Every second day.

at

Q41. If you don't have a shower or bath every day, do you have a quick wash on the days you don't have a shower or bath?

Yes.

Q42. How many times do you wear your clothes before you wash them?

Trousers 3 to 4 days, and tops 2 to 3 days.

Q43. How many times do you wash your hair in a week?

Every second day when I have a shower.

Q44. How many times a day do you brush your teeth?

2 times a day.

Q45. When you're on your periods do you have showers more?

Yes I'll have one every day.

Q46. Have you any problems with moving your body?

Yes I get back pains.

Q47. Do any problems with your memory?

No not really.

Q48. Have you got any problems with your eyes?

Yes shortsighted.

Q49. Do you have a hearing problem?

Sometimes.

Q50. Do you have a problem with speaking?

No.

Q51. Do you have friends and family which you see a lot of the time?

Yes.

Q52. Have you got friends in and out of work?

Yes.

Q53. Are you married or in a relationship?

Yes, married.

Q54. How long have you been in the relationship or marriage?

24yrs.

Q55. Do you have a sex life?

Yes.

Q56. Do you have more than one-sex relationship?

No.

Q57. Do you have unprotected sex?

Yes.

Q58. Do you take the pill?

Yes.

Q59. Do you use condoms?

No.

Q60. Have you ever caught any STD's or STI's?

No.

Q61. Has your partner ever caught any?

No.

Q62. Do you have any children?

Yes, 4.

Q63. What sex are they?

3 girls and 1 boy.

Q64. How old are they and which one?

One is 21yr the oldest child and daughter, second oldest 19 yrs and daughter, third child, oldest and only son 17yrs, youngest child, 15yrs daughter.

Q65. Are any of your children still at school?

Yes.

Q66. What schools do they go to?

Q67. Do your children give you any money for living with you?

No.

Q68. Do any of your children work?

No.

Q69. Do you live in a house or a flat or other? (Please state other)

House.

Q70. Do you have a warm and well-ventilated home?

Yes.

Q71. Do you like where you live?

Yes.

Q72. Do you like your house?

Yes.



- Q73. How long have you lived there?
3years.
- Q74. Do you work?
Yes.
- Q75. Do you do any course out of work?
No.
- Q76. What sort of work do you do?
Office work.
- Q77. How long did you work?
9am-5pm.
- Q78. How many days a week do you work through the week?
5 days a week.
- Q79. Do you enjoy your job?
Yes.
- Q80. Is your job tiring?
Yes.
- Q81. Do you rest after work?
Yes.
- Q82. Do you do anything after work through the week?
No.
- Q83. Does your husband/partner work?
Yes.
- Q84. When does he work?
9am-5pm.
- Q85. How many days does he work through the week?
5 days a week.
- Q86. Do you rest after you have been out and before you go to sleep?
Yes.
- Q87. How long would you say you sleep per night?
About 7hours.
- Q88. Do you drive?
Yes.
- Q89. How do you travel to work?
Car.

Q90. **What transport is near you?**

Train station at the end of the road and bus stops near.

Q91. **Do you and your family use the transport near you?**

Yes.

Q92. **Who would use it?**

My children.

Q93. **If yes, what would they use and when?**

The train from legrave, to the town centre.

A very wide ranging questionnaire

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Personal profile.

The person I have chosen to do my health plan, has mentioned in the questionnaire, that she needs to stop smoking because it can cause lung cancer; and can help bring on strokes and asthma. She has eczema and as asthma, eczema and hay fever are all grouped into one category, it is very likely she will become an asthmatic and can even get hay fever. Smoking can also cause all sorts of cancers. She needs help with quitting this bad habit and she needs to start regular exercise, which will help her, lose weight and will help her keep on a healthy diet and stop her eating unhealthy. Her emotional and social side are okay as she has her family and friends all around her and she also works. I know her physical side is poor as she does not exercise, and her diet needs some work on. She works, so this is a part of her intellectual side, also from the questionnaire I know she can speak, see and hear and has no illnesses or disabilities.

She needs to get help in her dieting, as she is overweight, stop smoking and start exercising to become healthy. Also having three meals a day is important to her dieting and not to have snacks. She needs to take all these into consideration, and this will be a start of her healthy plan.

Description of the health on the Individual.

The person I am doing the health plan on is between the ages of 42-49, the height she is, is 5ft 2inchs, she weighs 10 stone and just from this information so far I know she is unhealthy. She smokes; she has back problems, which she takes painkillers for and goes to a doctor about quite frequently. She has eczema and rheumatism, which is inherited. She is also shortsighted.

Intellectually she is fine as she works, she can speak, see and hear and she sees her family and friends frequently.

Physically she doesn't exercise, but she goes out a lot and has no disabilities. I also know she has her own independence.

Emotionally she seems happy as she has family, friends, married with four children, but as two of her children are at university she may get upset, not seeing them that much and this might effect her badly and as she has a weight problem this maybe one of the reasons why she's overweight as she will comfort eat. This could be why she is putting this much on.

She doesn't have that much sleep and is quite stressful as she finds work busy, this is partly why she smokes so much. In her diet she is lacking in the

starch, fibre, minerals and vitamins. But she needs to cut down on fats and sugary food.

The individuals diet.

I have asked the person to write what she should eat all in one week. The positive points I have noticed from the information is:

A variety of foods,
Some fruit and vegetables
Bread, cereal and potatoes
Dairy products
Different meats.

} b1

These are all good as your diet is divided into five different food groups and this is what makes a healthy diet.

To have a healthy diet there is basically eight guidelines to get one.

1. Enjoy your food.
2. Eat a variety of different foods.
3. Eat the right amount to be a healthy weight.
4. Eat plenty of foods rich in starch and fibre.
5. Don't eat too much fat.
6. Don't eat sugary foods too often.
7. Look after the vitamins and minerals in your food.
8. If you drink keep sensible limits.

From the plan it shows that she does need to have some of these to have a healthy diet but the majority of her food and she does have a variety of different foods and what I think she needs to concentrate on though is 3. Eat the right amount to be healthy, this is because we don't know how much she eats but we do know that she is over weight from the information given from the questionnaire. We know she does have starch and fibre but I think she could have more. We don't know how she cooks some food and we don't know how much oil she uses and how much butter she has on the bread but when we do the health plan, I will have to write how to cook some things so it will be less fattening and I will also have to say that she cant have any butter all together. The sugar she can cut down on is in her tea but that's it, she quite good with this. She has some mineral and vitamins but she does need more. The other points that I have missed are not unbalanced, and don't need as much attention as they are on the guidelines of having a healthy diet.

} c1
} c2

The short term risks in her diet are, if she doesn't start thinking about the other parts of her diet which she needs to concentrate on is that her diet will be unbalanced and there are some things she will have more of when she shouldn't and this will keep her staying overweight and this can lead to

becoming obese in a lot of cases. This is also long term in as obese can cause heart attacks, strokes and arthritis.

The P.I.E.S of her diet is that physically she will find it harder to lose weight if she doesn't start a healthy diet, she'll find it harder to do things and run out of breath a lot. Her emotional side will become distraught and, won't want to go out and will then see less of her friends and family and might even stop going to work or loose her job, this also affects her intellectual as seeing people keeps her brain working and learning new things.

Overall the health and well being of her diet is quite good and to be honest I'm surprised as she is about three stone over weight. There are certain aspects of her health though in her diet that will need to be the main theme for her diet, which even out the diet to a totally healthy diet and hopefully will lose the weight at the same time.

a3

Work, leisure activities and Stress.

Work.

The affects of work which have on the individual I am doing my healthy plan on has on her, is it keeps her busy through the week which in some ways is good as she doesn't find the work boring. It keeps her busy and she is always learning new things. It's a good way of her meeting new people, as she works with people she never new until she or they started working. Her friends that she socialises with may be from work and they keep her happy as she enjoys her job. The risks in her job though are it tires her out once she home so she can't do anything at the weeknights. This may be one of the reasons why she can't exercise or go to exercise classes at night. I asked the question does your husband work because the might have been pressure on her working if her husband didn't. She also has 2 children which are at university this may put pressure on her. The short-term though of the well being is that she gets tired after working and this might be because she is working to hard. She physically isn't healthy and she doesn't have time to do this during the week. This is one of the reasons why she is overweight. Even though she has 8 hours of sleep a night she might need more this could make her feel and look not best at times. The long-term well being is that because she has no time to exercise through the weekdays she is still overweight.

} b1
} c1
} 2

Education.

The affects of her being educated still have on the individual I am doing my health plan on keeps her learning, meets people and keeps her happy and interested in new things that she learns. There aren't any risks in this situation and no short term or long term that I have noticed with her education only the same as the work terms if any.

Leisure activities.

The individual watches TV and reads books and goes to see her family. The individual does no exercise. The risks of this are that she is overweight and it can lead to obesity, and her bones and joints will weaken and she will become less mobile. The short term of the individual is she won't be able to do the things she would normally. The long term of the individual is though the overweight may become to obesity and this can lead to heart disease or heart attacks or stroke or arthritis.

c1/3

Stress.

The stress is probably one of the reasons why she is overweight, she maybe comfort eating, and gets stressed from working too hard, not sleeping well or enough and she may smoke a lot because she's stress and she may find it harder without them.

a3

Exercise.

The person I am doing my health plan on unfortunately does not exercise. But what I should be writing from the positive things is that exercising decreases the risk of strokes, heart attacks and heart diseases. Improves your breathing, you can become stronger, emotional and social benefits too. It's also a great stress release.

The risks though which she is most likely on the verge of getting any of these, are arthritis, obesity, increases heart disease, heart attacks and strokes etc. if she does start to exercise it will be hard for her because she smokes. If she quits smoking she will put on even more weight. Also she will need to think about her back as she has back pains.

Short-term risks, which will happen, are overweight she really does need to sort this out because it will in the end control her life in so many ways; all of the P.I.E.S are affected, e.g. physically overweight wont fit into the clothes she wants, find it hard to do thing (swimming) or move around. Intellectually, it wont really affect her only if her confidence goes, she will see less people, might be off work a lot, feel horrible about herself and if she doesn't work, she will then lose out on learning new things and will forget certain things she was taught. Emotionally she will feel upset uncomfortable, embarrassed and feel people are talking about her. This will also then follow through to the social side, as this is most likely going to affect her friends and family.

The long-term risks are really heart disease and attacks, strokes, arthritis and cancer she can also have high blood pressure and more important risks too. She could become depressed, and this may cause problems between the families.

Overall her exercising is one of the main tasks I need to concentrate on. I am trying to solve her to becoming healthy but one of those long-term risks

Leisure activities.

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} a3

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} C1

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} C2

The long-term risks are really heart disease and attacks, strokes, arthritis and cancer she can also have high blood pressure and more important risks too. She could become depressed, and this may cause problems between the families.

} C2
} C3

Overall her exercising is one of the main tasks I need to concentrate on. I am trying to solve her to becoming healthy but one of those long-term risks

may happen. I think this is more important than her diet as that is quite reasonable. This is more of the reason why she's overweight.

Personal hygiene.

The individual's personal hygiene is fairly satisfying but there are some issues, which I think she needs to concentrate on. In the questionnaire, the questions I asked her were if she thought personal hygiene is important and she replied yes. Even though she thinks it is important she obviously doesn't think it is important enough. This is shown by the further questions I've asked her. She doesn't wash her clothes as regularly as she should as she said every other day this is disgusting as the germs and smoke will be left on her clothes and will give off bad odours. She also said she has a bath or shower every second day this is bad, because of the odours from sweat and the smoking will be lying on her skin. This is not good for her skin either as you should keep it in good condition like your hair. Also her hair won't smell nice either. These are the main issues that she needs to sort out. The things that she can do to be hygienic is have a bath or shower every day this will keep her and her hair, clean and smelling fresh and nice. Also she should wash her clothes more frequent because there's nothing nice about putting a top on with the smell of smoke on it just because it looks nice on, it will put people off, as they will think she smokes too much and they may rather not mix with people who smoke.

The risks of her personal hygiene is the bad odours from her body of smoke and sweat, the odours from her clothes, not washing her clothes as frequent as she should, her hair looking greasy and smelling unclean. Diseases can spread more easily and can get more bacteria easily.

The short-term risks of the individual's personal hygiene is smelling dirty and looking unclean, bad odours from her body and clothes, and her hair looking greasy and smelling dirty too. All these can easily be solved as all she needs to do is wash more frequently and wash her clothes more often. Then everything will be fresh.

The long-term risks of the individual's personal hygiene is the smelling of not being clean are to cause problems with friends and family. The people, who she socialises with her, are bound to notice these smells and people at work may try not to speak to her or talk about her to others in the job. This affects her intellectually, emotionally and socially as she may not be invited to special occasions and may get left out. Also if they work with her and try not to talk to her, they may feel embarrassed talking to her, she may even get comments about it too. Also she will feel excluded from the others and upset and she won't even know why. Her friends, this will affect her emotionally, intellectually and socially as they won't want to hang around with her so they might stop talking to her and seeing her, intellectually she will have less people to see and know and emotionally she will feel depressed, as she doesn't even realise that she doesn't smell nice. With her family they probably won't notice as much as they will spend the most time with her, but they may feel it's rude to say anything about it and they would probably do the same sort of things the work colleagues and friends would do. These will cause long

term risks because she may stop going to work and seeing friends and family and stay in and never do anything. Also the other long-term risks are that she can catch diseases easier because of her not being hygienic and can get sores and can get more bacteria if she's not as clean.

} c3

Supportive relationships and isolation.

The supportive relationships positively affect her by helping her learn what is expected of you in the world, a sense of personal worth, feeling good about yourself, learning loving and caring skills and being comfortable with yourself too. You also develop skills like sharing, emotional sensitivity and to support others. Feelings of self-respect and feeling valued and loved.

The possible risks of unsupportive relationships and socially isolated are feeling unhappy, lonely feel like an outcast, not having any social skills, feel unloved and loss of self respect, no respect for others, no friends and could cause break ups in her family and increase use of cigarettes and alcohol.

Short-term risks of being isolated are feeling lonely, out cast, sad, unhappy, and unloved. They are all risks of emotional affects. Socially won't do any activities, become overweight, comfort eating. Intellectually she won't see people; she'll stay at home and won't be working her brain properly. Physically she will become overweight and unhappy about her appearance.

Long-term risks of unsupportive and being socially isolated are physically she will become overweight as she will start to comfort eat and will smoke more and drink more alcohol. She will feel horrible because of the state she will be in and upset. This will make her eat, smoke and drink more, so her health risk will be even more. Emotionally she will be upset not knowing why she doesn't have friends close and if she still had family around her at this point she will be taking it out on them.

} c4/2/3

Unprotected sex.

The possible risks of unprotected sex are unwanted pregnancies, STD's and there are a lot which she can catch, chlamydia, gonorrhoea, syphilis, non-specific urethritis, genital herpes, lice, HIV and AIDS.

The person of my health plan has unprotected sex with her husband, but she takes the pill. The pill only stops having children not any STD's. There is no short-term risks that we know of because as far as we know her and her husband are both faithful so they can't catch any diseases or infections.

} b1

Finances, poverty, housing, unemployment and environment.

Finances.

The individual works five days a week. She has a good job, and her husband work five days a week. She has a mortgage, two children are at university and this also costs money. These points are all indications of her money situation, which looks positive.

} b1

Poverty.

She finds it harder to cope with the two children away, and paying for their rent money and what they live on, with all the other finances on top.

?

Housing.

She lives in a three bedroom, detached-house, inside not tidy and dusty, as she never really has time to clean it.

Environment.

The environment is a good area, good road and is kept clean.

The only risks are that the housework won't be done, as she has no time, so it will be untidy and dirty from the dust.

Substance of misuse.

The possible risks of the substance misuse to the individuals health and well being is becoming an alcoholic, as she drinks quiet a lot but not over the limit. Mixing with painkillers and alcohol can cause an overdose, also you can get a liver failure, you can drink to much coffee and tea and get a "coffee withdrawal" headache. Smoking causes lung cancer, chest infections and heart disease.

The short-term risks of the substance misuse are chest infections and coffee withdrawal headaches.

The long-term risks of the misuse is liver failure, overdose with painkillers and alcohol, lung cancer, and heart disease.

} c1/2/3

Health monitoring and illness prevention services.

These services help the individual by checking she hasn't caught any diseases.

E.g. breast screening, to check for cancer.

As she is in her 40's, the prevention services she would go to, is cervical screening, these check for cancer. These services most of the time prevent cancer on an early stage before it starts. Also as she smokes a lot this would help her, as she is more likely to cancer. She had gone to this before.

Genetically inherited diseases and conditions.

The risks of genetically inherited diseases and conditions to the health and well being of the individual are rheumatism and eczema

These might affect her in short-term by her being in pain with her eczema, and her rheumatism. But if she takes the right medicine and relax they will clear up.

The long-term risks with these inherited diseases is that if her eczema doesn't calm down, her hands will become in really bad condition, her rheumatism will also keep her off work and will be in pain with that.

Benefits.

The benefits positively affect the health and well being of the individual as she has friends and family who she spends time with. She works; this keeps her busy during the day and brings a wage home. We also know that she's not poor because she lives in a good area and road. So we know she's on a good wage because of this and her husband brings in a wage too. She has four children and two of them are at university.

She has no disabilities and illnesses so this gives her the confidence to go out and do things she wants and meet new people. When she socializes with friends she can have a drink with them as she's not an alcoholic and this is good because she can do more things with family and friends.

The benefits my individual had is that because she has a good job, she is able to afford a lot of things. She is able to live in a nice area and housing. She goes out with family and friends and drinks. Alcohol is quite expensive and she roughly had about 18 units a week, this is under the alcohol limit but will be quite dear.

Her personal hygiene is good because she is able to afford good housing which has good bathing facilities, and she washes frequently.

Summary of findings that affect the individual's health and well-being.

Benefits
1. She's not an alcoholic 2. She's hasn't got any disabilities. 3. She lives in a healthy house and area. 4. She has a job. 5. Personal hygiene 6. Family and friends

Risks	Short Term	Long Term
1. Smokes	yellow teeth and nails, chest infections, coughs, bad breath	Can cause cancer, heart disease,
2. Alcohol	bad breath	liver failure
3. Overweight 3 Stone C2	not having a healthy diet C3	become obese heart problems e.g heart disease bones and joints become weaker
4. not having a healthy diet	ill, overweight, not happy	obese, heart problems cancer
5. Not exercising	become overweight, lazy	obese, heart disease
6. too many medicine pills	drowsy	over ill - could take an overdose.

C1 You need to describe how all the benefits work together positively

Health profile.

My individual is 5ft 2inches, and her weight is 10stone. She is over weight 2stones. For her height she should be 8stone, this is quite a lot to be over weight with and will be one of the main focuses. The individual sleeps 7hours per night but the average length of time she should be sleeping is about 8hours, she drinks coffee in the morning this will give her energy but isn't healthy, so to cut that down she can go to bed earlier. One week she will lose 5hours sleep and that's not including the weekends, this could affect her work and the way she feels. She won't feel as fresh and clean as some days she doesn't have a shower. This also could affect her social life as they may find her groggy or smelly and not fresh looking. Another way to look at it though is that because of the socializing she is losing sleep especially at weekends, which will affect her for the rest of the week.

The individuals pulse rate before exercising is 76 beats per minute.

The individuals pulse rate after exercising is 122 beats per minute.

The individuals pulse rate recovery exercising is 92 beats per minute.

This shows that her pulse rate isn't that high, but after doing some exercise it goes up extremely high but when recovering it takes longer to go back down to her normal rate as after one minute of exercise and one minute to recover. The individual doesn't do any exercising and this will also be one of the main focuses in her health plan to lose weight and to keep her fit.

The body mass index of my individual is 26.5, she is moderately overweight. The effect of this is that she won't look or feel good as she would if she lost the weight. Clothes will be a bigger size, uncomfortable talking about her weight to others and her size. Self-esteem won't be the same.

My individual is a strong smoker and because she's been smoking for years, she is more at risk of getting cancer. Not only will she be have less of a risk of getting cancer when she quits, she will notice that her clothes wont smell, she will seem a lot fresher, her teeth wont be as yellow, and less coughing.

The three main health improvements that she will be doing are losing weight by exercising, quit smoking, and dieting. Will increase her life expectancy, as she won't be killing herself by smoking and not exercising.

d/2.

Health plan.

Target	Reason	Method
Smoking- - Cutting down - Then quitting	Unhealthy. Causes cancer. Heart attacks. Heart disease. Cough and chest infections and asthma. Stains teeth, nails, fingers. Gum disease and tooth loss. Bad odours- hair, clothes and breath. Saving money.	She smokes 20 a day, keep taking 1 away on top of the 1 taken normally e.g 18-mon 17-tue, 16-wed etc up to 14. Then try nicotine patches and chewing gum instead of the cigarettes (2 a day). Start a hobby with hands e.g knitting. Read books.
Diet- -Foods -Portions of food	Helps losing weight. Learn the right amount of food she should be eating and what she shouldn't eat as she eats too much of it. Try new things (expanding her taste buds- variety) To feel good about herself as she will be losing weight. Healthy.	3 meals a day –no snacks. 5 fruits or vegetables a day. Eat more in the morning, less at lunch and even less at dinner. Food in 5 different groups, makes sure she has the right amount of each divide and not too much of one of them. Expand her taste buds, trying new things. Join a club like weight watchers.
Exercise- - Start classes e.g aerobics - Gym etc	Losing weight, becoming healthy and fit. Helps you feel and look good. Confidence. Helps you tone up and become stronger. Helps bones and joints.	Join a class like aerobics. Join a gym. Do the exercise videos. Go swimming. Go on bike rides. Walk around the block.

Areas for improvements.

Risks of smoking.

Smoking is bad for you and causes illnesses and even deaths. As my individual smokes a lot, she is most likely to get one of the many cancers it causes or heart disease and strokes as well as making conditions such as bronchitis and emphysema.

Smoking can also lead to early tooth loss and gum disease and stains on teeth, nails and fingers. It also gives off bad odours, like bad breath. Smelly hair and smelly clothes. Chest infections, coughs and asthma are also linked to smoking.

Cigarettes are also quite expensive and the amount spent on them could be used else where, e.g holiday, paying of bills-debts.

C1/2/3

Short-term Targets. (For 2 weeks)

The short-term targets are for my individual to cut down on smoking at first then go on to nicorettes. There are different types of these that she can use and these two weeks would be to see which of the nicorettes she gets on with and will help her and give her enough of a dosage to keep her away from the cigarettes. I recommend for the amount of cigarettes she smokes that she can use the gum, patches, inhalator or microtab or nasal spray. The reason why is because the patches gives her nicotine for 16hours and takes it off at night before she goes to sleep and the gum for when she gets the urge for a cigarette. But this may not be enough for her as she smokes so much so the microtab and nasal spray will keep her away from the cigarettes. The inhalator is a very good idea, as it will keep her hands busy and still gives her a dosage of ~~the cigarettes~~ nicotine.

She will visit a practise nurse for advice and leaflets and information about what smoking does to her and she will also have a check up to see if there is anything wrong with her due to smoking.

She will start a hobby to keep her hands busy and go for brisk walks to clear her head and got some fresh air into her.

C2

Long-term targets. (2weeks- 3months)

The long-term targets that my individual will do is to gradually go onto the nicorettes, go for brisk walks, and join clubs for quitting, see a nurse for advice and information, go for check ups to see if there is anything wrong with her due to smoking and keep doing this frequently and all of this until she is ready to stop some of them until she is totally ready to quit or has totally quit smoking.

Overall.

Overall the individual is on the increasing risk of one of these illnesses and I would strongly suggest that she will stop smoking and have nicorettes to quit smoking.

Lack of exercise.

Exercise can help get through many things as it's a good way of getting stress out and taking your mind of things. Its also helps people lose weight and keep fit. This is the main reason why my individual needs to start losing weight, as she is 2stones overweight, this is one of the risks of lack of exercise. She is overweight and can become obesity, she wont be able to do things that she would normally do and her confidence will start to go. She won't look good and will become lazy. It can partly cause heart disease, heart attacks and strokes.

Short-term targets.

The short-term targets I that my individual will be doing is going for 15 minute brisk walks daily, exercise classes, once a week e.g aerobics, video exercise classes.

She will do these until she loses the 1or 2stones which ever she is happy to stop with.

Long-term targets.

The long-term targets that my individual will be doing is going for 30 minute brisk walks daily, go swimming at least 2times a week, go to the gym, classes like aerobics once a week. She will carry on with some of these activities after she has lost the weight to keep her fit and healthy.

Overall.

Overall she needs to start losing weight to keep her healthy and fit, she will be the correct weight and she will gain her confidence and will feel and look good. The money she gains from quitting the cigarettes will be put to the cost of all the activities she does.

Risks of Diet.

The risk of diet is not eating the right food, eating too much puts on weight. Not having the right amount of the five food proportions. E.g too much calcium.

e 2

Short-term targets.

The short-term targets of diet is she will be able to learn the right amount of food she should be eating and will expand her taste buds by trying new things.

Long-term targets.

The long-term targets of diet is it helps her losing weight, learning the right amount of food she should be eating and will expand her taste buds by trying new things. It will help her feel good about her self, as she will be losing weight.

Overall.

Overall her diet will help her in many ways, but it is not the main target out of the three. When she quits smoking she will put weight on this will be hard on the diet area as she will be comfort eating.

Short-term Weekly plan.

Smoking.

There are lots of ideas to help people stop smoking but finding the method is what my weekly plan is firstly going to do to help my individual quit.

Once I have found the methods which work best with my individual I will then increase the use of the method and less of the cigarettes to eventually block the use of cigarettes out all together.

This weekly plan is for the short-term.

MONDAY	Smoke only 15, try chewing gum for quitting.
TUESDAY	Only smoke 15, chewing gum, start hobby- knitting.
WEDNESDAY	Only smoke 15, chewing gum.
THURSDAY	Only smoke 10, chewing gum, hobby.
FRIDAY	Only smoke 10, chewing gum, visit practise nurse for advice.
SATURDAY	Nicotine patches only, hobby
SUNDAY	Nicotine patches only, chewing gum, brisk walk.

This plan is only for the first week in the short term. The reason why I have chosen these choices is because these are good ways of giving up smoking. For a hobby what she can do is start up knitting or something like that, which will keep her hands occupied instead of going to pick up a cigarette. The chewing gum is also keeping her mouth occupied as she will be chewing instead of smoking and also helps with nicotine cravings. Visiting the practice nurse is going to help her understand what smoking can actually do to her and get leaflets too. The brisk walk will give her some fresh air, which is good for her lungs and takes her mind off things. I have decided that she will start wearing the nicotine patches for the whole week-end instead of smoking, this is because she socializes mostly at the week-ends and if she's in company of people smoking she is most likely to smoke more than the normal 20 a day so the nicotine patches will keep her away from having more cigarettes or any at all. It would be better if she didn't socialize until she had given up in smoking. She will see the nurse once a month for check ups to see whether there are any problems due to smoking.

This is the second week plan.

This week is quitting the cigarettes altogether as she will only use the nicotine patches and chewing gum. Also more of the hobby as she will find this week hard to cope with. Also joining a quit smoking club or anything really will help her.

MONDAY	Nicotine gum, nicotine patches- read instructions for how many you can use. Visit nurse for advice and leaflets.
TUESDAY	Nicotine gum, nicotine patches, hobby
WEDNESDAY	Nicotine gum, nicotine patches, inhalator, quit smoking club
THURSDAY	Nicotine gum, nicotine patches, microtab, brisk walk
FRIDAY	Nicotine gum, nicotine patches, nasal spray, hobby
SATURDAY	Nicotine gum, nicotine patches, inhalator, check up with nurse
SUNDAY	Nicotine gum, nicotine patches, nasal spray, brisk walk

E3

The hobby and brisk walk will keep her busy and will be good for her. She will only use the gum when there is urges of nicotine and when she is desperate the nasal spray will come in use. These aren't to be used all at once but there was nothing mention in the leaflet saying she can't.

Long-term weekly plan.

This weekly plan would be for 3 months or so.

MONDAY	Nicotine p+g+l, hobby
TUESDAY	Nicotine p+g+l, brisk walk
WEDNESDAY	Nicotine p+g+l, check up with nurse
THURSDAY	Nicotine p+g+l, quitting club
FRIDAY	Nicotine p+g+l
SATURDAY	Nicotine p+g+l, hobby
SUNDAY	Nicotine p+g+l, brisk walk

After the three months she will stop the nicotine patches and can keep the other things going until she feels she doesn't need them any more. This may even be through the 3 months.

Exercise.

The short-term weekly plan she will be starting the activities until she loses 1 or 2 stones.

MONDAY	Swimming – 5 lengths
TUESDAY	Brisk walk – round the block
WEDNESDAY	Aerobics class
THURSDAY	
FRIDAY	Brisk walk – round the block
SATURDAY	Video class - at home on tape
SUNDAY	

As it is short term she wouldn't do as much as a long-term plan as this plan would only be until she lost the weight where as the long-term plan would carry on so she will still be keeping fit but wont need to do all the activities as she's lost the weight.

Long-term weekly plan.

MONDAY	Swimming – 10 lengths
TUESDAY	Brisk walk – round the block twice, video class
WEDNESDAY	Swimming – 10 lengths
THURSDAY	
FRIDAY	Aerobics class
SATURDAY	Brisk walk – round the block twice
SUNDAY	

23

Sunday is a break off from all the exercising through the week, the reason why she needs so much exercise is she needs to burn off the fat to be the correct weight but she also will be comfort eating that's why she needs to keep the exercising going.

Diet.

The short-term weekly plan will help her find out what she should and shouldn't eat at the same time as losing weight.

MONDAY	Research of dietary.
TUESDAY	Try different foods, which you haven't tried out before.
WEDNESDAY	Start weight watchers
THURSDAY	
FRIDAY	
SATURDAY	Buy different foods
SUNDAY	

I chose these because it's giving her a variety of different foods, being more adventurous and because she's not having the same food she'll find it interesting. She should research about dieting because she will know bit about what there talking about in weight watchers and what she should be eating.

This is the long-term plan.

Long-term plan.

MONDAY	Course at a night college on dietary.
TUESDAY	
WEDNESDAY	Weight watchers.
THURSDAY	
FRIDAY	Eat new foods.
SATURDAY	Buy weight watchers food as well normal food.
SUNDAY	

I have chosen Her to do a course so she understands what its about.

E3

Alternatives.

Smoking.

Alternative ways for my individual to quit smoking are the NHS passive smoking, which gives her more information of the passive smoking as well as smoking so she knows how it affects others not just herself, also get healthy leaflet, help prevent cancer take 5 a day, the pro-change programme for smokers from boots and smoking be the flora project, will help her and basically have the same information as the others in the support.

Exercise.

Alternative ways for my individual to lose weight and become fit and healthy are do yoga instead of swimming, gym instead of an aerobics class, or jog around the block instead of a brisk walk. These will not only help her lose weight they will help her relax and will be interesting.

Diet.

Alternative ways to support my individual to have a healthy diet are to read the flora project weight leaflet, get healthy and eight guidelines for a healthy diet will all do the same as the other leaflets.

Instead of doing a night course to do with diet she can just get books out of the library but this is only if there isn't any time to do the course. This is because she will be very busy with the other things she has to do for all of the improvements and she may find this to hard to do with everything else at this point.

Support.

Smoking.

The support my individual will be receiving is leaflets, she will be going to see some of the contacts on the back of the leaflets and see the practise nurse for advice. She will be doing her own research for it and will be going to classes for each of the areas for improvement.

For smoking she will receive quit by tesco, which gives a good guideline on how you can quit. Nicorette, which has an email address on the back which she will be going onto the website and a number for a help line. Also a passive smoking questions and answers leaflet will help her understand about

28

E3

E1/2

how smoking effects others not just her. The information on these leaflets tells you what you can use to give up and advises what's best to do.

She will get in contact with some organisations like quit or ash action and become a member. The websites are www.ash.org.uk and www.crc.org.uk. She will see the practise nurse for advice and check ups to see if she is well. This will also motivate her, as she will be speaking to some one in person about smoking and not just reading it from a leaflet. She will join support groups too.

Exercise.

For the exercise, my individual will be given leaflets, join clubs like aerobics and will also see the practise nurse about what exercises she can do as she has back problems.

She will contact British heart foundation which is on the back of the flora project leaflet too which she will be receiving.

She will start brisk walks around the block, start swimming and aerobic classes.

Diet.

For the diet, she will join weight watchers and do a night course on dieting. This is to help motivate her and give her confidence to know others don't really know what to do, to lose weight.

The leaflets are obesity, weight watchers and healthy eating. These have information on what a healthy diet is, and they benefits from it. There are also contacts on the back of these leaflets, which she can get in contact with when she does her research.

She will be joining weight watchers, as they will teach her what she should be eating and the right proportion of that food. She will also be doing a night course on dieting. This is part of her research. These will motivate her, as she will be finding out new things.

Conclusion.

If my individual does the improvements I have suggested, she will lose the weight and improve her diet at the same time, and will live longer because she has given up smoking. There will be less risk of cancer and heart disease.

By dieting and exercising she will have more energy and will have more interests doing this, as she will be socializing too. By quitting smoking she will not only be saving her life she will notice that she wont be out of breath as much, she wont cough as much and will feel fresher as she wont have this bad odour on her clothes or skin.

Her emotional side will feel a lot happier as physically she will look good after all the hard work she has done, it will be rewarding for her.

E 2 1/2

E 2

GCSE Health & Social Care

January 2004

**UNIT 2:
Promoting Health
and Well-being**

Candidate 5 - Eleanor

GCSE HEALTH & SOCIAL CARE (DOUBLE AWARD) UNIT 2

PROMOTING HEALTH AND WELL-BEING

CANDIDATE COMMENTARY – ELEANOR

Summary:

- A comprehensive portfolio, the candidate had been guided by the teacher to complete section by section (*recommended*).
- The comments in the portfolio and annotation of marks was helpful to the students and the moderation process.

Strand A	Centre Mark: 6	Moderator: 6	Difference: 0
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- a1** There was clear identification of how the individual described their own state of health and well-being. A questionnaire was included.
- a2** The information was well used with clear examples and a conclusion drawn.
- a3** Although there was a detailed interpretation of the information collected, there was no comparison against the norms and therefore full marks were not awarded for this criterion.

Strand B	Centre Mark: 4	Moderator: 4	Difference: 0
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- b1** A range of positive factors were described.
- b2** There was some evidence demonstrating how the factors were linked together, but this did not relate to how they had affected the development of the individual or how the individual had been influenced by the combined factors.

The work would have been further strengthened if conclusions were discussed.

Strand C	Centre Mark: 5	Moderator: 5	Difference: 0
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c1 A list was compiled showing the risks of smoking and alcohol to the individual. There was other evidence in the portfolio about stress, unprotected sex and social isolation.

c2 The short- and long-term risks were given.

There was insufficient evidence shown to award the c3 criterion as the risks had not been explored in sufficient depth.

Strand D	Centre Mark: 7	Moderator: 7	Difference: 0
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d1 d2 Two records of health were accurately recorded and partially used in the assessment of the individual's health. The work would have been further strengthened if the candidate had used their findings to give an opinion when assessing the individual's physical state of health.

Strand E	Centre Mark: 8	Moderator: 8	Difference: 0
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e1 The plan considered five targets and showed the reason and method that would be used to improve the health and well-being. However, only 2 targets were planned and with one target the plan was only for one week.

The candidate could improve their work by ensuring that the plan was in a form that could be used by the individual.

There was reference to how the plan could be supported and predictions on how the plan would affect the client.

Whilst the candidate had fulfilled the e1 criterion fully, the candidate had included part of the e3 criterion and showed alternative ways of improving the individuals health and well-being. The candidate was, therefore, awarded 8 marks.

Total:	Centre Mark: 30	Moderator: 30	Difference: 0
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GCSE IN HEALTH AND SOCIAL CARE (DOUBLE AWARD)

Unit Recording Sheet for Unit 2: Promoting Health and Well-being

Please read the instructions printed below. One of these sheets, suitably completed, should be attached to the assessed work of each candidate.

RECOGNISING ACHIEVEMENT



Specification Code	1493	Unit Code	4870	Session	Jan / June	Year	2	0	0	4
Centre Name						Centre Number				
Candidate Name	ELEVANDR					Candidate Number				

Evidence: a health plan for improving or maintaining the physical health and well-being of an individual.

Guidance on Completion of this Form

- 1 One sheet should be used for each candidate.
- 2 Please ensure that the appropriate boxes at the top of the form are completed.
- 3 Circle the mark awarded for each strand of the marking criteria in the appropriate box and also enter the circled mark in the final column.
- 4 Add the marks for the strands together to give a total out of 50. Enter this total in the relevant box.

Please see over

Criteria			Teacher Comment	Location	Mark
a1 Identify how the individual describes their own state of physical, intellectual, emotional and social state of health and well-being.	a2 Use some of the information collected to define the health and well-being of the individual.	a3 Interpret the information collected to define clearly the health and well-being of the individual.	Good questionnaire on individual's state of health and defined in area of PIES	P.1-8 27-28	6
b1 Describe factors that have positively affected the health and well-being of the individual.	b2 Make informed suggestions about ways in which factors have worked together positively to affect the health and well-being of the individual.	b3 Draw logical conclusions showing how a range of factors have worked together positively to affect the health and well-being of the individual.	Some general information but related factors clearly shown that are positive and some inter-related ones	P.9-10, 12, 14, 19, 21-23, 24	4
c1 List possible risks to the individual's health and well-being. Describe how the risks may damage the health of the individual.	c2 Using the information collected, explain possible risks to health and well-being in the short term.	c3 Review and assess possible risks to health and well-being of the individual in the long term.	A range of risks and short term risks - Some reference to long term ones but vague or general.	P.10, 19-24 23	5
d1 With help, carry out and record the correct use of one measure of health. Identify the individual's state of physical health.	d2 Carry out and record the use of two measures of physical health. Assess the individual's state of physical health.	d3 Analyse and interpret the results of the two measures of health. Evaluate the individual's physical state of health.	2 measurements accurately given and physical state of health assessed.	P.25-26 28	7
e1 Produce a basic plan for the individual based on your findings. Describe the targets to be set and show how the individual can be supported to maintain and/or improve their health. Draw simple conclusions with help about the effects the plan may have on the individual.	e2 Produce a detailed plan showing a variety of ways in which the individual can be motivated and supported to maintain and/or improve their health. Evaluate the effects the plan may have on the individual.	e3 Produce a comprehensive plan comparing alternative ways in which the individual can be motivated and supported to maintain or improve their health. Draw logical conclusions about the effects the plan may have on the individual.	A basic plan given with some target given. Attractive way suggested and effects of plan evaluated.	P.29- 35	8
Total/50					30

4870/URS

URS739 Revised September 2003

Coursework

26th September 2002

Questionnaire

1. What age group do you come under?

18-27	28-36	37-45	45-54	55+
Yes 18				

2. Are you Male or Female?

Male	Female
	Yes

3. How much do you weigh?

8 stone.....

4. What is your height?

5 foot4.....

5. Do you have a balanced diet? Yes/No (delete as required)

6. Do you have regular exercise? Yes/No

If Yes

7. What kind of exercise do you do?

P.E at school and go to the gym on Thursdays

If No

8. Would you like to join any clubs?

.....



9. Do your family and friends live near you? Yes/No

10. Do you live in a House/Flat?

11. Do you have a job Yes/No?

If Yes

12. How much money do you earn?

Minimum wage.....

13. Do you work Full/Part time?

14. What is your job?

In Debenhams in the town centre.....

15. What do you do in your job?

Cashier and stacking clothes.....

16. Are you still at school? Yes/No

If No

What qualifications have you got?

17. What vaccinations have you had?

Tetanus, polio, flu shot, meningitis jab

18. How do you promote personal safety and food management?

.....
.....
.....

al

19. Do you know if there are any genetically inherited disease's That could have been passed down through your family?

No I don't know of any genetically inherited disease's that could have been passed down through my family.

.....
.....
.....

20. Do you misuse any legal or illegal drugs, solvents or tobacco

Legal drugs	Illegal Drugs	Solvents	Tobacco

For the above tick if appropriate

21. Do you smoke? Yes/No

If Yes

21. How many cigarettes do you smoke a day?
About 10.....

22. How much do you spend buying cigarettes?
£4.40 a pack.....

23. Do you like to drink alcohol? Yes/No

If Yes

24. How much alcohol do you drink in the week?
I go out for a drink every Friday with my friends

a |

25. How many days of the week do you drink alcohol?

1 or 2.....

26. How much do you spend on alcohol?

£5.25.....

27. Where do you do most of your drinking?

In the pub or at home with friends

28. When do you do most of your drinking?

On special occasions or at the weekends

29. Do you have a poor quality or inadequate diet?

Yes/No

If Yes

30. Why do you have a poor quality or inadequate diet?

.....

31. What are you going to do in the future to have a healthy well balanced diet?

.....

32. Do you ever have unprotected sex? Yes/No

33. Have you ever suffered from any diseases?

Yes/No

If Yes

34. What diseases did you suffer from?


.....

al

35. Have you ever had any operations in the past, which could lead to any illness later on in life? Yes/No

36. Have you got any allergies? Yes/No

37. What are you allergic to?
Antibiotics called Erythroped



a1

6th October 2002

Personal Profile

1/2
The person I interviewed was female and 18 years old. She says that from the questionnaire her physical factors of health and well being are better than she thought it would be as she goes to the gym on Thursdays and does p.e at school. She also has a well-balanced diet and eats and drinks lots of nutritious food. She weighs 8stone and her height is 5 foot 4. This is a desirable height and weight for an 18-year-old female. She also has good intellectual factors of health and well being as she is still at school and is working in Debenhams in the town centre, this, she says is also good for her social factors of health and well-being as she is still at school she has many friends and has a good social life. Working also improves her social life as she has to work with many different people and show them around the shop explaining where everything is. She must have good communication skills and be very friendly to the customers in this job she also needs to be patient because even if she is friendly it doesn't mean the customers always are. She says that she goes out with her friends every Friday for a few drinks after a hard week at school and work or maybe even on special occasions. This may also mean she has a good social life as she may meet new people from going out every weekend. Although she goes out every weekend this doesn't make her an alcoholic and doesn't spend too much on alcohol this may mean she realises that she has to save her money to pay for the rent and the bills but still has fun from going out. This may also be linked with her emotional factor of health and well-being as she says she never has

a good reference to norm.

at 1/2

unprotected sex this can protect her from aids and any other sexually transmitted diseases or becoming pregnant at a young age. Becoming pregnant could mean she may be very stressed also once the baby is born she will have to feed two people, herself and the baby. A lot of her money would be spent on buying clothes, food and a babysitter for when she goes to work for the baby this would leave no time for money or going out with friends.

The person I interviewed may be happy as her family and friends live close to her and may have a good social life as she says she does. Although she may have a good social life she is still at school and may have a lot of work to do and after school she has to come home and go to work which only pays her minimum wage this may mean she is tired, depressed and unable to pay the rent for the flat and needs to work more, this will tire her out and may even mean she can't go out and have a social life because she is too busy with school and her job to go out. This is seriously bad for her health as it may lead to suicide. This may sound rather dramatic but you may never know what could happen. She has had many of her vaccinations and is safe from catching any diseases such as tetanus, polio, the flu and meningitis. Although she has not had her heavy test and or her BCG and is not safe from catching TB. She tells us that she does not know of any genetically inherited diseases that could have been passed down through her family and no one in her family has died from any genetically inherited diseases. She is a smoker and could suffer from heart trouble or cancer later on in life this is seriously bad for her health as it could lead to death later on in life. To prevent death she could try to give up smoking as, as well as it causing death they are very expensive if she

dash

a2/3

93

gives up smoking she could have more money to spend on nice things for herself or holidays or maybe even the rent and if she can't pay the rent she would be thrown out into the streets. She does go out for a drink but is not an alcoholic and only drinks with her friends or on special occasions. This is could be a social or physical factor of health and well-being and may be a positive and a negative factor of health and well-being this is because going out for a drink every weekend may be to much and she may not have enough money to pay for the rent and bills although going out with her friends and meeting new people may be good for her social life so the only answer for her is to go out but not to go out every weekend so she doesn't spend to much money on alcohol. She does not have unprotected sex, which means she knows she may become pregnant or seriously ill and at the moment she does not have the time or the money to have a baby or to be ill. (This is a positive factor of health and well being.) She has not had any operations in the past, which could lead to illness later on in life this means she was healthy and still is, but if she does become ill and needs antibiotics she must notify her doctor straight away and tell him that she is allergic to an antibiotics called Erythroped.

a2/3

Diet

The individual I interviewed says she has a well balanced diet. To have a well balanced diet you need to eat foods such as carbohydrates, vitamins and minerals, fats, protein and water. You also need a certain amount of sugars, starches, fibres and salts but not much as too much of anything is bad for you.

b1 { Diet has positively affected the health and well being of the individual because she has a very good diet as she eats the right amounts of nutrients and foods she also says she never eats too much fatty foods to keep herself fit and healthy. This is a positive factor of health and well-being.

Good There's a lot more to life than just looking and feeling good about you. A healthy lifestyle reduces the risks of developing obesity, diabetes, heart disease and cancer it also helps you make the most of what life has to offer. There are no forbidden foods in a healthy or well balanced diet foods should just not be taken for granted and you should not have too much of any food.

c1 ? The individual I interviewed may think she has a good diet and everything in her lifestyle is fine but for as long as she smokes she will never have a good diet because smoking stops you from eating as much and if she is not eating as much as should be this would mean she has not got a very good diet.

~~The long term effects of the diet of the individual I interviewed could be things such as her smoking and getting cancer or other diseases such as TB as she has not~~

had her heave test or BCG yet. These may be long or short term problems

Work, Education, Leisure Activities and Stress

b₁
2
C₁
Work has positively affected the health and well being of my individual because it means she has a social life at work besides at school. Work also helps her interact with customers and when working with the public you must be very nice and have a good attitude towards them as it is not going to help the business she is working in if she is mean and horrible to customers and she may even get fired if the customers complain this would then make her very upset and stressed. But getting stressed is not a positive factor of health and well-being and it would be much easier on her life if she had less stress.

C₂
The individual could be facing possible risks in work such as backache from stacking the shelves or tiredness from working too much.

C₂
Work may affect the health and well being of the individual in short term because she may become very stressed as she may not be happy in the work she does.

b₁
Education has a positive affect on the health and well being of the individual because if she is at school she has friends to go out with and have fun with at the weekends.

Good
The individual could be facing possible risks in her education such as tiredness from doing too much work or unhappiness from not being able to see her friends as much from having to do too much work and not having time to go out.

No outline
Education may affect the individual in short term because she may be bullied at school which may make her very upset and stressed from all the people calling her names and being mean to her.

b₁
Stress has positively affected the health and well being of the individual as it leads to a change in behaviour and can also lead to good work results at school. Stress can also give her adrenaline.

Adrenaline increases the rate and strength of our heartbeat increases our blood pressure and increases our breathing rate.

The individual could be facing possible risks from stress such as anxiety, tiredness and irritability.

Stress may affect the individual in short term by having butterflies, a faster heart beat or maybe even less sensitive to pain and more sensitive to touch.

geach
c 2

Exercise

I have been asked to analyse the health and well-being of the individual I interviewed and describe how exercise or lack of exercise has affected the health and well-being of the individual positively and negatively. ✓

b1
The individual I interviewed says she has regular exercise such as doing p.e at school and going to the gym on Thursdays after school. This is a positive factor of health and well-being. She may also get exercise if she walks to work. Walking to work is a great way to get exercise and sometimes you could get more exercise walking than you could on the tread mill at the gym. *write*
b1/2
Going to gyms and clubs could also be a very good social factor of the health and well-being of the individual and increases their stamina, suppleness and strength.

The short term risks of lack of exercise that may affect the health and well-being of the individual maybe things such as finding it hard to relax or sleep well.

Good
The choice of exercise or lack of exercise may increase the risks to health and well-being of the individual maybe things such as; the body may become weak so can not fight of diseases as well it should. Lack of exercise can not ^{cause} help avoid ill-health and weak bones. Weak bones occur most often in women, therefore you may have more of a chance in getting broken bones such as the tibia, fibula, femur, the clavicles etc. other long term effects of lack of exercise to the health and well-being of the individual maybe risks such as little

strength, poor stamina, a build up of fatty deposits in the arteries and poorly developed heart and skeletal muscles.

11th November 02

Supportive Relationships And Isolation

This week in health and social care I have been asked to identify how supportive relationships and (isolation) ^{is} ~~has~~ positively affected the health and well being of the individual. *not positive*

Positive
The individual I interviewed says she goes out with friends every Friday for a drink and to socialise. This is a positive factor of health and well being as, if she goes out she isn't just sitting on the couch all day eating junk food but is going out and making friends. This stops her being socially isolated. My individual says that her friends and family are close by where she lives. Therefore she feels good about her self and knows how to love and care for people. This may mean that in future relationships e.g. with her partner or friends. She will know how to be a good friend and partner and know how to love people so from this she will be loved back (hopefully).

causes
Being socially isolated can be the worst thing that can happen to anybody, being socially isolated means having very few friends or no friends at all it can also mean that you can become very upset and miserable. If you have an unsupportive relationship or are socially isolated you may feel that you don't fit in. One of the main ^{causes} ~~courses~~ of social isolation between friends is bullying. The individual I interviewed says she still goes to school and may be a victim of bullying but has not told me or given me any evidence that she is or has been bullied. If you are getting bullied you must tell someone straight away don't feel embarrassed. If you can't talk ^{to} you someone you know about it there are many places you can phone

such as RELATE for people in relationships or maybe
even the SAMARITONS. 52

20th November 2002

Unprotected sex

This week in health and social care I have been asked to investigate the health and well being of the individual I interviewed and describe the risks of unprotected sex. If my individual does have any STI (sexually transmitted infection) she must see a doctor straight away and tell her current partner to also see a doctor.

There are many different risks to having unprotected sex. If my individual was to have unprotected sex she may suffer from an STI or become pregnant at a very young age. But some STI's are more serious than others. The HIV virus and AIDS are very serious and the number of cases increased throughout the second half of the 1980s in most parts of the world. However disease such as syphilis and gonorrhoea are on the decrease since the introduction of penicillin. Although they may be on the decrease, this doesn't mean they are not there you still need to be careful of catching them. Other STI's include chlamydia infections, Trichomoniasis, Genital Warts, Scabies and pubic lice. Some are grouped together as non-specific urethritis (NSU). Most sexually transmitted infections can be treated with antibiotics if they are discovered and seen to by a doctor early on and quickly. But some can cause long term problems, such as infertility in women, if not treated.

Becoming pregnant at a young age could mean in the short term that the individual could be stressed or worried more. Long term risks to becoming pregnant could mean social isolation, money problems and finance problems. If my individual had unprotected sex, she could become pregnant, becoming pregnant would mean that she is depressed a lot because she can not go out as

Genoa

much and the money she used to go out would be spent on the baby. She does not get a lot of money from her job and it would certainly not be enough to pay the rent of the flat she stays in or to feed her and her child.

Symptoms of pregnancy can be things such as missed periods, tender breasts and feeling or being sick. If you think you are pregnant you can get pregnancy tests for a very small price at your local chemist or different organisations.

Unprotected sex may affect the health and well being of my individual in the short term such as stress and worry. If she had an STI she may seem worried about what could happen to her, could she ever have children, could it lead to any long term problems in the future. If she became pregnant from a one night stand or at a very young age she may seem worried, stressed and depressed. This is because she will not be able to go out as much as she will have to look after the baby and all the money she spent to go out with friends would be spent on food, clothes, warmth and shelter for herself and the baby. These are just some of the long term results of unprotected sex from becoming pregnant. If she became pregnant from a one night stand she may not know who the father is and will have to bring up the baby on her own. Although, if she does happen to become pregnant from unprotected sex she could have an abortion. If you have decided to have an abortion there are many different ways you can do this. Most abortions are done before week 16 of the pregnancy but the operation of abortion can be carried out until week 24 after then it is not possible to have an abortion.

General

Unprotected sex may increase risks to health and well being of the individual in the long term because if my

individual is having finance problems or money problems having a baby is going to make matters worse. 2

Some of the information in this coursework may be taken from: **Love life, sexual health for young people.**

The A-Z of first aid and family health.

Not copied just used information to help my coursework have more effect on people having unprotected sex.

10th December 2002

Finances, Poverty, Housing, Unemployment
And the Environment

This week in health and social care we have been learning about finances housing and the environment. I have been asked to investigate the risks, long and short term problems or causes of finances housing and the environment to my individual.

Finances housing and the environment positively affects the health and well being of my individual physically because of things such as balanced diet with the right nutrients, healthy activity, safe healthy environment and most importantly safe relaxed home and community.

b 1/2

Intellectually my individual's health and well being is positively affected this may be because of reasons like she used to have toys that help with learning, good learning packages, Parents or minders spend time with children or maybe even because her parents have high expectations of her doing well at school.

Emotionally my individual's health and well being is positively affected because she may have less stressed parents and may concentrate on relationships with there children, she may also have high self esteem.

good

Socially my individual's health and well being is positively affected because she may have friends that value education achievement and career success (to have a social life you need friends you can trust and rely on).

b

b 1/2

My individual lives in an area were there is relative poverty. This is when five major groups of people (unemployed, those in low paid jobs, single parents, pensioners and the sick and disabled) receive less than

c 1

half the average income in Britain. My individual is in the risk of relative poverty as she works in a low paid job. The risk of poor housing to my individual could be high depending on the environment as people who live in bad housing areas tend to have poorer health, more long standing illnesses, more recent illness and more symptoms of depression than those in good housing areas. If my individual is living in a poor housing situation this could lead to things such as; accidents, crime, illnesses and unhappiness.

C1

12th December 2002

Substance Misuse

This week in health and social care we have been learning about substance misuse. I have been asked to list the possible risk to the health and well being of my individual. Risks of substance misuse could mean cancer or damage to the liver or any other organs. My individual smokes therefore the risks of smoking ranges from short term e.g. an unpleasant odour or yellow teeth and finger nails to long term e.g. smokers cough or cancer to the lungs. Cigarettes also cost a lot of money so my individual may suffer from finance problems in the long term. smoking could affect my individual emotionally, socially and physically.

My individual also says she goes out with friends every Friday night although she does not tell us whether or whether not she gets drunk. The risks of alcohol, like smoking, ranges from short term e.g. feeling good or lose of self control-confusion to the long term e.g. alcohol dependence or Cirrhosis of the liver. Going out and spending a lot on alcohol can cause lack of money and may lead to finance problems in the future. There is only one benefit of alcohol that is:- occasionally drinking can help to reduce cholesterol in the blood. Red wines are also good for the heart. I asked my individual if she has had any encounters with legal or illegal drugs. As we know she smokes but is not a heavy smoker and has the occasional drink when out with friends she also tells us that she has never taken or been offered illegal drugs but saying this she explains that when she is ill she takes medical drugs prescribed by the doctor although does not take it in the long term or take over doses as she knows that it can very serious side affects.

odour

c1/2/3

2/3

b1

c1

// Good

Sunday 29th December

Health Monitoring and Illness
Prevention Services

Health monitoring and illness prevention services positively affect the health and well being of my individual.

This is because she has had many of her vaccinations, such as Polio, Tetanus, BCG, Meningitis and more; these vaccinations reduce the risks of diseases. If she has not had some of her vaccinations such as Diphtheria she may get the injection for this or any other vaccine at school but if not she must consult a doctor.

b1

Summary of findings for my individual that affect their health and well-being

Benefits

goes to the gym on Thursdays

does PE at school

does not have unprotected

does not ~~miss~~ use legal or illegal substances has a healthy well balanced diet.

has had most of her vaccinations

she is not socially isolated.

Risks

Smokes ✓

Alcohol

Not excessively

Spending to much money on Cigarettes and Alcohol

Spending to much money on Cigarettes and Alcohol

Short Term

Bad Breath
Yellow teeth
Yellow fingernails
Racine stains
Smells ✓

headaches
getting drunk
forgetfulness

poor income (also long term)
can't buy as many nice things

Long Term

could cause:-
Heart disease
Cancer
lung cancer etc. ✓

could cause:-
liver failure
kidney failure

poor income (also short term)
poor housing
poor finances.

C1

C5

23

19th January 2002

Ways in which factors
Have worked together positively
To affect the health and well being
Of the individual

My individual says she goes to the gym on Thursdays and does P.e at school, these are both positive factors of her health and well being because it keeps her fit so that she doesn't get overweight. This physically affects the health and well being of my individual. Her physical state is very healthy she does a lot of exercise and goes out with her friends. I asked my individual does she do any other sports or does she go for walks. She told me that if she has had a long day at work, she usually goes out for a walk just to get some exercise and to stretch her legs she also told me that she has some hobbies such as swimming going to gymnastics and playing tennis with friends in the summer. This is a very good physical state for some one my individual's age to have. Another factor of the health and well being of the individual is that she does not have unprotected sex. It is good that she does not have unprotected sex because at her age she should not be having children as it would interfere with her school work. It is also a good idea to not have unprotected sex as she may get an STI such as AIDS or HIV, or she may pass an infection she has on to her partner (My individual did not want to talk about STI's much). A positive factor of the health of my individual is also that she is not socially isolated this is because she goes out with her friends every Friday for a few drinks also she says her family lives near by so she sees them a lot this is a positive factor of her health and well being because this means she is not just sitting at home doing nothing and putting on weight and being depressed.

bx2.

health profile

height and weight

My individual is 5ft 4ins tall (1.6m) d_1
She weighs 8 stone (50.4kg)

for her height my individual should weigh between
60 and 70kg d_2

Conclusion

My individual is just underweight. I worked this out from her BMI.

$$\frac{50.4}{1.6 \times 1.6} = \frac{50.4}{2.56} = 19.69 \checkmark$$

d_2

Sleep

My individual gets 8-9 hours sleep per night
She should get about 8 hours per night

Conclusion

my individual gets enough sleep each night

Blood pressure

my Individuals Blood pressure is $\frac{110}{84}$

Her Blood pressure should be between $\frac{110}{75}$ - $\frac{140}{80}$

conclusion

my Individuals Diastolic is 4 over the norm
to this may be o.k, but even moderately round
blood pressure can increase heart disease and
high blood pressure could cause kidney disease

Pulse Rate

At rest 87 beats per minute.

After exercise 103 beats per minute

Conclusion

?

d/2
d/2

Assessment of the health and well being Of my individual

I have assessed the health and well being of my individual and have come to a conclusion that she is quite healthy although she smokes she is not a heavy smoker. Although she is not a heavy smoker, smoking is still bad for you and may stop her from doing physical sports. She may get cancer or heart disease this is a negative factor of health and well being for my individual. She must try hard to give up cigarettes to improve her health. I have also found out that she goes out for a drink with her friends on Friday nights. She says that she doesn't spend too much money on alcohol as she has to pay for the rent of her flat and bills. This is a positive factor of health and well being as she is making sure she has money to pay for the rent and bills so they don't get piled up and she has to take loans. It is also a positive factor of health and well being because she goes out with her friends this means she is not socially isolated another reason for her not being socially isolated is that her family live near her. A physical factor of the health and well being of my individual would be that she goes to the gym after school on Thursdays and also does P.e and sport at school. An intellectual factor of the health and well being of my individual is that she goes to school still and is working on getting a diploma in child care. She also works in Debenhams therefore is interacting with other people and is getting an idea on how to communicate with customers. An emotional factor of the health and well being of my individual is that she goes out with her friends at the weekends so she is not socially isolated but she does not tell me whether

- her slightly
raised blood
pressure may
indicate plus

az

she has a boyfriend, but if she does have a boyfriend this could also be an emotional factor of her health and well being. A social factor of her health and well being is also that she goes out with her friends at the weekends and her norms are very good she goes to sleep at the right times and has the right amount of hours sleep. Her blood pressure, pulse rate before and after exercise, height and weight are all at the respectable norms.

} a2

} dz

Target's for improving the health and well-being of my Individual.

e1

	Target	Reason	Method
physical	Smoking long term short term ↓ Bronchittis Smokers Cough	* Causes cancer * Causes heart disease * yellow teeth and finger nails * Smelly Breath * tobacco stains ^{more health related}	* nicotine patches * nicotine gum * help groups * help lines
improve fitness	gain weight	* she is underweight * not healthy * may not have enough energy to go to work or school	* eat more protein and carbohydrates
	have a balanced diet	* so she gains weight * so she is healthy * cause lack of energy	* eat the same amount of each nutrient. More detail
intellectual	Mental Stimulation		* read more books * Do more cross-words and puzzles
emotional	Does not have a business improve social life	* may feel lonely and upset. * may feel socially isolated from her friends if they all have boyfriends.	* go out more meet new people.
social	contact with family more	* her family lives near by so she should try and make time for them as they may drift apart.	* maybe instead of going out with her friends every weekend she should meet her family 1 week and

Target	Reason	Method
		her friends another week. This way she'll have more money to spend going out with her friends.
social Don't go out as much but still see her friends at the weekends Widen circle of friends	* She sees them at school * She must leave room for her family	go out with friends one week then her family another. That way you will see both and not lose contact with them and have money to go out with her friends.

4th March 2002

Daily Plan on how to help Cut down on cigarettes & smoking

Need the short and long term target sets
for smoking

Monday	Buy some nicotine patches or the quit smoking starter kit. Read directions carefully.
Tuesday	Don't buy any cigarettes. If you are really craving for one take a few puffs of a friend's, or a neighbour's cigarette & always wear a nicotine patch.
Wednesday	Wear a nicotine patch & do anything the starter kit says to do. Eat some sugar-free lolly pops.
Thursday	Wear a nicotine patch & get rid of all ash trays or any other things that could make you want to smoke.
Friday	Wear a nicotine patch & ring your friends, family or neighbours if they smoke & ask them to help you through quitting smoking also ask them not to smoke in front of you.
Saturday	Wear a nicotine patch & invite some friends round to your flat for a few drinks. But if they smoke ask them to smoke outside.
Sunday	Wear a nicotine patch & have a nice long bath. Then go out for a meal with your family & closest friends but make sure you sit in the non-smoking area.

Exercise Plan

Monday	Go for a 15 minute walk
Tuesday	Run to the gym. Do an hours exercise and walk home.
Wednesday	Play two games of Tennis with one of your friends.
Thursday	Go for a 15 minute walk
Friday	Go for a jog in your area for about 15-20 minutes.
Saturday	Go for a swim for about half an hour to an hour
Sunday	Have a rest. You have done well this week. Keep up the good work.

Short Term (within first few weeks)

- to keep fit to prevent heart trouble this will help her as the exercise will keep her heart healthy.
- she gets lots of stamina so the heart can work under strain
- To have fun, her personal satisfaction such as her hobbies and activities.

Long Term

* join a gym to ~~get~~ keep her heart healthy. ✓

e1

32

Ekanor

Ways in which my Individual
could be supported by
the pan.

I showed my individual many types of leaflets
the main ones were diet, exercise
& smoking. I showed her these leaflets
because she feels these are the three
things she needs to work on. I showed
my individual a leaflet about diet called "Healthy
living for everyone". She liked this leaflet, she
said it told her abt about what makes a
healthy diet?, Healthy eating for all ages, Healthy
problems & how to avoid them, Nutrition &
Nutrition Labelling. I showed her two leaflets
these were called "walk more - feed the difference"
& "Fitness & Exercise" she likes this one (Fitness
& Exercise) as it tells her about 6 Risk factors
it is spelt downwards as an acrostic
H elp your heart by making healthier food choices
E xcess weight puts a strain on your heart.
A void a high blood pressure
R elax & reduce your stress levels
T ake regular exercise
Y ou should try to give up smoking.
She didn't really like the other one as she didn't
think it made her as much of a point
as the other leaflet.

Good information about leaflets but you have not mentioned any
'people' support or organisations that would help

33 Smoking, helplines, Osh Diet, health food shops
Exercise Doctors & nurses like Holland & Barrett.

Alternative Ways of improving my individual's Health & Well-being

My Individual could: -

* Go to a Health food shop eg. Holbro & Barnett. This will give her advice on what foods are good for her

* Eat sugar free lolly pops when she starts Craving for a cigarette

* Buy a Stop Smoking starter pack, which will or may include nicotine patches, nicotine gum & a

In health
plan
already

* Walk more, maybe ~~walk~~ walk the next door neighbours dog.

e3. * Make sure she stays in contact with her family, just because they live close to her they won't be there for ever so get some great memories & make them last a life time.

* Eat plenty of Carbohydrates, proteins etc

* Don't eat too much of one nutrient & too little of another

Has the Health plan
will affect the health
and well being of my
individual

The Health plan about exercise will positively affect the health and well being. This is because she will keep her body and her heart fit and healthy, also she will gain stamina this is so her heart can work under strain. If my individual follows the exercise plan she, her friends and family should start to notice a change in my individual not just the way she looks but also the way she feels.

e2 The Health plan about diet will not make my individual loose or gain weight but will make her understand the foods she must eat and the correct proportions of each nutrient. This will positively affect the health and well being of my individual.

35 The health plan about smoking will also affect the health and well being of my individual positively. This is because she will have more money to go out, buy new clothes, go on holiday and treat herself to new things. Giving up smoking could also affect her physically and socially. This will affect her physically because she will be less likely to have long term diseases or heart trouble later on in life. This will affect her socially because her friends may not smoke and be more comfortable around her feeling that they are not going to breathe in her smoke.

GCSE Health & Social Care

January 2004

**UNIT 2:
Promoting Health
and Well-being**

4

Candidate 6 - Laura

GCSE HEALTH & SOCIAL CARE (DOUBLE AWARD) UNIT 2

PROMOTING HEALTH AND WELL-BEING

CANDIDATE COMMENTARY – LAURA

Summary:

- The Centre has annotated the portfolio. This could be further strengthened with comments on the text to inform the candidate and the moderation process exactly how marks have been awarded.
- A Bibliography has been included which shows good practice. This included an acknowledgement to the client who was the focus for this assignment.

Strand A	Centre Mark: 4	Moderator: 4	Difference: 0
-----------------	----------------	--------------	----------------------

a1 A brief questionnaire was included and the results of the interview. There is a chart to show PIES, but these were not explicitly related to the client.

a2 The candidate included a profile of the client, which was descriptive, giving examples of his health. The conclusions drawn needed strengthening to be awarded full marks for this criteria.

Strand B	Centre Mark: 1	Moderator: 1	Difference: 0
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b1 The candidate has described the factors implicitly in the profile. The evidence for this criteria is weak.

Strand C	Centre Mark: 2	Moderator: 3	Difference: +1
-----------------	----------------	--------------	-----------------------

c1 The risk of lack of sleep, stress and poor diet have been included with some description as to how they may damage the health of the individual.

Strand D	Centre Mark: 3	Moderator: 3	Difference: 0
-----------------	----------------	--------------	----------------------

d1 The measure of height and weight was used. The conclusions drawn identified one of the problems, but to be awarded full marks it needed to show how a plan will focus on improving this aspect of his health.

Strand E	Centre Mark: 5	Moderator: 5	Difference: 0
-----------------	----------------	--------------	----------------------

e1 The candidate has produced a basic plan based on their findings. There is a description of targets to be set in the short- and long-term as well as suggestions as to how the client will be supported and motivated for the plan.

To achieve full marks for this criterion the work needs to be further strengthened by the candidate by drawing simple conclusions about the effects that the plan may have on the client chosen.

Total:	Centre Mark: 15	Moderator: 16	Difference: +1
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GCSE IN HEALTH AND SOCIAL CARE (DOUBLE AWARD)

Unit Recording Sheet for Unit 2: Promoting Health and Well-being



RECORDING ACHIEVEMENT

Please read the instructions printed below. One of these sheets, suitably completed, should be attached to the assessed work of each candidate.

Specification Code	1493	Unit Code	4870	Session	Jan / June	Year	2	0	0	4
Centre Name					Centre Number					
Candidate Name	Louisa				Candidate Number					

Evidence: a health plan for improving or maintaining the physical health and well-being of an individual.

Please note: This form may be updated on an annual basis. The current version of this form will be sent out automatically by OCR to the Examinations Officer in the Centre upon receipt of provisional entries. You may also refer to OCR website (www.ocr.org.uk) for current version.

Authentication by the Teacher

I declare that to the best of my knowledge, the work submitted is that of the candidate concerned. I have attached details of any assistance given beyond that which is acceptable under the scheme of assessment.

Signature: _____ Date: December 2003

Guidance on Completion of this Form

- 1 One sheet should be used for each candidate.
- 2 Please ensure that the appropriate boxes at the top of the form are completed.
- 3 Circle the mark awarded for each strand of the marking criteria in the appropriate box and also enter the circled mark in the final column.
- 4 Add the marks for the strands together to give a total out of 50. Enter this total in the relevant box.
- 5 Sign and date the Authentication statement.

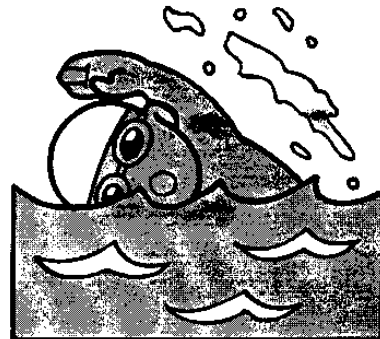
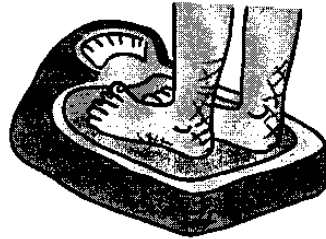
Please see over

Criteria			Teacher Comment	Location	Mark
a1 Identify how the individual describes their own state of physical, intellectual, emotional and social state of health and well-being.	a2 Use some of the information collected to define the health and well-being of the individual.	a3 Interpret the information collected to define clearly the health and well-being of the individual.	Interview carried out with short, detailed physical produced using the information collected. Not really covered. Extra info recorded for a week of exercise. Short.	P1, 1b, P2, 6, 12, P17	4
b1 Describe factors that have positively affected the health and well-being of the individual.	b2 Make informed suggestions about ways in which factors have worked together positively to affect the health and well-being of the individual.	b3 Draw logical conclusions showing how a range of factors have worked together positively to affect the health and well-being of the individual.	Lower than student produce information in her profile	P1-1a, 3,	1
c1 List possible risks to the individual's health and well-being. Describe how the risks may damage the health of the individual.	c2 Using the information collected, explain possible risks to health and well-being in the short term.	c3 Review and assess possible risks to health and well-being of the individual in the long term.	Risk factors for sleep-related asthma for lead: exercise	P16, 9	2
d1 With help, carry out and record the correct use of one measure of health. Identify the individual's state of physical health.	d2 Carry out and record the use of two measures of physical health. Assess the individual's state of physical health.	d3 Analyse and interpret the results of the two measures of health. Evaluate the individual's physical state of health.	Height - weight chart included but needs to be analysed in greater depth. Pulse rate not put in. No info. no explanation no analysis	P20, 21	3
e1 Produce a basic plan for the individual based on your findings. Describe the targets to be set and show how the individual can be supported to maintain and/or improve their health. Draw simple conclusions with help about the effects the plan may have on the individual.	e2 Produce a detailed plan showing a variety of ways in which the individual can be motivated and supported to maintain and/or improve their health. Evaluate the effects the plan may have on the individual.	e3 Produce a comprehensive plan comparing alternative ways in which the individual can be motivated and supported to maintain or improve their health. Draw logical conclusions about the effects the plan may have on the individual.	Positive targets set for lead + exercise. Short, medium, long term targets. Goal - exercise from included. way of motivating student. Effects per lesson short very good	P6, 7, 8, P9, 10, 11, P13, 14, 15, P16, 22, 23, P24	5
0 1 2 3 4 5	6 7 8 9	10 11		Total/50	15

GCSE unit 2

Health and social care

assignment



Laura

Contents page

- pg 1. Profile
- pg 2. Interview questions
- pg 3. My clients good and bad points
- pg 4. My clients positive things in his lifestyle
- pg 5. My clients new weeks meals
- pg 6. Improved exercise chart / pie chart
- pg 7. Support available for my client / aims
- pg 8. Healthy eating
- pg 9. Dietary goals
- pg 10. Short, medium and long term targets
- pg 11. Things that could stop my client
- pg 12. Original exercise chart
- pg 13. Improved exercise chart
- pg 14. Exercise goals and targets
- pg 15. Support available for my client
- pg 16. How my client could be motivated
- pg 17. Sleeping pattern chart
- pg 18. Risk factors for my client
- pg 19. Stress
- pg 20. Height and weight chart
- pg 21. My clients physical state of health
- pg 22. Ways my client could achieve his aims
- pg 23. If my client achieves his aims
- pg 24. Maslows hierarchy of needs

P = Physical = Exercise, diet, illness, housing environment
Smoking, alcohol and drugs.

I = Intellectual = feeling motivated, life long learning,
not being bored and to be active.

E = Emotional = not too much stress, good relationships

S = Social = interacting with people and making friends

P I E S

Laura

Profile on my chosen client, Terry

My client is called Terry, he is a 71-year-old man, he lives in Hunslet, he lives with his wife, daughter and granddaughter, and he also owns 1 budgie, 1 rabbit and 4 goldfish.

Terry tries to eat at least 1 piece of fruit and one portion of vegetables per day, but he eats a lot of fried food or food that contain a lot of fat, which could cause problems.

He tries to do regular walking but sometimes health can course a problem, due to his illnesses. b1

In Terry's free time he would visit different libraries or go for a slow walk.

Terry has about 9½ hours sleep per night depending in his health; he may consider a sleep during the day. a2

Terry does not smoke and does not drink; he enjoys socializing with friends and family.

He does have health problems and sometimes they do cause a problem, Terry is a retired joiner and has been for some time, he does have some stress due to health problems, he enjoys his lifestyle but would like to do more if could.

Terry enjoys going to the library, as he likes books and reading. My client hasn't taken up many new activities, since he has been retired, although he would like to, but health is a problem.

As my clients state of health have been giving him some problems this could be a down side to my clients life style.

My client could help his self by doing more exercise and try to be more motivated, this could help my client in several ways, and he wouldn't be as bored, if my client does encourage him self to be motivated then Terry's physical state of health will improve he will gain more self confidence for the better. a2

Terry has got the money to get the best out of his life if he doesn't wish to stay in, he has got the company to go on holiday or possibly go on days out. My client has got a wife who tries to b1

Pg 1

encourage him and to make him realize how important exercise is and how important socializing with friends is and meeting new people will benefit from this.

a2

My client lives in a secure home with a large garden and is a safe area where he feels safe, Terry enjoys doing a small amount of gardening and relaxing after doing his gardening for the day.

B1

1b

Laura

Interview with my client

Where do you live?

I live in Hunslet.

Who do you live with?

I live with my wife, daughter and granddaughter

Do you have any breakfast on a morning?

I have breakfast on a regular basis.

Do you eat fruit, if so how often?

I eat fruit everyday/

Do you smoke?

I haven't smoked for several years.

al

Do you drink alcohol?

I do have alcohol on the odd occasion.

Do you have any free time?

I do have free time.

Do you have any health problems?

I have several.

Are you happy with your lifestyle?

I am happy with my lifestyle, but it could be improved.

Are you still in work?

I am retired.

What job did you do?

I was a joiner.

Was your job success?

My job was a success.

pg 2

Laura

Did your job involve contact with the public?
My job did involve contact with the public.

Do you exercise, if so how often?
I only do walking.

ai

Do you have regular meals at regular times?
Most of the time.

My clients good and bad points In his lifestyle

The good points in my clients lifestyle are that he eats plenty of fruit and vegetables per day but he also likes his fried foods, which are not so healthy, he likes to try and do some exercise, mainly walking, even though he does have some health problems, also my client does not smoke or drink, my client as enough sleep and his happy with his lifestyle. He likes to do a small amount of gardening the odd time. A bad point is he does not enjoy his bad health, he has to take permanent medication everyday which affects his body system, his health problems don't stop him to do things. He would very much like to be able to work again.

b1

P93.

Original food chart (for 1 week)

	Breakfast	Dinner	Tea
Monday =	Egg & Bacon omelette	Jacket potato with cheese & butter	chops & chips
Tuesday =	Cheese on toast	Beef & onion sandwich	Fish & chips
Wednesday =	Coco pops	Beans on toast	sheppards pie, peas
Thursday =	Bacon Sandwich	Ham salad sandwich	Fish fingers & chips
Friday =	Corn flakes	Scollop sandwich	Chinese (chicken chow mein)

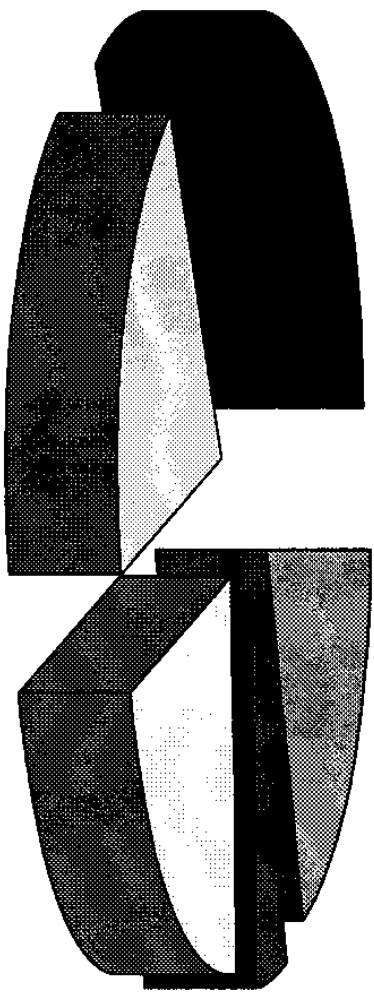
My clients new weeks meals

Days	Breakfast	Lunch	Dinner	Snacks
Monday	no cereal, no sugar	chicken casseroles	chicken sandwich	plain toast or some fruit
Tuesday	pure orange juice, bacon grilled sandwich	mineral water, grilled steak & mash potatoes	blackcurrant, mixed grill	pure orange juice, fruit
Wednesday	pure orange juice, cereal	drink of tea	glass of milk, chicken in white sauce	drink of tea, cheese
Thursday	drink of tea, toast	glass of milk, chicken sandwich	mineral water	drink of tea, fruit
Friday	drink of tea, cereal	glass of milk, tuna sandwich	pure orange juice, grilled steak and onion rings	blackcurrant, diluted
Saturday	plain toast, mineral water	cheese sandwich with low fat marg	pasta and french bread	digestive biscuits, a piece of fruit
Sunday	cereal, no sugar	sunday lunch, not a lot of salt	Tuna sandwich	2 pieces of fruit, drink of tea

al

If my client does not eat healthy then the salt he enjoys will give him high blood pressure, he also needs to cut down on fatty foods, such as margarine, lard and things containing a lot of fat.

My clients improved meals



- Fruit, veg, fresh orange
- All foods high in sugar
- Meat, fish, eggs, beans
- Milk, yogurt, cheese
- Cereals, bread, rice, pasta

Risk factors for food.

As I asked my client to fill a daily chart, of the foods my client is currently eating, I noticed that my client is eating far too much unhealthy foods, this could lead to having a heart attack, having a stroke, CHD or heart disease, which my client could do without, all the extra fat my client is carrying, with exercise or without eating healthily wont burn off, My chosen client, Terry, could ask a companion to join him in helping to eat more healthier than his is doing at the present moment.

Support available for my client.

My client could get support by asking people if they want to also follow the same diet plan, so they can help each other, and so they can give each other encouragement on the other hand my client could get support from somebody else in the same situation but are wanting to follow the same diet plan, or he could get support from somebody who wants to also follow the same diet plan purely by choice.

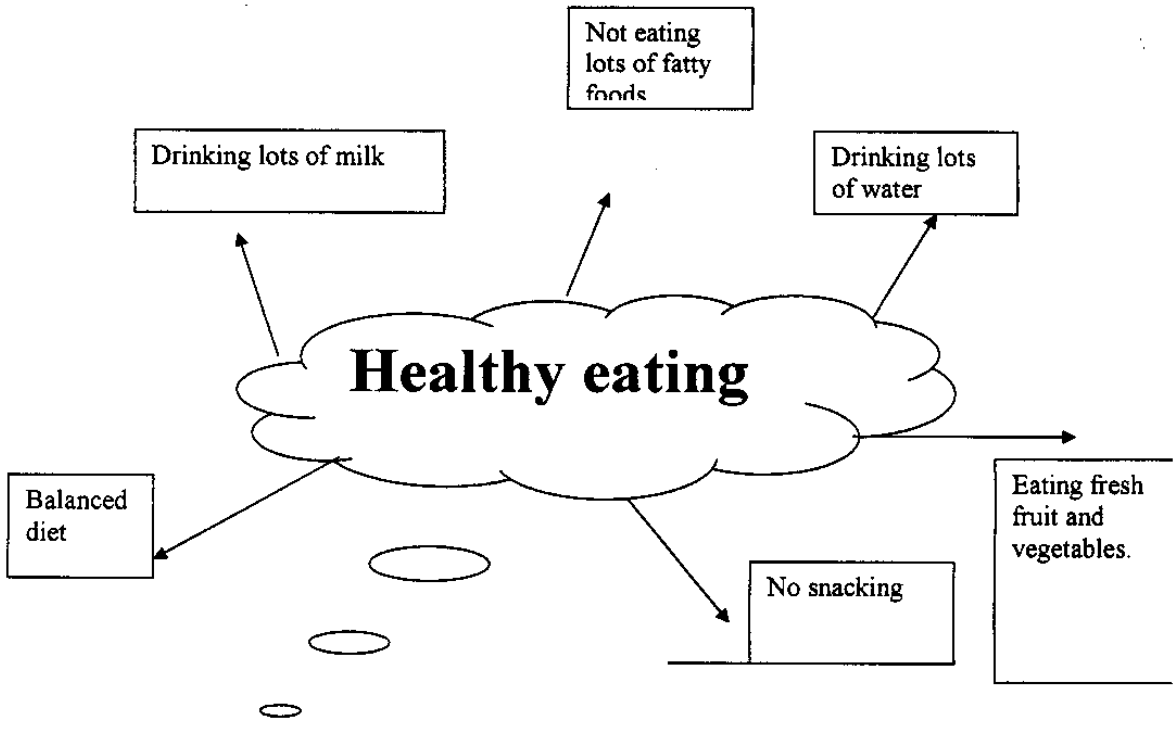
How my client could achieve his aims.

cl

My chosen client is Terry.

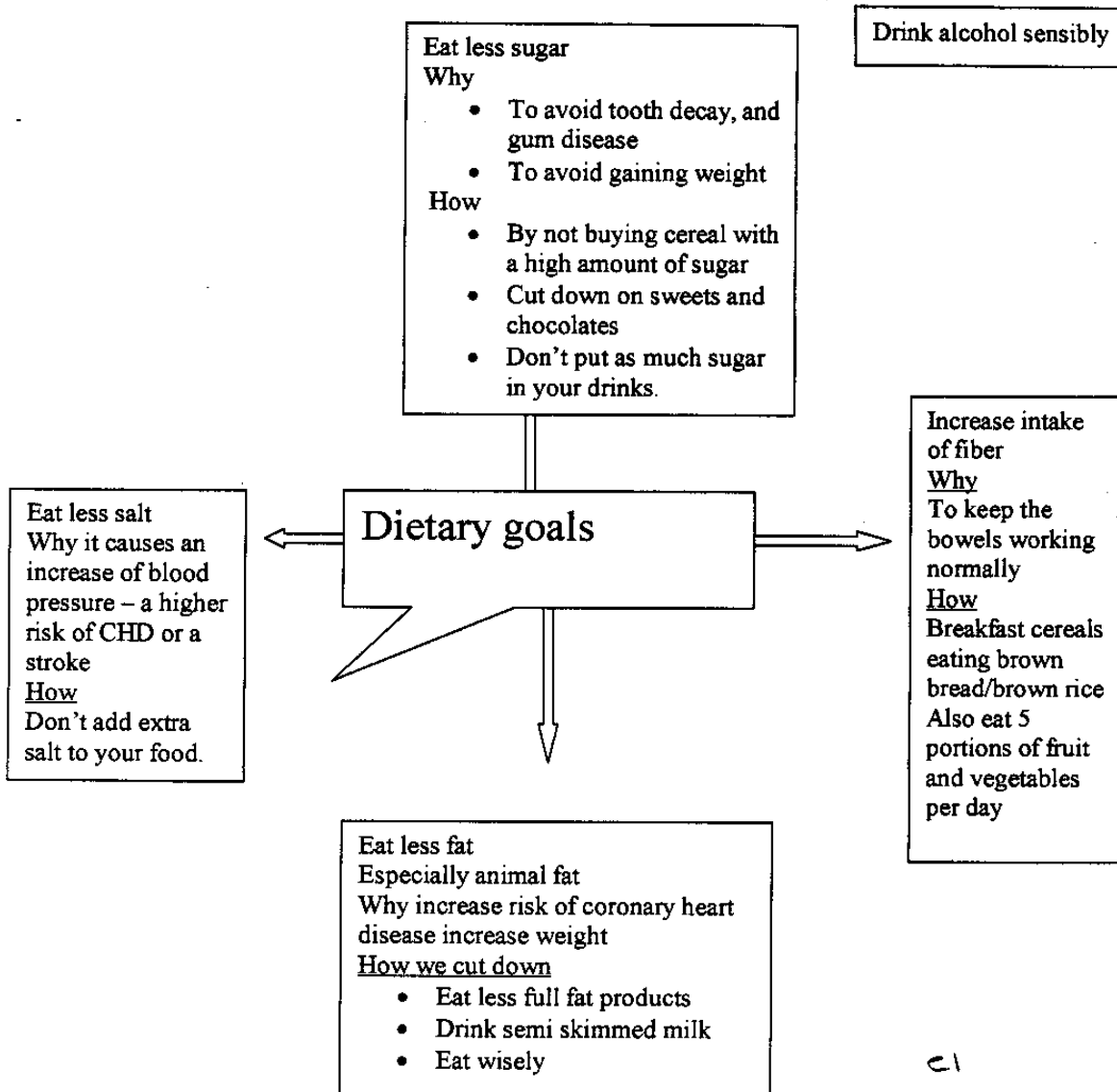
he could achieve his aims by producing his own charts, to help his self, believe in him-self that he can do it, push his self towards his targets and make sure he feels good in him self when he gets near to completing his targets.

pa 7 .



cl

09 8.



c1

pg 9

Short, medium and long term targets (Diet)

Short term targets:

My client is not eating as healthy as he should if my client continues with his unhealthy eating patterns then problems are going to occur, such as becoming extremely over-weight. A simple way my client could cut down on his unhealthy eating pattern is when he is having chips, he could have oven chips rather than fried chips, he could also have vegetable oil rather than sunflower oil.

Medium term targets:

As my client is cutting down on the amount of fatty foods he is eating, he could eat more fruit and vegetables as this would benefit my client.

Long term targets:

As my client is trying to cut down on the amount of fatty foods he is eating, my client could reward himself, but not too often, rewarding my client could be a good way of stopping my client from becoming bored as he may go back to his original diet plan.

pg 10

Things that could stop my client from achieving his targets.

Diet.

The things that could stop my client from achieving his targets are possibly if he lacks interest and doesn't have anybody to give him encouragement or if he cannot get support from any one, also another thing that could stop him from achieving his targets is that his illness could become worse and if it does then he could do exercise at his own passé, but if his illness doesn't become a problem then things should be all ok, and things should go to plan.

cl

11 29

Original exercise chart

Day of week.	Type of exercise.	How long do you exercise for.	Who do you exercise with.
Sunday	Did no exercise		
Monday	Walking	10 minutes	Self
Tuesday	Walking	15 minutes	Wife
Wednesday	Did no exercise		
Thursday	Walking	10 minutes	Wife
Friday	Did no exercise		
Saturday	Walking	15 minutes	Wife

al

p9 12 .

Improved exercise chart.

Day of week.	Type of exercise.	How long have you exercised for.	Who you exercised with.
Sunday	Walking	10 minutes	Wife.
Monday	Gym	Approximately 10 – 15 minutes.	Wife, daughter.
Tuesday	Walking	10 minutes	Wife.
Wednesday	Gym	10 – 15 minutes	Daughter, wife
Thursday	Walking	10 minutes	Daughter.
Friday	Gym	15 – 20 minutes	Daughter, wife
Saturday	Gym and walking	Walking 15 – 20 minutes. Gym 20 – 25 minutes.	

cl

pg 13 .

Exercise goals/targets

Short term targets.	Medium term targets.	Long term targets.
Visit a gym and spend approximately 20 – 30 minutes or until slightly out of breath, possibly take a friend as a bit of company to give you encouragement.	Do a variation of exercise but this time work more harder and get slightly sweaty and a little more out of breath, this time spend a little longer possibly about 40 – 45 minutes.	This time as a slightly more harder target try a gentle jog nothing too hard, only spend approximately 15 – 20 minutes, don't try too harder jog as you may over do it.
Visit a gym or try a gentle walk nothing too far but only spend approximately 15 minutes, or until you are getting slightly out of breath.	Do a mixture of exercise in the gym but spend an equal amount of time on each one don't spend too long at the most spend approximately 25 minutes.	You should be ready for a slightly more harder challenge make that jog more a gentle run and this time spend about 30 – 35 minutes.

e2

pg 14.
pg 15.

Risk factors for exercise

As I can see from my clients exercise chart, exercise is not one of my clients most popular things to do, in his free time, as a result of this my client could become over weight, which could lead to CHD, heart disease, strokes or have a heart attack, also if my client is not exercising he may become bored, and lose interest in exercising at all, my client may possibly ~~not~~ ^{not} want to exercise again. I feel that if my chosen client, Terry, lost interest in exercise, that would make my client feel extremely bored and irritable, and this could result in my client eating excessive amounts of food to, subsidize my clients boredom, also extra fat ~~in~~ my clients would be carrying would cause a strain on my clients heart. As my client becomes older, it is important that my client would exercise, as the one of the long term risks is that in time my clients joints ^{and bones} would become brittle.

Support available for my client

My chosen client is Terry.

He does exercise occasionally but when he doesn't it is because he may have nobody to exercise with, or maybe he just lacks will power, then he could ask a helper at the sports centre to incur rage him and possibly ask if a member of staff could help him along. When he just wants to walk sometimes he doesn't walk for a short time as nobody can have the time to accompany him, he could ask a neighbour when he sees him or her walking the dog he could ask them if he could join them, if he does join them then he is still getting his walking done.

could be planned

cl

PA15

How my client could be motivated.

My chosen client could be motivated through their plan by trying new exercises or possibly setting challenging targets or goals that they could aim towards. My client could push himself and make himself believe that they can do this and that they can have the power to do it, if they try hard enough. He could make up his own exercise plan, and try new activities of his own choice, that may give my client more of an interest in exercise, my chosen client shouldn't try too many different exercises, as he could become over confident and loose interest in exercising, then the weight will start to all come back on, it is very important for my client to continue exercising as it is going to do him a lot of good, and also it will build up his encouragement and will give him self confidence, and hopefully he wont loose interest in exercising.

c2

P916

Sleeping pattern chart.

Day of week.	What time do you go to sleep?	How long do you sleep for.
Sunday	10.15pm	9.0 clock next morning
Monday	9.30pm	8.0 clock next morning
Tuesday	11.0 clock	10.0 clock next morning
Wednesday	12.15pm	7.30am next morning
Thursday	10.15pm	8.30am next morning
Friday	11.30pm	11.15am next morning
Saturday	12.30pm	12.0 clock the next day

al

P917

Risk factors for my client

Sleep

If my client does not get the right amount of sleep, then problems could occur, such as being short tempered, the main reason why my client doesn't stick to a sleeping pattern is because he is in a lot of pain, but still he should try to get a reasonable amount of sleep.

I realise my client is in an extremely lot of pain but if he doesn't sleep then he is going to get worse as he will become more agitated and he will become more stressed.

Sleep is really important for my client as it could help him feel better in his self.

CI

P918.

Stress in my clients lifestyle.

My chosen client could get stressed in all kinds of ways.

My client is in a number of different kinds of medication, so he could get stressed because of the amount of medication he is currently taking, if he forgets to take his tablets or if he has a change of different medication, he could get stressed through nit remembering what medication to take when.

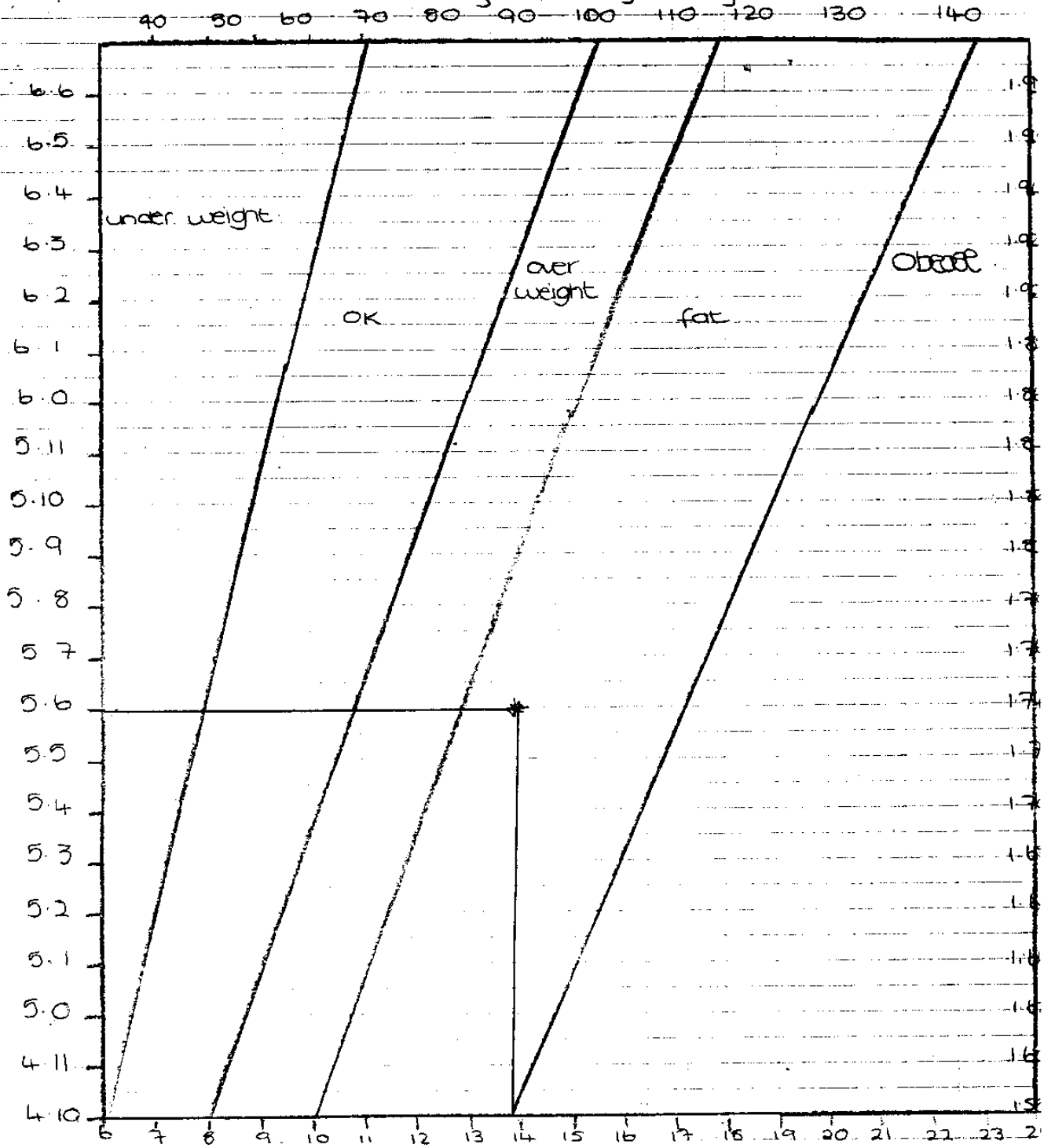
My client could also get stressed by lack of exercise has possibly he would like to do more exercise but carnt because of his health, he often gets stressed when he tries to exercise but can not because of the amount of pain he is in, he gives exercise ago, slow walking but he needs more of an exercise plan.

My client also gets stressed when he can not sleep, again because of the amount of pain he is in, several things stress my client.

ca

P3 19.

My client's height - weight chart



My client falls into the ^{fat} ~~obese~~ category, this could be because he does very little exercise, and he eats high amounts of fat products.

My client's physical state of health.

After I have evaluated my clients state of health, I have found out that my chosen client is in the over weight category, this could be because he does very little exercise, and has a high fat diet, he could be more active, and he could also eat less fat, my chosen client is eating a lot of food that contains high amounts of fat, this could be one of my clients problems, because my client doesn't exercise he is adding high amounts of calories to his diet.

di

P921.

Ways my client could achieve his aims.

My client could achieves his aims by asking family or friends to accompany him and give him encouragement, if my client one reason or another he could always ask a member of staff to accompany him and help him along the way.

He could ask a friend or a neighbour or a member of the family, if he takes a friend or a companion to go along with him then he may slightly work harder.

ei

P9 22

If my client achieves his targets.

If my chosen client achieves his targets, which I have already set he will feel proud of himself, he will also feel better in himself, I have set several targets for my client on diet and exercise if he achieves both targets, his health will improve, he will also become more mobile.

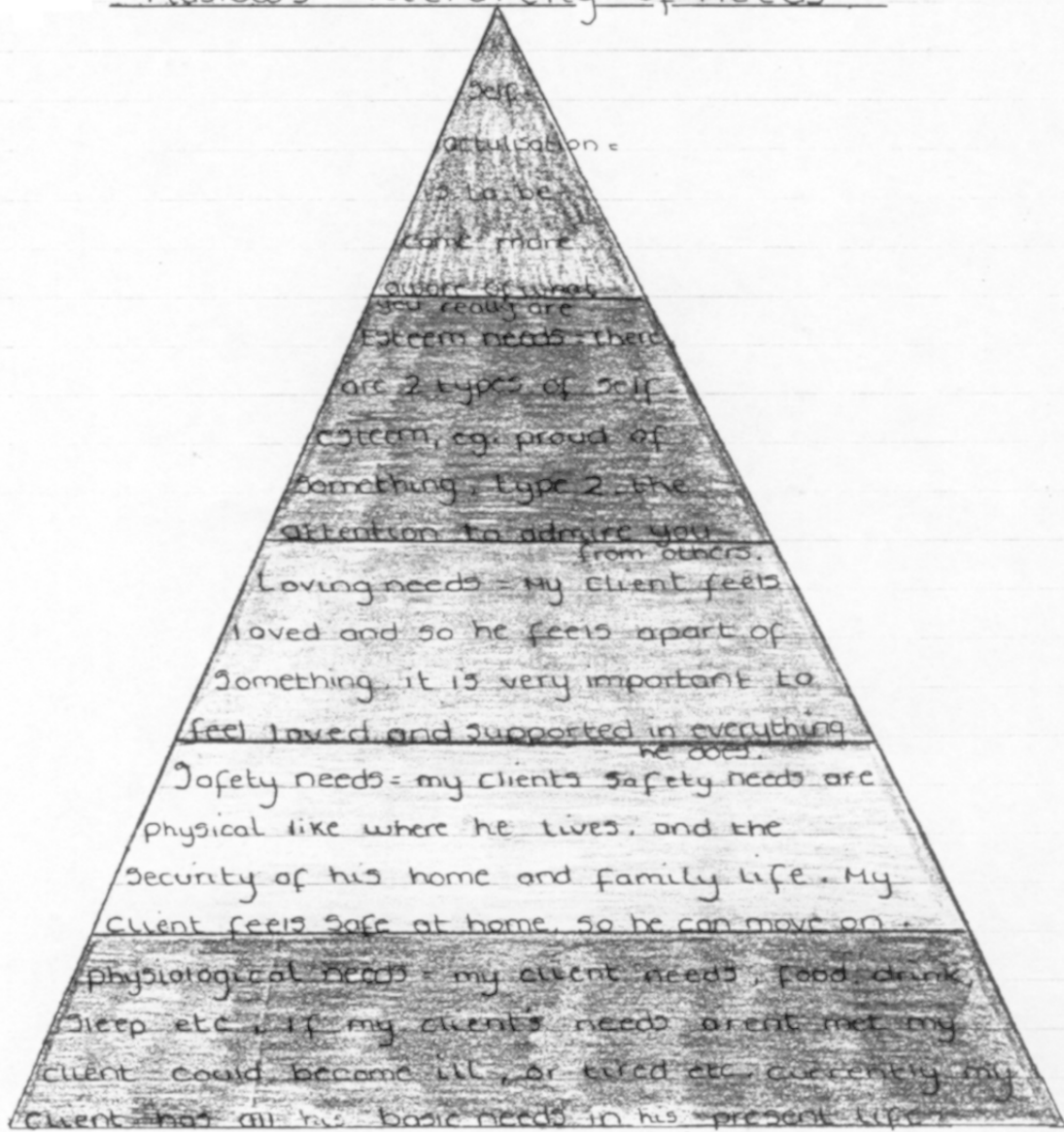
I set targets for my client, starting of gently and adding to his original exercise plan, my client were only walking when he add to, the plan I produced for my client should help him, because I have gradually increased his exercise plan and I have tried to give him encouragement. e1

When I have been setting my clients I have added more to each target. I haven't started of to harder exercise, as my client would become board and would lose interest.

This could be extended a lot longer

P9 23

Maslow's hierarchy of needs:



physiological needs = food, drink, sleep etc, when these needs arent met my client could become ill, tired etc. If my client ever lost these basic needs and got them back then he could move up to the next stage. But at the moment my client has all the basic needs in his present life, which allows my client to move on to the next stage.

Pulse rate

	Pulse rate (beats/min)	Breathing rate (breaths/min)	Recovery rate
Before exercise	92		
Exercise finished	160		
One minute	129		
Two minute	104		
Five minute	93		

Bibliography

Resources that I used in my assignment work:

Books: Health and social care, by Angela Fisher, Stephen Seamons, Ian Wallace, David Webb.

Health and social care by Liam Clarke.

I used the book by Angela Fisher, Stephen Seamons, Ian Wallace, David Webb, because it helped me with the Maslow's pyramid of needs, the other health and social care book by Liam Clarke, I used for ways I could support my client.

I would like to thank my client, Terry, for giving me information on his-self and also for agreeing that I could do my coursework on him.