

Surname	Centre Number	Candidate Number
Other Names		0



GCSE

4723/01

HEALTH AND SOCIAL CARE
UNIT 3: Maintaining Health and Well-being

A.M. TUESDAY, 25 June 2013

1¼ hours

For Examiner's use only		
Section A	1	
	2	
	3	
	4	
	5	
	6	
	7	
Section B	8	
	9	
	10	
Total	80	

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use pencil or gel pen. Do not use correction fluid.

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions.

Write your answers in the spaces provided in this booklet.

If you run out of space, use the continuation page at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

Section A: 30 marks

Section B: 50 marks

The number of marks is given in brackets at the end of each question or part-question.

You are reminded of the necessity for good English and orderly presentation in your answers.



SECTION A (30 marks)*Answer all questions from this section.*

1. Circle whether the following incidents are considered to be **reasonable** or **unreasonable** force.

(a) A patient hits a nurse because they are angry. [1]

Circle **reasonable** or **unreasonable** force.

(b) A nurse restrains a patient because they might hurt themselves. [1]

Circle **reasonable** or **unreasonable** force.

2. In the table below identify the frequency with which women are screened for cervical cancer between the ages of **25-49** and **50-64** years. [1,1]

Tick ✓ the correct answer.

Frequency with which individuals are screened for cervical cancer	25-49 years Tick ✓	50-64 years Tick ✓
Every 5 years		
Every year		
Every 3 years		



3. State what is meant by the terms ‘antenatal’ and ‘postnatal’.

(i) Antenatal [1]

.....

(ii) Postnatal [1]

.....

4. Identify **two** symptoms a first aider would recognise as signs of an individual being diabetic. [1,1]

(i) Symptom 1

.....

(ii) Symptom 2

.....



5. An epidemic of obesity has occurred in the United Kingdom since the Second World War.



In 1980, 14% of women and men were obese; by 2004, 24% of women and men were obese.

BBC.co.uk/news (2007)

(a) State what has happened to the percentage of obese women and men since 1980. [1]

.....

(b) Individuals become obese because they take in more calories than they use that is, the 'energy in' is greater than the 'energy out'.

Using the words provided, complete the table: [3]

Lose weight

Maintain weight

Gain weight

'Energy in' related to 'energy out'	Result in terms of weight
'Energy in' equals 'energy out'.	(i)
'Energy in' is less than 'energy out'.	(ii)
'Energy in' is greater than 'energy out'.	(iii)

(c) Explain why more individuals are obese now than in the past. [3]

.....

.....

.....

.....

.....

.....



(d) Give the government guidelines for the following:

(i) Eating fruit and vegetables [1]

.....

(ii) The amount of exercise an adult should do in a week [1]

.....

6. Mary went to the toilet and forgot to wash her hands.
She then handled lettuce and tomatoes while preparing her salad.

(a) Describe the meaning of **cross-contamination**, giving **one** example from the text above. [3]

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

(b) Identify **three** other ways that food can become contaminated. [3]

(i)

.....

(ii)

.....

(iii)

.....



7. Delyth has stayed too long under a sunlamp. Consequently, she has sunburn.

(a) Give **two** symptoms of sunburn.

(i) [1]

(ii) [1]

(b) Describe the treatment that Delyth should have for her sunburn. [5]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



BLANK PAGE

**PLEASE DO NOT WRITE
ON THIS PAGE**

4723
010007



SECTION B (50 MARKS)

Answer all questions from this section.

- 8. A health campaign targeting the general public to prevent the spread of influenza (flu) included the following message:



- (a) State how influenza is passed on from one person to another. [2]

.....

.....

.....

.....

- (b) Explain the message of the ‘Catch it, Bin it, Kill it’ campaign. [3]

.....

.....

.....

.....

.....

.....



(c) (i) State how vulnerable individuals can be protected against influenza. [1]

.....
.....

(ii) Explain why individuals in later adulthood are offered protection against pneumonia. [2]

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

(iii) Explain why children and pregnant women are considered to be vulnerable to contracting influenza. [2]

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

(d) Describe the effectiveness of the ‘Catch it, Bin it, Kill it’ campaign poster. [5]

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



9. Jack is 55 years old.
He has an appointment for an annual check-up at the well-man clinic.
The general practitioners (GPs) at the health centre believe that ‘prevention is better than cure’.

(a) Describe what is meant by the phrase ‘prevention is better than cure’. [3]

.....

.....

.....

.....

.....

(b) At the well-man clinic they will carry out a number of tests and measurements.
They will also ask Jack questions about his lifestyle.

Explain the purpose of the measurements, tests and questions with reference to the benefits to Jack. [5]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



(c) Discuss other preventative health services available to adults.

[7]

A series of horizontal dotted lines for writing, filling the majority of the page.



10. Ben is 10 years old and attends primary school.
A variety of outside agencies visit schools to make sure the children are safe and healthy.

(a) This week a nurse is coming into school to take the pupils' measurements as part of The National Child Measurement Programme (NCMP).

(i) Describe the advice that the NCMP may give to parents to encourage their children to be a healthy weight for their age. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(ii) Explain the importance of the NCMP to the National Health Service (NHS). [8]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



(b) Next week the police liaison officer will be coming into the school to talk about road safety.

Discuss the issues she is likely to include in her talk. [8]

END OF PAPER



BLANK PAGE

**PLEASE DO NOT WRITE
ON THIS PAGE**

