

**HEALTH MANAGEMENT AND SOCIAL CARE  
PAPER 1 (Sample Paper)  
Question-Answer Book**

Time allowed: 2 hours

This paper must be answered in English.

**INSTRUCTIONS**

- (1) Write your Candidate Number in the space provided on Page 1.
- (2) Stick barcode labels in the spaces provided on Pages 1, 3, 5, 7 and 9.
- (3) There are two sections in this Question-Answer Book. Section A carries 32 marks and Section B, 48 marks. The total score of this paper is 80. Answer **ALL** questions.
- (4) Write your answers in the spaces provided in this Question-Answer Book. Do not write in the margins. Answers written in the margins will not be marked.
- (5) Supplementary answer sheets will be provided on request. Write your candidate number, fill in the question number and stick a barcode label on each sheet. Tie them loosely but securely with a string **INSIDE** this Question-Answer Book.
- (6) Present your answers in paragraphs wherever appropriate.

Please stick the barcode label here.

Candidate Number									
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Marker's Use Only	Examiner's Use Only
Marker No.	Examiner No.

Question No.	Marks	Marks
1		
2		
3		
4		
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6		
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9		
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11		
12		
13		
Total		

**Section A: Short questions (32 marks)**

**Answer all questions in Section A.**

1. Put down one perspective of health to each of the following statements. (3 marks)

Statement	Perspective
“Health” means we seldom get anxious.	<b>psychological</b>
“Health” means we are not being ill.	(a)
“Health” means we have good relationships with our parents and peers.	(b)
“Health” means we have unpolluted places to live in.	(c)

2. Give one example of technological advancement. Identify one positive and one negative impact of this advancement on human health. (3 marks)

(a) Example of technological advancement: \_\_\_\_\_  
 \_\_\_\_\_

(b) Positive impact on health: \_\_\_\_\_  
 \_\_\_\_\_

(c) Negative impact on health: \_\_\_\_\_  
 \_\_\_\_\_

3. What is the meaning of bullying? Suggest two reasons why bullying happens in schools. (4 marks)

(a) Meaning of bullying: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

(b) Reasons: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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4. Name three common civilization diseases that can be found in Hong Kong. (3 marks)

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5. Describe two positive impacts that changing from primary to secondary school may have on a student's social development. (2 marks)

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6. In the table below, name one special need or preventive care for each stated stage of life. Repeated answers will not be accepted. (4 marks)

Stage of life	Special need or preventive care
Infancy or toddler	(a)
Childhood	<b>balanced diet to prevent obesity</b>
Adolescence	(b)
Adulthood	(c)
Elderly	(d)

7. People's lifestyles have changed a lot over the past 20 years. Identify one population group and point out one change that has occurred in its lifestyle. Explain how such change in lifestyle affects people's health. (3 marks)

(a) Population group: \_\_\_\_\_  
\_\_\_\_\_

(b) Change in lifestyle: \_\_\_\_\_  
\_\_\_\_\_

(c) Effect on health: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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8. Despite it being a developed city, poverty still exists in some parts of the Hong Kong society. Identify the possible causes of poverty in Hong Kong. Discuss the effects of poverty on one's social, physical and psychological well-being. (6 marks)

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9. Compare and contrast the rationale of the social security system of Hong Kong with that of the United Kingdom or the United States of America. (4 marks)

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**Section B: Structured questions (48 marks)****Answer all questions in Section B.****Question 10 (13 marks)**

Drug abuse is a serious teenage problem in Hong Kong. Below are some data on this issue. Study the information carefully and answer the questions that follow.

**Part I**

Table 1 shows the number of reported drug abusers (below 16 years of age) of some common types of drugs in Hong Kong during the period of 2002 to 2005. Study the data in Table 1 and answer questions a to c.

Table 1: Number of reported drug abusers, 2002-2005

Types of drugs	2002			2003			2004			2005		
	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total
Psychotropic substances	246	241	487	209	148	357	184	137	321	214	168	382
Ketamine	168	198	366	119	95	214	122	96	218	94	105	199
Cannabis	96	38	134	85	36	121	82	26	108	65	38	103
Ecstasy	61	111	172	70	56	126	74	56	130	102	105	207
Ice	15	32	47	6	14	20	7	13	20	9	21	30
Cough medicine	6	6	12	23	13	36	29	11	40	27	10	37
Organic solvents	26	13	39	10	13	23	4	7	11	4	6	10

Source: Adapted from Central Registry of Drug Abuse

- (a). In 2003, which gender had the greater number of drug abusers? Show your calculation. (1 mark)

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- (b). It was found that there were some discrepancies between the figures provided in Table 1 and the actual number of drug abusers. Would the number of drug abusers in reality be bigger or smaller than the figures collected in researches? Explain your answer. (2 marks)

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(c). State two harmful effects of drug abuse. (2 marks)

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**Part II**

Research shows that drug problems among youths are often related to a variety of reasons. Table 2 shows some of the most common reasons that young people take drugs. Study the data carefully and then answer questions d to f.

Table 2: Reasons for drug use (below 16 years of age)

Reasons for current drug use	2002			2003			2004			2005		
	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total
Avoid discomfort of its absence	3	1	4	4	4	8	6	3	9	7	3	10
Peer influence	170	156	326	140	92	232	131	83	214	143	127	270
Curiosity	87	66	153	76	48	124	72	56	128	77	69	146
Relief of boredom/ Depression/ Anxiety	59	62	121	44	54	98	31	53	84	49	65	114
To seek euphoria or sensory satisfaction	106	108	214	80	45	125	64	56	120	91	80	171

Source: Adapted from Central Registry of Drug Abuse

(d). According to Table 2, what is the most common reason for current drug use? Explain such a phenomenon. (2 marks)

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(e). Name two kinds of services provided by government departments to help drug abusers. (2 marks)

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(f). Amongst others, education and law enforcement are two possible measures to cope with drug abuse problems. Discuss the pros and cons of both measures. (4 marks)

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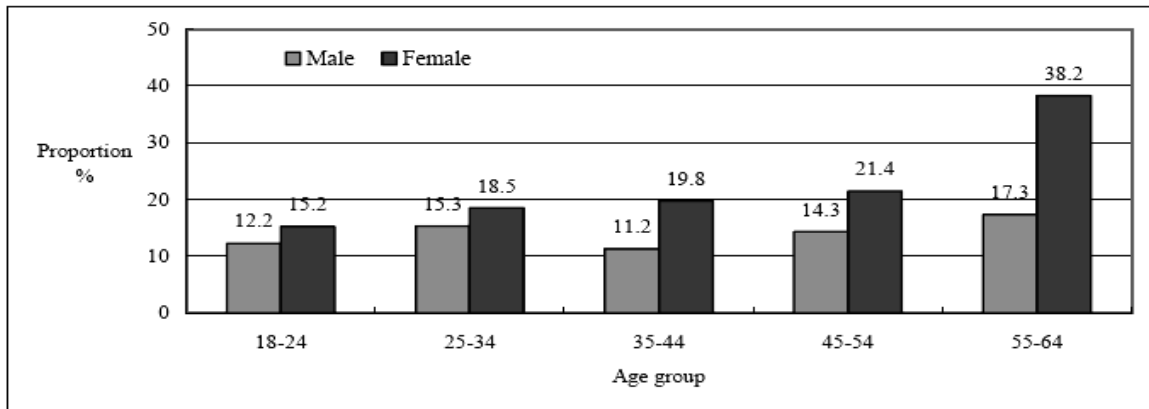
**Question 11 (12 marks)**

Diet, nutrition and physical activity are generally regarded as behavioural determinants closely related to population health. The World Health Organization (WHO) has recommended, amongst others, an intake of at least five servings of fruits and vegetables each day as a means to prevent chronic diseases. Read the following data regarding people's diet and answer the questions that follow.

**Part I**

The following data in Diagram 1 show the results of a telephone survey regarding Hong Kong people's daily consumption of fruits and vegetables. Study the data carefully and answer questions a to c.

Diagram 1: Proportion of males and females consuming five or more servings of fruits and vegetables per day by age group



Source: Behavioural Risk Factor Survey 2004.

- (a). According to Diagram 1, the number of people consuming fruits and vegetables generally increases with age. Propose two reasons for such a trend. (2 marks)

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- (b). Compare the proportion of males consuming five or more servings of fruits and vegetables per day with that of females. Relate your answer to the relative lifespan of women and men in Hong Kong. (2 marks)

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- (c). The WHO plays an important role in promoting and maintaining health at the global level. Identify two important roles that are played by the WHO in enhancing human health. (2 marks)

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**Part II**

Study the following findings from a study conducted in 1999 regarding food preferences of the local younger population (age 10-19).

The dietary practice of local youths appeared to be less healthy than the adult population. Consumption of selected food items was expressed as frequency of intake in the seven days preceding the interview. It was found that 8.0% and 3.2% of the participants did not consume any fruits or vegetables respectively. The prevalence of eating high calorie and fried food was high and it was more obvious in the 15- to 19-year age group, with 37.1% eating desserts or snacks (such as cakes and ice cream) four times or more, and 36.9% eating fried food four times or more. Inadequate consumption of fruits and vegetables tended to prevail in participants with parents of lower educational background.

Source: Hong Kong Population Health Profile Series

- (d). With reference to the data provided in Parts I and II, suggest two strategies to promote a healthy diet and encourage a positive attitude towards healthy eating in young people. Give an explanation for each strategy suggested. (4 marks)

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- (e). Physical activity is another behavioural determinant of health. List two positive effects of physical activity on different aspects of health. (2 marks)

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**Question 12 (11 marks)**

The following is a newspaper extract showing some statistics regarding domestic violence in Hong Kong. Read carefully and then answer questions a to d.

Hong Kong's population is mostly of Chinese origin. It is strongly influenced by its deep-rooted cultural heritage in that men often occupy a higher social and family status. This male-dominated social culture propagates the female virtues of tolerance and total submission. For years, domestic violence, especially spouse battering or violence, is seldom reported. Females who have to depend on their husband economically, socially and emotionally seldom share their experiences of violence with others, including their friends and relatives. However, such a low reporting trend has been changing recently. In 2005, the Social Welfare Department recorded 3,598 battered spouse and sexual violent cases, out of which 3,153 were battered wives. This shows an increase of about 140% within five years. Similarly, according to the Police Statistics released in July 2006, the number of reported cases of domestic violence has increased by 30%, as compared with the same period in 2005.

- (a). Discuss the reasons why reported cases of domestic violence show an increasing trend. (2 marks)

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- (b). Evaluate the harmful effects of domestic violence on the: (4 marks)
- i) abused
  - ii) abuser

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- (c). As a social worker, what can you do to help those families facing the problem of domestic violence? State two. (2 marks)

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- (d). The Convention on Elimination of Discrimination Against Women has been applying to Hong Kong since July 1997. As a representative from a non-government organization in Hong Kong, you are going to make a proposal to the United Nations on ways to tackle domestic violence in Hong Kong. What would you suggest and explain why you think they can help to tackle the issue. (3 marks)

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**Question 13 (12 marks)**

In November 2006, a tragedy happened in a family in Lok Fu Housing Estate. Read the following data file regarding this tragic case and answer the questions followed.

**Lok Fu Tragedy**

A father, suspected to have killed his wife and their two daughters, threw himself out of the window in their house at Lok Fu Housing Estate and was found dead early this morning, the police said.

The tragedy happened in a flat on the 12<sup>th</sup> floor at the Lok Fu Housing Estate. Neighbours later told the police that they heard the husband and the wife fighting shortly after mid-night. The quarrel lasted for about fifteen minutes and then it went quiet. At about 2 a.m., a loud thud of noise was heard and the husband was seen lying dead on the ground floor outside the building. Police later also found three dead bodies in the flat where the man lived. It was confirmed that the three bodies were the man's wife, aged 35, and their two daughters, aged 12 and 8 respectively. All three died of multiple stab wounds. A blood-stained seven-inch-long knife was found on the floor of the kitchen in the flat.

It was not known yet as to the reasons why such tragedy happened, and further investigation was underway. However, police confirmed that the man, surnamed Ng, aged 43, had been unemployed since January this year. Police also said that the man's wife had sought help from police in a domestic violent case reported in September. A new social worker from the Social Welfare Department has been assigned to follow the family's case, after the one originally assigned to be responsible for the case left the government service early this month.

**Message from the Social Welfare Department**

In response to the family tragedy that occurred in Lok Fu, the Social Welfare Department (SWD) spokesman made the following statement today (November 13):

The SWD feels deep regret and concern about this family tragedy. In handling family violence cases, social workers of SWD or non-governmental organisations make the utmost efforts to provide assistance to the clients to work out possible solutions to their problems. In the problem solving process, the clients' cooperation and readiness to accept advice is very important.

In recent years, family problems have become more complex. The number of cases involving domestic violence has been on the rise. The SWD is well aware of the stress faced by frontline staff. Hence, in the past few years, the SWD has allocated and deployed additional resources to alleviate the work pressure of social workers.

During the intervention process, turnover of social workers is inevitable. In such a situation, the social worker should prepare a detailed case study and documents to ensure the receiving social worker understands the case for follow-up. The officer-in-charge of the unit will also make necessary arrangements to facilitate a smooth case transfer.

In the coming year, the SWD will further strengthen its specialised services for the victims of domestic violence, including strengthening its 24-hour hotline service, providing additional resources for refuge centres for women, enhancing volunteer training and enhancing clinical psychological support. Moreover, the Government has been reviewing the Domestic Violence Ordinance and is going to make a series of proposed amendments to the Legislative Council with a view to strengthening the prevention of family violence. The Health, Welfare and Food Bureau will also convene meetings to further strengthen interdepartmental coordination in order to provide more efficient services and support for families with problems of domestic violence.

Source: Social Welfare Department

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**Neighbour talks about the family**

Mrs. Chan, a long-time neighbour of the family, describes what may be a typical picture of a ‘grass-root family’ in Hong Kong. “The family problem started after the father became unemployed several months ago. In the daytime, the father seldom comes out and talks to others. His wife was always blaming him for not making an effort to find a job and not contributing to the family. Every time they fought, we had to close the door because it was so loud. On several occasions, we couldn’t sleep because of their fighting. But we never expected such a terrible ending,” says the clearly shaken Mrs. Chan, “Now, my daughter is frightened and has nightmares about this tragedy. Their deaths have brought unhappiness to us all.”

“What has she done to deserve this?  
School-friend of daughter upset about sudden loss

**“I can’t believe this. She was talking and learning with us just the day before. What has she done to deserve this? She’s just a little girl,”** says Annie, who had been studying with the older daughter killed in the family tragedy since primary one. **“I know that she had been abused for some time, but she endured it because she wanted to keep the family together. How can this happen in the family, and how can a father do such a terrible thing to his daughter? The government should do something to help prevent this tragedy from happening again.”**

**Case overload: a message from an interviewed social worker**

*“It’s not the fault of the social worker concerned. Our work is to extend our ultimate efforts to help our clients yet we cannot stop this kind of tragedy from happening. Do you know how many cases that a social worker needs to handle at the same time? It’s 30 to 40! How can a person give prompt responses with such a huge number of cases? Also, time is needed for building up trust between the client and the social worker. It’s not fair to expect a new social worker to stand in and handle just any case within a short time. In fact, problems will never be solved if extra manpower and resources are not provided.”*

- (a). What are the possible causes that led the father to commit such a tragedy? Suggest two. (2 marks)

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- (b). Suggest two reasons why the tragedy still happened, despite the fact that the Social Service Department did intervene and try to help. (2 marks)

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- (c). With reference to the views and information provided by Mrs. Chan and Annie, suggest two possible actions that they could have done to minimize the chance of the tragedy from happening. (2 marks)

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- (d). Identify two types of improvement proposed by the SWD in response to this tragedy. (2 marks)

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- (e). In addition to the government, NGOs also play an important role in preventing domestic violence from happening. Name one NGO and state its role in supporting families with problems of domestic violence. (2 marks)

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- (f). The tragedy has imposed hard feelings on Annie. Describe the possible effects of this event on the personal development of Annie. (2 marks)

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**END OF PAPER**

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