

Your Component 3 set task

Component 3 will be assessed through a task, which will be set by Pearson and externally marked. In this task you will be asked to make an assessment of a service user in a case study and provide the key features of a health and wellbeing improvement plan that is tailored to their needs.

Revising your skills

Your assessed task could cover any of the essential content in Components 1, 2 and 3. You can revise the Component 3 content in this Revision Guide. This skills section is designed to **revise skills** that might be needed in your assessed task. The section uses selected content and outcomes to provide examples of ways to apply your skills.

Identify and explain factors that affect health and wellbeing in positive and negative ways

 **Links** Look at pages 49 and 50.

Interpret lifestyle data

 **Links** Look at page 52.

Interpret physiological indicators

 **Links** Look at pages 53 to 56.

Set task skills

Design a person-centred health and wellbeing improvement plan

 **Links** Look at pages 57 and 58.

Provide a rationale for the plan

 **Links** Look at page 59.

Identify obstacles relating to health and wellbeing improvement plans and describe how to overcome them

 **Links** Look at page 60.

Check the Pearson website

The activities and sample response extracts in this section are provided to help you to revise content and skills.

Ask your tutor or check the Pearson website for the latest **Sample Assessment Material** and **Mark Scheme** to get an indication of the structure of the actual assessed task and what this requires of you.

The details of the actual assessed task may change, so always make sure you are up to date.

Now try this

Visit the Pearson website and find the page containing the course materials for BTEC Tech Awards Health and Social Care. Look at the latest Component 3 Sample Assessment Material to check:

- the structure of your set task and whether it is divided into parts
- how much time you are allowed for the task, or for different parts of the task
- what briefing or stimulus material might be provided for you
- any notes you might have to make and whether you can take selected notes into your supervised assessment
- the activities you are required to complete and how to format your responses.

Using case studies

You may be asked to take on the role of a health care professional, such as a health care assistant, and to assess the health and wellbeing of a service user. Read the information you are given carefully before answering any questions. An example case study is given below.

Location

Naomi is 35 years old and single. She has just been promoted at work, which meant moving away from family and friends to a new flat situated on a main road in a large city.

Family, friends and social interactions

Naomi misses family and friends but she regularly speaks to friends on social media. Naomi has joined a local gym and has started to build new friendships. She also has regular check-ups with a trusted practice nurse at the local health centre.

Medical history

Naomi has had asthma since she was a young child. During a recent spell of cold weather her wheezing was so severe that she spent time in hospital. She uses a reliever inhaler when she feels symptoms starting.

Day-to-day life

Naomi enjoys her new job as a manager. She occasionally smokes, saying that it helps her relax. Unsociable shift patterns mean that Naomi often relies on takeaway food.

This section of the case study gives information about Naomi's day-to-day life. It tells us that Naomi sometimes smokes and has a poor diet because she works unsociable hours. These are lifestyle factors.

You might be asked to identify factors or life events that could have a negative or positive impact on the service user.



Links

Look at page 3 to revise the effects of chronic health conditions.



Links

Look at pages 10 and 26 to revise the impact of smoking on health and wellbeing and pages 5 and 6 to revise the effects of diet.

This section of the case study tells you about Naomi's current physical health. You could be asked how asthma, smoking and diet affects Naomi's health and wellbeing.

How to read case studies

This case study is used as an example to show the skills you need in your examination. The exact content of the exam case study will be different, but you will use the same approach to find out about the service user.

In your assessment, follow these steps as you think about the information you are given from the point of view of a health care professional:

- ✓ Read the case study through **twice**.
- ✓ **Underline** key phrases as you read the case study as shown here.
- ✓ Remember you can go back and look at the case study again while answering questions.

Now try this

Using the information provided, identify:

- (a) an environmental factor
 - (b) a social factor
 - (c) a physical factor
- that could have an effect on Naomi's health and wellbeing. State whether these factors have positive or negative effects.

The content on pages 3, 5, 6, 7, 10, 12, 13, 17 and 18 will help you with this question.

Explaining factors with negative effects

You may be asked to identify and explain factors with negative effects on health and wellbeing. You should re-read each section of the case study.

Sample response extract

Naomi lives by a main road in a large city where there is a high level of exhaust fumes in the environment.

Make sure you identify factors that can have a **negative** effect on the person's life. Look for linked information in different sections.

This learner has identified a factor from the case study with a negative effect, but they do not explain how it could impact on Naomi's health.

Improved response extract

Because Naomi lives in the city by a busy main road she will breathe in air with a high level of damaging particles and nitrogen dioxide from vehicle exhausts, **so** her airways and lungs are likely to be irritated. This will make breathing difficult and could trigger an asthma attack.

If you are asked to explain the effects of negative factors on health and wellbeing you could answer like this.

Here the learner identifies a factor from the case study that is likely to have a negative impact on health and makes specific links to Naomi's asthma. Using the word **so** has prompted them to explain (give reasons).



Links Look at page 17 to revise the effects of air pollution on airways and lungs.

Sample response extract

Takeaway foods are likely not to have all the nutrients Naomi needs to keep her body systems healthy, so she may suffer more colds and gain weight, both of which could negatively affect her asthma. They may also be high in sugar, which could increase her risk of type 2 diabetes and heart disease.

Diet is a factor with an indirect negative effect on Naomi's asthma.



Links Look at page 6 to revise the risks of an unhealthy diet.

Now try this

Explain another factor that could have a negative effect on Naomi's health and wellbeing.

You could give a factor that affects Naomi's emotional and social wellbeing.