

Health & Social Care Mock Exam Revision Sheet

You will be completing 6 activities in a two hour time slot.

Each activity will be based on a case study.

Activity 1: Factors affecting health & wellbeing

You will need to identify 2 factors that could have a positive effect on health & wellbeing & explain why.

You will need to identify 4 factors that could have a negative impact on health & wellbeing & explain why.

You will need to understand & be able to recall the content in 'Component 3A' of the text book.

You have been given a copy.

This section will be worth 12/60 marks (24 minutes)

Activity 2: The effects of bereavement on social & emotional wellbeing

You will need to understand & explain how bereavement may affect social & emotional wellbeing.

This section will be worth 6/60 marks (12 minutes)

Activity 3: Interpreting lifestyle & physiological data

You will be given data on an individual's BMI and blood pressure and lifestyle.

You will be expected to explain how this information can help a HCP to identify

- Current state of health
- Potential future health risks

The focus for this paper is the effect of smoking & alcohol consumption on physical health.

You will need to understand and learn the following pages of the text book: P164-5, P168-9, P176-7, P178-9

This section is worth 12/60 marks (24 minutes)

Spend 1 hour on Activity 1-3

Activity 4: Designing a health & wellbeing improvement plan

You will use all the prior data and develop a plan that includes:

1. 3 recommended actions described (P186-7)
2. Short & long term SMART targets (P190-91)
3. Explanation given for sources of support to help achieve the targets (P190-91)

This section is worth 12/60 marks (24 minutes)

Activity 5: Plan rationale

You will write a clear explanation for how the plan

- addresses your clients needs
- addresses his wishes
- addresses his circumstances

This section is worth 10/60 marks (20minutes)

Activity 6: Possible obstacles and how to overcome them

In this section you will describe possible obstacles and how to overcome them.

You will find the information for this section on P192-3 & P194-5.

This section is worth 8/60 marks (16 minutes)

Spend 1 hour on Activity 4-6

