

# Component 3 Exam

Date of Exam:

Target grade:

Your Name:

Write down 3 things you struggle with the most currently


## How confident do you feel about the exam?

			
<u>Question 1</u> – Factors which effect the person’s health and wellbeing – positive or negative (probably both)			
<u>Question 2</u> You will be given more information about the person. It will probably be a life event that has happened to the person (bereavement of a loved one, an unexpected illness etc.) Then you will be asked what effect this has on the person’s health and wellbeing (usually an area of PIES)			
<u>Question 3</u> You will be given some lifestyle and physiological data about the person which you will need to interpret and then explain what affect is has on the current AND future health of the person.			
<u>Question 4 – Health and wellbeing plan</u> Decide on 3 actions – remember to look at their current situation first as it should be linked to THEIR NEEDS			
<u>Question 5 - Rationale</u> You will need to justify (give reasons for your plan)			
<u>Question 6 – Obstacles/barriers the person might face and how they can overcome them</u>			

# Question 1

Question 1 – Factors which effect the person’s health and wellbeing – positive or negative (probably both)

\*This may be split into categories such as economic, environmental, physical etc. Use the knowledge organisers to learn these.

*Top tip: highlight or underline the positive and negative factors (think back to PIES)*

Fill in the rest of this table with examples

Physical/ Lifestyle	Genetic inheritance	i.e. Downs syndrome, Huntington's
	Ill health	
	Diet	Lots of takeaways, sugar, salt, fat. Lack off fruit and veg
	Exercise	An office job No physical activity
	Alcohol	Drinking a lot Drinking just on a weekend (binge drinking?)
	Smoking	Nicotine addiction
	Drugs	
	Personal hygiene	Hair, body, house, lack of deodorant
Social	Relationships	Being in a stable relationship & Having friends Vs. Being in an unstable relationship?
Emotional	Stress	
Cultural	Willingness to seek help	
Economic	Finance	Lack of money
	Job	Having a well paid, fulfilling job vs. Having few hours, low paid, job they don't enjoy
Environmental	Conditions (i.e. pollution)	Noise from neighbours, air pollution in city Vs no noise, countryside air
	Housing	Block of flats vs. detached house with garden City vs rural area – access?
Life events	Change in circumstance	Bereavement Divorce Redundancy

Look at Brian’s case study- highlight the positive information in green & negative information in red

**Section A: assessing health and wellbeing**

You are a health care assistant at your local health centre. You have been asked to assess the health and wellbeing of one of the service users.

Read the information below and then complete the activities that follow.

<p><b>Location</b> Brian Whittaker is 72 years old. He lives in a two-bedroom bungalow in a small village at the top of a steep hill.</p> <p><b>Medical history</b> He recently had a hip replacement operation. As a result, his mobility has started to improve.</p> <p><b>Family, friends and social interactions</b> The district nurse visits three times a week to change the dressings on his hip. A gardener comes once a fortnight to keep the garden neat. A friend visits weekly, who looks after his finances, organises his medical appointments and helps out with any household tasks. However, none of these visitors are near his own age and he misses the company of his own age group.</p> <p><b>Day-to-day life</b> Brian uses a walking stick to get around his house and is managing to be independent. He can do his day-to-day chores, like getting dressed, keeping clean and doing his own washing. However, he struggles with preparing food as he cannot stand up for long, so he eats a lot of fast food. He finds it difficult to ask anyone to help him because he is very proud of being independent.</p>
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Q1: Positive effects on physical health- in exam remember your **explanation**- fill in the blanks and add two of your own

Factor	Explanation
	Less strain on hip/less struggle to move around home
Small village	
Hip replacement	More mobile/independent
Has a district nurse to check hip	
	Practical support – nicer garden

Q1: Negative effects on physical health - in exam remember your **explanation**- fill in the blanks and add two of your own

Factor	Explanation
	Prevents him accessing services/friends
Recently had an operation	
Hip problems	Could lead to depression/unhappy
	Negative effect on physical fitness
Lack of friends his age/isolated	Reduces emotional wellbeing/lonely/social interaction

**Q1: Life event and effect on social and emotional wellbeing**

(highlight positive & negative effects of Enid's death on Brian)

Six months ago Brian's wife, Enid, died. She had been ill for several years. Enid had to go in a care home for the last three months of her life. Brian visited her every day in the care home, where he got to know the staff well. He often stayed for lunch and chatted to the staff and residents while he was there. Because of his bad hip, he went by taxi, which he enjoyed as he got to know the taxi driver well. But since Enid's death, he hasn't been back to the care home

Factor	Explanation
Grieving	
No longer caring for wife	May feel like he is not needed
	Socially isolated and alone
Support from care home staff	Cope with bereavement

## Q2: Physiological data

### Lifestyle data

Brian recently came into the health centre for a medical check-up. The practice nurse Mrs Smith went through some questions with him. She found out that he used to smoke 30 cigarettes a day but since his operation he has cut down to about 5 a day. He likes a couple of glasses of whisky before he goes to bed and has started to drink during the day.

### Physiological data

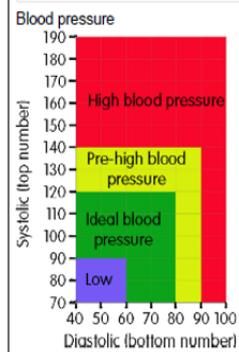
Mrs Smith also took these readings:

BMI	32 kg/m <sup>2</sup>
Blood pressure	160/92 mm Hg

### Guidance for physiological data

Mrs Smith gives you the guidance below to help you interpret the physiological data.

Weight Categories	BMI (kg/m <sup>2</sup> )
Underweight	< 18.5
Healthy Weight	18.5-24.9
Overweight	25-29.9
Obese	30-34.9
Severely Obese	35-39.9
Morbidly Obese	≥40



What impacts  
Brian's health?

Positive &  
negative?

Positive	Explanation/Effects	Negative	Explanation/Effects
Reduced smoking		Alcohol	
Regular visitors		Fast food	
Hip replacements		Lack of exercise	

The health centre has asked you to review the information about Brian.

**Activity 1(a)**

Using the information provided, explain **two** factors that could be having a **positive** effect on Brian's health and wellbeing.

(4)

1.....  
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2.....  
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**Activity 1(b)**

Using the information provided, explain **four** factors that could be having a **negative** effect on Brian's health and wellbeing.

(8)

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**(Total for Activity 1 = 12 marks)**

Six months ago Brian's wife, Enid, died. She had been ill for several years. Enid had to go in a care home for the last three months of her life. Brian visited her every day in the care home, where he got to know the staff well. He often stayed for lunch and chatted to the staff and residents while he was there. Because of his bad hip, he went by taxi, which he enjoyed as he got to know the taxi driver well. But since Enid's death, he hasn't been back to the care home.

**Activity 2**

Explain **three** effects that Enid's death could have on Brian's social and emotional wellbeing.

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**(Total for Activity 2 = 6 marks)**



For physiological – BMI, blood pressure, peak flow and pulse rate

	<b>Current</b>	<b>Future</b>	<b>How to improve</b>
Poor diet			
Smoking			
Lack of exercise			
High BMI	Anaemia (tiredness) Weak immune system (cold/flu) Pressure on joints Low mobility	Osteoporosis (fragile bone) Heart disease High blood pressure Type 2 Diabetes Stroke Arthritis	Lose weight Exercise Balanced diet
High BP	Severe headache. Fatigue or confusion. Vision problems. Chest pain. Difficulty breathing. Irregular heartbeat	Heart disease - Kidney disease - Stroke - Dementia	Reduce salt intake exercise lose weight stop Smoking, alcohol, drugs lower Stress
Low BP	Dizziness Weakness	Fainting	do not sit or stand for long periods  do not drink caffeinated drinks at night  do not drink too much alcohol
High Pulse Rate	Dizziness	Heart attack Stroke High blood pressure	Stop smoking Exercise more Better diet Lower stress levels
Low Peak flow	Trouble breathing	Asthma – narrowed airways Emphysema – chronic lung disease	Exercise Stop smoking

		Chronic bronchitis – inflamed bronchi Cystic fibrosis – genetic lung disorder Lung cancer	
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## Section B

### Q4 – Health and wellbeing plan

Decide on 3 actions – remember to look at their current situation first as it should be linked to THEIR NEEDS

- Action – overall aim (i.e. to reach a healthy BMI, stop smoking etc.)
- Short term target – frequency (i.e. once/per week) and deadline (up to 6 months)
- Long term target - frequency (i.e. 20 mins/per week) and deadline (by 1 year)
- Support – formal or informal and HOW! (i.e. GP for nicotine patches TO REDUCE CRAVINGS)

1. Identify health issue e.g. smokes too much, is socially isolated etc.
2. Create an action (overall aim)

Issue	Action
Socially Isolated	Take part in social activities
Improve mobility	
Lose weight	
Reduce blood pressure	

3. Targets- need to be SMART (specific, measurable, achievable, realistic & timely)

Short term- needs to be within 6 months.

Long term- over 6 months

Action	Short term target	Long term target
Stop smoking	Jane should cut down to 10 cigarettes per week	Jane should eventually stop smoking all together and be smoke free for 10 months

Drink a safer amount of alcohol		<i>Reduce alcohol to less than 14 a week, do not binge drink</i>
Feel less isolated	<i>Within 6 weeks, be able to leave the house every day &amp; have a short conversation with someone</i>	

Try this one

Nigel is 48 and has two sons aged 4 and 6 years. Nigel works long hours and often grabs a takeaway on his way home. Walking even a little way makes him short of breath. It upsets Nigel when he has to sit and watch his sons play football instead of joining in. On a visit to his health centre the practice nurse found that Nigel is obese and his blood pressure is raised.

Think about what Nigel most wants to achieve and what would benefit his weight and blood pressure.

Suggest one short-term and one long-term SMART target that would help Nigel lose weight and lower his blood pressure.


Now try this with the information provided

- Naomi is 35 and single.
- She has just been promoted at work so had to move away from family and friends to a new flat on a main road in a large city.
- She has joined a local gym and started to build new friendships.
- She also has regular check ups with a trusted practise nurse at the local health centre.
- She occasionally smokes, saying it helps her relax.
- Unsociable shift patterns means that she often relies on takeaways.

Lifestyle data

- She travels to work by car and has a desk job.
- She attends the gym once a week.
- She drinks around 14 units of alcohol but only drinks on her days off.
- BMI – 29kg/m<sup>3</sup> (overweight)
- The nurse has consulted with Naomi to establish she wants to
  - Reach a healthy weight
  - Stop smoking
  - Reduce alcohol consumption
  - Feel more relaxed and less stressed

Naomi DOESN'T want to

- Give up her weekly curry
- Stop using her car to get to work

Other information

- Naomi works unsociable hours
- She finds it hard to relax without smoking

Health issue/goal – Weight Loss/Achieve healthy BMI

Action – To walk briskly for 30 minutes during work breaks on 5 days a week

*Naomi wants to lose weight. She already goes to the gym to get vigorous exercise so this will increase her moderate exercise to the correct recommended levels. The nurse has acknowledged she doesn't want to walk to work so has suggested an alternative*

Targets

Short term: To lose 0.5kg every week for a month

*Realistic to encourage Naomi to continue towards long term target. Only a month as weight loss rate decreases after a while.*

Long term– To reduce weight by 10kg within one year, to reach a healthy BMI

*Realistic as less than 1kg per month. Specific amount so it can be measured by a certain date.*

Now you... create 2 more actions with short- & long-term targets

Health Issue 1:	
Action1:	
Short Term Goal 1:	

Long Term Goal 2:	
Health Issue 2:	
Action 2:	
Short term Goal 2:	
Long term Goal 2:	

### Sources of support

Formal support-Provided by health professionals who are paid and trained

Informal support-Provided by people who are not paid to do so e.g. friends, family, partner

### **Fill in the blanks**

Issue	Support	How they support
Obesity	Formal- GP	Give advice on healthy eating Weight-loss medication
	Formal- Weight Watchers	Support network of likeminded people- education around diet plans/exercise etc.
	Informal- friends/partner	Help prepare low-fat meals Stop buying takeaways & unhealthy snacks
Smoking	Formal	
	QUIT (stop smoking organisation)	
		Stop smoking near the person Agree not to smoke in the house Don't offer cigarettes
Doesn't exercise	GP	Physiological data- blood pressure etc. to see dangers
	Personal trainer	

	Informal- friends/partner	Join a fitness programme/gym Attend a support group together Encourage
Drugs	Talk to Frank	
	GP	
		Research support services Encourage Accompany to appointments
Social isolation	Friends/family	Encourage to go out, start a club
In debt		
	Friends/family	Research money advise services Suggest benefits

TIPS: remember to include how they can support

TIPS: be specific to your individual (partner/friends/work colleagues etc.)

Now try it... Using your two actions for Naomi earlier- add in who can support her and how!

Health issue/goal – Weight Loss/Achieve healthy BMI

Action – To walk briskly for 30 minutes during work breaks on 5 days a week

*Naomi wants to lose weight. She already goes to the gym to get vigorous exercise so this will increase her moderate exercise to the correct recommended levels. The nurse has acknowledged she doesn't want to walk to work so has suggested an alternative*

Targets

Short term : To lose 0.5kg every week for a month

*Realistic to encourage Naomi to continue towards long term target. Only a month as weight loss rate decreases after a while.*

Long term– To reduce weight by 10kg within one year, to reach a healthy BMI

*Realistic as less than 1kg per month. Specific amount so it can be measured by a certain date.*

Support

Formal: A physiotherapist can advise on types and levels of exercise that will not impact her asthma

*Specific to Naomi's needs*

Informal– work colleagues could join her for walks – reduce boredom, give incentive and improve social and emotional wellbeing.

Goal	Support	How they can support
To lose weight	Physiotherapist (formal)  Work colleagues (informal)	- to advice on types and levels of exercise which won't affect her asthma  -could join her for walks to reduce boredom, give incentive and improve social and emotional wellbeing

**Question 5- rationale for your plan!**

A rationale for your health and wellbeing plan

*'a set of reasons for a course of action'*

**10 marks!!**

You have just suggested 3 actions – so break down into each action –

See it as approx. 3-4 marks per action.

For each action you MUST check you have....

- Health issue discussed with what it will lead to?
- Short term target linked to persons wants, needs & circumstances?
- Long term target linked to persons wants, needs & circumstances?
- Support explained, with how it will help the person?

## Examples

**Action 1** – to reach a healthy BMI by cutting down on fat and sugar.

**Short term target** - making a healthy lunch to take to work 4 days a week for the first month

**Long term target** - try to cut out high fat and sugar meals 5 nights per week as well as through the day within a year.

**Support** – weight watchers & work colleagues to motivate.

Example rationale – underlined gets the L2Distinction

Naomi has a high BMI so must lose weight to benefit her health. Being overweight or obese increases blood pressure and increases the risk of disease such as heart disease or Diabetes. (risks)

My short term target is to start making a healthy lunch or snack to take to work for the first month. This is person centred as Naomi doesn't want to give up her curry/take away, but she does want to reach a healthy weight. (needs & wants)

My recommended long term target is to try to cut out high fat and sugar meals at home as well as through the day within a year.

I have recommended she gets support from a support group such as weight watchers to motivate and give tips/recipes, and from her work colleagues to motivate and they could eat healthily alongside her, or make each others lunch each day.

**Then repeat the process for the other 2 actions!**

**Action 1** – To reduce blood pressure by increasing moderate exercise

**Short term target** – to briskly walk 20 minutes in her work break 3 days a week

**Long term target** – to briskly walk 30 minutes 5 days a week.

**Support** – a physiotherapist can advise on exercise that will not impact her asthma. Colleagues could join her to give incentive and improve her social and emotional wellbeing.

Example rationale – underlined gets the L2Distinction

Naomi has to reduce her blood pressure and BMI to benefit her health. Having high blood pressure increases the risk of disease such as heart disease. (risks)

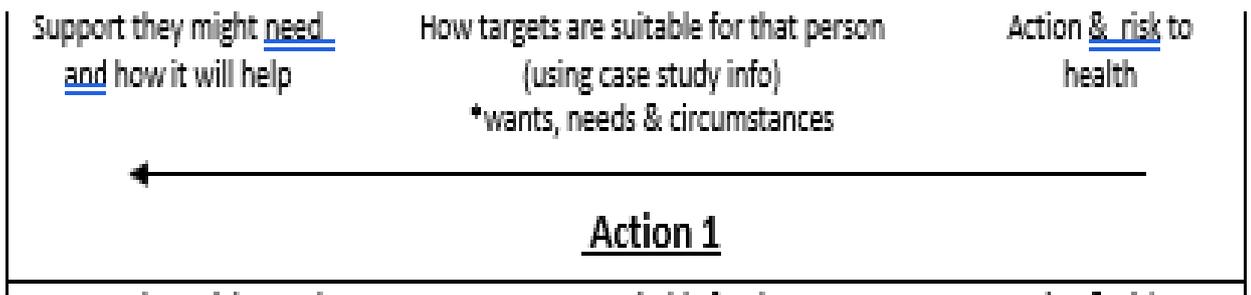
My short term target is to walk briskly 20 minutes a week in her work break, 3 days a week. This is person centred as Naomi wants to reach a healthy weight and this is a realistic amount. To be introduced to. She already goes to the gym (vigorous) so this would increase her moderate exercise (she works unsociable shifts but this can easily be in the routine. needs & wants)

My recommended long term target is to increase this to 30 minutes, 5 days a week.

I have recommended she gets support from a a physiotherapist to motivate and givespecific advice with regards to her condition (asthma), and from her work colleagues to motivate and join her on walks, so she is not having to leave work for a walk by herself.

**Then repeat the process for the other 2 actions!**

**Now you try for your other actions for Naomi!**

**Q6- Obstacles**

- Describe possible obstacles that \_\_\_\_\_ might face when trying to follow your health and wellbeing plan and suggest how these could be minimised
- Problems or difficulties that people may face when trying to follow the recommended actions in their plans
- Can prevent goals being reached

## A Result

1. **Access to service** (geographical, culture, language)
2. **Resources** (lack of finance, equipment or opportunity)
3. **Emotional or psychological** (lack of motivation or unable to accept current state)
4. **Specific factors** (age, gender, disability, illness & addiction)
5. **Unachievable targets** (too ambition, not broken down into steps or reasonable deadlines)
6. **Lack of support** (informal or formal)
7. **Time** (work, study, family commitment)

## Exercise

<b><u>Obstacle</u></b>	<b><u>Example</u></b>
Access to services	Geographical- lives in a rural area so difficult to get to Weightwatchers
Resources	Financial- costs for services
Emotional/psychological	Depressed because of body image so unmotivated to exercise
Specific factor	Disability- low mobility so difficult to exercise
Unachievable targets	Wants to lose too much weight too quickly- needs to use SMART targets
Lack of support	Lack of family support
Time	Has to look after kids so hard to find time to exercise

## Alcohol

<b><u>Obstacle</u></b>	<b><u>Example</u></b>
Access to services	
Resources	
Emotional/psychological	
Specific factor	
Unachievable targets	
Lack of support	
Time	

<b>How</b> <i>(He can still exercise but not worry about cost – link to the person)</i>	<b>Ways to overcome</b> <i>(Free activities – walking/online video <u>workout</u>)</i>	<b>Obstacle &amp; how</b> <i>(e.g. finance as he can't afford gym <u>membership</u>)</i>
<b>Action 1</b>		

For level 2 Distinction- suggest a few ways to overcome the obstacle.

Type of Obstacle/Barrier	Example	Ways to overcome	
Unable to access service	<b>Geographical</b>	<ul style="list-style-type: none"> <li>o A poor bus service</li> <li>o Live in a rural area</li> </ul>	<ul style="list-style-type: none"> <li>o Arrange hospital transport</li> <li>o telephone help lines or internet support groups</li> </ul>
	<b>Financial</b>	<ul style="list-style-type: none"> <li>o Can't afford equipment (scales, healthy food, gym)</li> <li>o It cost too much to travel.</li> <li>o Taking time off work = less pay</li> </ul>	<ul style="list-style-type: none"> <li>o Check for free prescription, treatments</li> <li>o Find free classes/run/jog/walk etc.</li> <li>o Find offers for food in shops/bulk cook</li> </ul>
	<b>Psychological</b>	<ul style="list-style-type: none"> <li>o Being judged for being obese</li> </ul>	<ul style="list-style-type: none"> <li>o Discuss concerns with a charity</li> </ul>
	<b>Physical</b>	<ul style="list-style-type: none"> <li>o No wheelchair access</li> <li>o No parking</li> </ul>	<ul style="list-style-type: none"> <li>o Find easy access services which have been adapted</li> <li>o Ask for friends or family to help get there/drop off</li> </ul>
	<b>Personal needs</b>	<ul style="list-style-type: none"> <li>o Language</li> <li>o Deaf</li> <li>o Blind</li> </ul>	<ul style="list-style-type: none"> <li>o Provide support i.e. BSL signer, interpreter</li> </ul>
Emotional	<b>Poor self-concept</b>	<ul style="list-style-type: none"> <li>o Don't value themselves</li> </ul>	<ul style="list-style-type: none"> <li>o Set achievable targets – broken down - small steps</li> <li>o Give reassurance and encouragement</li> <li>o Regular feedback on progress</li> </ul>
	<b>Accepted current state</b>	<ul style="list-style-type: none"> <li>o Accept their current health as it's easier.</li> <li>o Don't understand the health risks</li> </ul>	<ul style="list-style-type: none"> <li>o Encourage to think about possibility of change</li> <li>o Educate about health risks and benefits</li> </ul>
	<b>Unmotivated</b>	<ul style="list-style-type: none"> <li>o it means 'The drive to continue'</li> <li>o Usually high at the start but then reduces</li> </ul>	<ul style="list-style-type: none"> <li>o Plan rewards i.e. New clothes after weight loss</li> <li>o Record money saved</li> <li>o Apps to track progress (i.e. weight, cigarettes)</li> <li>o Suggest new ways to meet people/groups</li> </ul>
Specific to individual	<b>Addiction</b>	<ul style="list-style-type: none"> <li>o Not believing they are addicted</li> <li>o Being high</li> <li>o Cravings</li> <li>o Peer pressure</li> </ul>	<ul style="list-style-type: none"> <li>o Join a support group (AA)</li> <li>o Give clear leaflets about effects- to refer to when confused</li> <li>o Ask for family/friends not to offer/have around them</li> <li>o Use family and friends support to encourage a new friendship group/leisure activities</li> </ul>
	<b>Disabled</b>	<ol style="list-style-type: none"> <li>1. Difficult to attend a service</li> <li>2. Not able to read</li> <li>3. Not able to understand (i.e. autism)</li> <li>4. Mobility issues make exercise difficult</li> </ol>	<ol style="list-style-type: none"> <li>1. Arrange transport/Family support</li> <li>2. Suitable format i.e. braille, BSL, audio</li> <li>3. Explain in a suitable way</li> <li>4. Suggest appropriate actions i.e. sitting exercise</li> </ol>
<b>Unachievable</b>	<ul style="list-style-type: none"> <li>• Unclear or too many targets <i>i.e. Smoking, alcohol and losing weight is too much</i> <i>Not gradually decreasing cigarettes, or 'lose 4 stone',</i></li> <li>• Unsuitable for individual <i>i.e. Exercise plan for poor mobility is very different to teenager</i></li> <li>• Incorrect frame of mind <i>i.e. Depression</i></li> </ul>	<ul style="list-style-type: none"> <li>o Set a more achievable target, tackle depression first</li> </ul>	
Lack of support	<b>Friends</b>	<ul style="list-style-type: none"> <li>o Peer pressure</li> <li>o Friends continuing lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>o Plan alcohol free nights out</li> <li>o Don't offer cigs or drugs</li> <li>o Join a gym or club</li> <li>o Compliment</li> </ul>
	<b>Family</b>	<ul style="list-style-type: none"> <li>o Family continuing lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>o Adopt healthy lifestyle</li> <li>o Encourage</li> <li>o Buy healthy food</li> <li>o No temptation in house</li> <li>o Practical or financial support</li> </ul>
		<ul style="list-style-type: none"> <li>o Irregular work patterns</li> <li>o Family commitments</li> </ul>	<ul style="list-style-type: none"> <li>o Regular, convenient times to exercise (i.e. weekly club)</li> <li>o Add into daily routine i.e. Curls to work, get off bus</li> </ul>

## Obstacles - 'A RESULTS'

### 1. Access to services

Obstacle	L1D Definition or example of how it could be an obstacle:	L2D Suggest a way to overcome this
Geographical		
Financial		
Psychological		
Physical		
Personal needs		
Resources		

### 2. Resources available

Obstacle:	L2D Suggest a way to overcome this
Lack of access to fitness facilities (cost or location)	
Cost of healthy food	
Cost of transport	
Lack of equipment	

### 3. Emotional and psychological

Obstacle:	L1D Description/example	L2D Suggest a way to overcome this
Self concept		
Acceptance of current state		
Motivation		

4. Specific – disability or addiction

Obstacles for disabled	L2D Overcoming the obstacle	Obstacles for addict	L2D Overcoming the obstacle
Difficulty attending health service		Struggle to admit	
Unable to read – sight problem		Thinking clearly is difficult	
Can't understand due to learning disability		Cravings	
Mobility issues mean exercise is difficult		Peer pressure	

5. Unachievable targets

Common reasons:

- 
- 
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6. Lack of support

How friends can support	How family can support

7. Time constraints

Suggest ways to make time to exercise	Suggest ways to make time to eat healthily

**Now.**

**Rate yourself again for the exam**

			
<u>Question 1</u> – Factors which effect the person’s health and wellbeing – positive or negative (probably both)			
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Write down three question which you still have about the exam or any areas where you still feel unconfident