

## **BTEC Tech Award in Health and Social Care Exam Checklist/Knowledge Organiser**

<b>G</b>	I am confident about this topic and I know what I need to do.
<b>A</b>	I am not too sure about this topic. I may need to check with my teacher and spend more time working on this topic. I need to carry out further revision and practise.
<b>R</b>	I am not confident I could answer a question on this topic. I need to check with my teacher and ensure I have what I need to do it. I need to carry out further revision and practise.

<b>Topic</b>	<b>What I need to know...</b>	<b>R</b>	<b>A</b>	<b>G</b>
A1 Definition of health and wellbeing	The definition of health and wellbeing is: <input type="checkbox"/> A combination of physical health and social and emotional wellbeing and not just the absence of disease or illness			
A1 Physical factors that affect health and wellbeing	Physical factors that can have positive or negative effects on wellbeing are: <input type="checkbox"/> Inherited conditions – sickle cell disease, cystic fibrosis <input type="checkbox"/> Physical ill-health – cardiovascular disease, obesity, type 2 diabetes <input type="checkbox"/> Mental ill health – anxiety, stress <input type="checkbox"/> Physical abilities <input type="checkbox"/> Sensory impairments			
A1 Lifestyle factors that affect health and wellbeing	Lifestyle factors that can have positive or negative effects on wellbeing are: <input type="checkbox"/> Nutrition <input type="checkbox"/> Physical activity <input type="checkbox"/> Smoking <input type="checkbox"/> Substance misuse			
A1 social factors that affect health and wellbeing	Social factors that can have positive or negative effects on wellbeing are: <input type="checkbox"/> Supportive and unsupportive relationships <input type="checkbox"/> Social inclusion or social exclusion <input type="checkbox"/> Bullying <input type="checkbox"/> Discrimination			
A1 Cultural factors that can affect health and wellbeing	Cultural factors that can have positive or negative effects on wellbeing are: <input type="checkbox"/> Religion <input type="checkbox"/> Gender roles and expectations <input type="checkbox"/> Gender identity <input type="checkbox"/> Community participation			
A1 Economic factors that can affect health and wellbeing	Economic factors that can have positive or negative effects on wellbeing are: <input type="checkbox"/> Employment situation <input type="checkbox"/> Financial resources – income, inheritance, savings			
A1 Environmental factors that can affect health and wellbeing	Environmental factors that can have positive or negative effects on wellbeing are: <input type="checkbox"/> Housing needs <input type="checkbox"/> Housing conditions – cramped conditions/mould/unhygienic environment; space/hygienic environment <input type="checkbox"/> Housing location <input type="checkbox"/> Home environment – living with high level of parental conflict, abuse and neglect <input type="checkbox"/> Exposure to pollution – air, noise and light			
A1 The impact of PIES and wellbeing due to life events	The impact of life events on PIES due to the following life events: <input type="checkbox"/> Physical events <input type="checkbox"/> Relationship changes <input type="checkbox"/> Life circumstances			

Topic	What I need to know...	R	A	G
B1 Physiological indicators	<p>Interpretation of physiological data according to published guidelines</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Resting heart rate (pulse) - normal range 60 to 100 bpm</li> <li><input type="checkbox"/> Heart rate (pulse) recovery after exercise – the heart's ability to return to normal levels after physical activity is a good indicator of fitness</li> <li><input type="checkbox"/> Blood pressure (BP) – low blood pressure 90/60mmHg or lower</li> <li><input type="checkbox"/> Ideal blood pressure between 90/60mmHg and 120/80mmHg</li> <li><input type="checkbox"/> Pre-high between 120/80mmHg and 140/90mmHg, high blood pressure 140/90mmHg or higher</li> <li><input type="checkbox"/> Body mass index (BMI) – underweight below 18.5 kg/m<sup>2</sup>, healthy weight between 18.5 kg/m<sup>2</sup> and 24.9 kg/m<sup>2</sup>, overweight between 25 kg/m<sup>2</sup> and 29.9 kg/m<sup>2</sup>, obese between 30 kg/m<sup>2</sup> and 39.9 kg/m<sup>2</sup>, severely obese 40 kg/m<sup>2</sup> or above</li> </ul> <p>The potential significance of abnormal readings:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Impact on current physical health (short-term risks)</li> <li><input type="checkbox"/> Potential risks to physical health (long-term risks).</li> </ul>			
B2 Lifestyle indicators	<p>How lifestyle choices can determine physical health</p> <p>Interpretation of lifestyle data according to published guidelines:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Nutrition – the Eatwell Guide</li> <li><input type="checkbox"/> Physical activity – UK Chief Medical Officers' Physical Activity Guidelines</li> <li><input type="checkbox"/> Smoking – UK Chief Medical Officers' Smoking Guidelines</li> <li><input type="checkbox"/> Alcohol – UK Chief Medical Officers' Alcohol Guidelines</li> <li><input type="checkbox"/> Substance misuse</li> </ul>			
C1 Person-centred approach to improving health and wellbeing	<p>This is a consolidation of Unit 2. Explore how a person-centred approach takes into account and individual's</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> needs – to reduce health risks</li> <li><input type="checkbox"/> Wishes – their preferences and choices</li> <li><input type="checkbox"/> Circumstances – to include age, ability, location, living conditions, support, physical and emotional health.</li> </ul>			
C1 The importance of a person-centred approach	<p>How a person-centred approach can support individuals</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Makes them more comfortable with recommendations, advice and treatment</li> <li><input type="checkbox"/> Gives them more confidence in recommendations, advice and treatment</li> <li><input type="checkbox"/> Ensures their unique and personal needs are met</li> <li><input type="checkbox"/> Increases the support available to more vulnerable individuals</li> <li><input type="checkbox"/> Improves their independence</li> <li><input type="checkbox"/> They are more likely to follow recommendations/actions to improve their health</li> <li><input type="checkbox"/> They are more motivated to behave in ways that positively benefit their health</li> <li><input type="checkbox"/> They feel happier and more positive about their health and wellbeing.</li> </ul>			
C1 The benefits of a person-centred approach	<p>The benefits of a person-centred approach for health and care workers:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Improves job satisfaction for health and social care workers</li> <li><input type="checkbox"/> Saves time for health and social care services</li> <li><input type="checkbox"/> Saves money for health and social care services</li> <li><input type="checkbox"/> Reduces complaints about health and social care services and workers.</li> </ul>			
C2 Recommendations and actions to improve health and wellbeing	<p>Established recommendations for helping to improve health and wellbeing:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Improving resting heart rate and recovery rate after exercise</li> <li><input type="checkbox"/> Improving blood pressure</li> <li><input type="checkbox"/> Maintaining a healthy weight</li> <li><input type="checkbox"/> Eating a balanced diet</li> <li><input type="checkbox"/> Getting enough physical activity</li> <li><input type="checkbox"/> Quitting smoking</li> <li><input type="checkbox"/> Sensible alcohol consumption</li> <li><input type="checkbox"/> Stopping substance misuse</li> </ul>			

Topic	What I need to know...	R	A	G
C1 Support available	Support available when following recommendations to improve health and wellbeing: <ul style="list-style-type: none"> <li><input type="checkbox"/> Formal support from professionals, trained volunteers, support groups and charities</li> <li><input type="checkbox"/> Informal support from friends, family, neighbours, community and work colleagues.</li> </ul>			
C3 Barriers and obstacles to following recommendations	The definition of a barrier is 'something unique to the health and social care system that prevents an individual accessing a service.  Potential barriers as appropriate to the individual and the recommendation: <ul style="list-style-type: none"> <li><input type="checkbox"/> Physical barriers</li> <li><input type="checkbox"/> Barriers to people with sensory disability</li> <li><input type="checkbox"/> Barriers to people with different social and cultural backgrounds</li> <li><input type="checkbox"/> Barriers to people that speak English as an additional language or those who have language or speech impairments</li> <li><input type="checkbox"/> Geographical barriers</li> <li><input type="checkbox"/> Resource barriers for service provider</li> <li><input type="checkbox"/> Financial barriers</li> </ul>			
C3 Obstacles	The definition of an obstacle is 'something personal to an individual that blocks a person moving forward or when action is prevented or made difficult.'  Potential obstacles as appropriate to the individual and the recommendation: <ul style="list-style-type: none"> <li><input type="checkbox"/> Emotional/psychological</li> <li><input type="checkbox"/> Time constraints</li> <li><input type="checkbox"/> Availability of resources</li> <li><input type="checkbox"/> Unachievable targets</li> <li><input type="checkbox"/> Lack of support</li> </ul>			

Key words/Command verb	Definition
Complete	Provide the missing information for a table so that it is complete (contains all the necessary information).
Discuss	Consider the different aspects in detail of an issue, situation, problem or argument and how they interrelate.
Explain	Present one point that identifies a reason, way, benefit, or importance etc and a second point that justifies/explains the first point.
Give	Provide a response i.e. feature, characteristic or use of.
Identify	Usually requires some key information to be selected from a given stimulus/source.
State	Recall from memory facts, terms, processes, legal implications etc. or provide the correct answer to the given context.