

# Pearson Edexcel GCSE

## Health and Social Care

### Unit 3: Promoting Health and Wellbeing

Controlled Assessment

**Valid from September 2016 to May 2017**

Paper Reference

**5HS03/01**

**You do not need any other materials.**

This controlled assessment task is valid from September 2016 to May 2017.

- For assessment in Summer 2017 centres must submit their moderation sample(s) by 15 May 2017.

Please note that this controlled assessment task will **ONLY** be valid for submission in the Summer 2017 session.

Teachers must ensure that students are completing the correct task for a particular year.

Further guidance can be found on the Pearson website ([qualifications.pearson.com](http://qualifications.pearson.com)).

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### **Information**

This task must be completed under controlled conditions. 22.5 hours is suggested for report writing. This does not include any time spent on research and investigation.

- All work, including any research, must be completed under direct supervision.
- The candidate is allowed to access information and resources determined by the teacher during the research.
- Candidates are allowed to work in groups. The teacher will have to ensure that the contributions of individual candidates are recorded accurately.

### **Background Information**

Shardwell Health Centre is located close to a large residential housing estate. The residents vary in age, ethnicity, income and lifestyle.

You are a health and wellbeing specialist based at Shardwell Health Centre. Your job includes assessing clients' health and wellbeing and designing health improvement plans to meet their needs. The following clients are awaiting assessment of their current health and wellbeing.

## Service User Profiles

### **Alia Bhatti: aged 19**

Alia is a first time mother. Her son Omar is six months old. She has just moved to the UK with her husband. She is living with her husband's parents in their small house. Alia speaks a little English.

Omar is a demanding baby who cries a lot. He is frequently ill with chest infections. Alia is tired and close to tears most of the time. She has lost a lot of weight, become very withdrawn and feels isolated. Alia's husband works long hours in the family business. He enjoys going to the gym in his free time.

Alia needs to improve her energy levels and achieve a healthy weight.

### **Filipe Motta: aged 34**

Filipe is the manager of a sports shop. He lives with his partner, Maria, and their two sons who are six and eight years of age.

Filipe used to play football and go to the gym regularly but a reoccurring foot injury has prevented him from doing any exercise. He has put on weight, lost muscle tone and has trouble breathing when playing games with his sons.

Filipe smokes 20 cigarettes a day and eats lots of snacks and cakes when he is at work. He drinks at least two bottles of wine most weekends.

Filipe knows he is unfit and unhealthy and wishes to lose weight. He wants to be able to do more exercise so that he can play with his sons.

### **Maureen Jenkins: aged 64**

Maureen, who is an accountant, is divorced with no children. Her job means that she drives a lot but she also uses the car to go to the shops, which are minutes away from her home.

Maureen often has snacks or fast food for lunch, which can be eaten on the go. Her evening meals are usually large portions of meat, potatoes, rice or pasta. She does not drink alcohol.

Maureen is asthmatic and uses two inhalers. She also suffers from Type 2 diabetes which was diagnosed seven years ago, and has back problems.

She is keen to improve her lifestyle as she has not done any exercise for 15 years. She wants to improve her health before she retires.

As the health and wellbeing specialist, you have carried out a series of health and wellbeing assessments for Alia, Filipe and Maureen.

	Alia Bhatti	Filipe Motta	Maureen Jenkins
<b>Age</b>	19	34	64
<b>Height</b>	1.62 m	1.70 m	1.58 m
<b>Weight</b>	38.1 kg	86.6 kg	68.4 kg
<b>Cholesterol level</b>	3.7 mmol/l	6.0 mmol/l	5.4 mmol/l
<b>Resting pulse rate</b>	73 BPM	78 BPM	84 BPM
<b>Blood pressure</b>	110/75 mmHg	140/95 mmHg	155/95 mmHg
<b>BMI</b>	14.5	29.9	27

#### **BMI**

**Less than 18.5 = underweight**

**18.5 – 24.9 = healthy weight**

**25 – 29.9 = overweight**

**30 or greater = very overweight or obese**

### Controlled Assessment Task

The candidate should select **one** of the service users outlined in the background information and produce a report.

The report should include the production of a health plan for improving or maintaining the health and wellbeing of the individual you have selected.

The report should include:

- An explanation of the different ways that health and wellbeing may be defined.
- An identification and explanation of the factors influencing the individual's health and wellbeing and the effects of these factors.
- An assessment of the individual's current health and wellbeing status, including the use of physical health measures.
- The design of a plan to improve the individual's health and wellbeing, including realistic short and long term targets.
- Reference to appropriate health promotion materials to motivate the individual and support health and wellbeing improvements.
- An assessment of the difficulties the individual may experience in implementing the plan.
- The support that the individual could access when implementing the plan.