

Health and Social Care Component 3 – Health and Wellbeing

Use this as a revision checklist and RAG rate your confidence in the topic areas.

Red = Insecure (needs more work)

Amber = Mostly secure (some revision needed)

Green = Fully secure (move on)

A Factors that affect health and wellbeing	R	A	G
• I have a Definition of health and wellbeing			
• I have revision notes on Physical Factors that can have positive or negative effects on health and wellbeing			
○ I have revision notes on Inherited conditions – sickle cell disease, cystic fibrosis			
○ I have revision notes on Physical ill health – cardiovascular disease, obesity, type 2 diabetes			
○ I have revision notes on Mental ill health – anxiety, stress			
○ I have revision notes on Physical abilities			
○ I have revision notes on Sensory impairments			
• I have revision notes on Lifestyle factors			
○ I have revision notes on Nutrition			
○ I have revision notes on Physical activity			
○ I have revision notes on Smoking			
○ I have revision notes on Alcohol			
○ I have revision notes on Substance misuse			
• I have revision notes on Social factors			
○ I have revision notes on Supportive and unsupportive relationships with others – friends, family, peers and colleagues			
○ I have revision notes on Social inclusion and exclusion			
○ I have revision notes on Bullying			
○ I have revision notes on Discrimination			
• I have revision notes on Cultural factors			
○ I have revision notes on Religion			
○ I have revision notes on Gender roles and expectations			
○ I have revision notes on Gender identity			
○ I have revision notes on Sexual orientation			
○ I have revision notes on Community participation			
• I have revision notes on Economic factors			
○ I have revision notes on Employment situation			
○ I have revision notes on Financial resources – income, inheritance, savings			
• I have revision notes on Environmental factors			
○ I have revision notes on Housing needs, conditions, location			
○ I have revision notes on Home environment – living with a high level of parental conflict, experiences of abuse and neglect			
○ I have revision notes on Exposure to pollution – air, noise and light			
• I have revision notes on physical, intellectual, emotional and social health and wellbeing of different types of life events			

○ I have revision notes on physical events			
○ I have revision notes on relationship changes			
○ I have revision notes on life circumstances			

B Interpreting health indicators	R	A	G
• I have a definition on Physiological indicators			
• I have revision notes on Interpretation of physiological data according to published guidelines			
○ I have revision notes on Resting heart rate (pulse) – normal range 60 to 100 bpm			
○ I have revision notes on Heart rate (pulse) recovery after exercise			
○ I have revision notes on Blood pressure			
○ I have revision notes on Body Mass Index			
○ I have revision notes on the potential significance of abnormal readings:			
○ I have revision notes on the impact on current physical health (short-term risks)			
○ I have revision notes on the potential risks to physical health (long-term risks)			
• I have revision notes on the Interpretation of lifestyle data according to published guidelines:			
○ I have revision notes on Nutrition – the Eatwell guide			
○ I have revision notes on Physical activity			
○ I have revision notes on Smoking			
○ I have revision notes on Alcohol			
○ I have revision notes on Substances misuse			

C Person-Centred approach to improving health and wellbeing	R	A	G
• I have revision notes on the ways in which a person-centred approach takes into account an individual's:			
○ Needs – to reduce health risks			
○ Wishes – their preferences and choices			
○ Circumstances – to include age, ability, location, living conditions, support, physical and emotional health			
• I have revision notes on the importance of person-centred approach for individuals:			
○ Makes them more comfortable with recommendations, advice and treatment			
○ Gives them more confidence in recommendations, advice and treatment			
○ Ensures their unique and personal needs are met			
○ Increases the support available to more vulnerable individuals			
○ Improves their independence			
○ They are more likely to follow recommendations/actions to improve their health			

○ They are more motivated to behave in ways that positively benefit their health			
○ They feel happier and more positive about their health and wellbeing			
• I have revision notes on the Benefits of a person-centred approach for health and social care workers and services:			
○ It improves job satisfaction for health and social care workers			
○ It saves time for health and social care services			
○ It saves money for health and social care workers			
○ It reduces complaints about health and social care services and workers			
• I have revision notes on the recommendations and actions to improve health and wellbeing			
○ Improving resting heart rate and recovery rate after exercise			
○ Improving blood pressure			
○ Maintaining a healthy weight			
○ Eating a balanced diet			
○ Getting enough physical activity			
○ Quitting smoking			
○ Sensible alcohol consumption			
○ Stopping substance misuse			
• I have revision notes on support available when following recommendations to improve health and wellbeing			
○ Formal support from professionals, trained volunteers, support groups and charities			
• Informal support from friends, family, neighbours, community and work colleagues			
• I have revision notes on barriers and obstacles for following recommendations			
○ Definition of barriers			
○ Potential barriers as appropriate to the individual and the recommendation			
▪ Physical barriers			
▪ Barriers to people with sensory impairment			
▪ Barriers to people with different social and cultural backgrounds			
▪ Barrier to people that speak English as an additional language or those who have language of speech impairments			
▪ Geographical barriers			
▪ Resource barriers for service providers			
▪ Financial barriers			
• I have a Definition of obstacles			
○ Potential obstacles as appropriate to an individual and the recommendations:			
▪ Emotional/psychological			
▪ Time constraints			
▪ Availability of resources			
▪ Unachievable targets			
▪ Lack of support			

<p>YouTube video links:</p> <p>Life events: Factors & Life Events Live Revision for HSC Tech Award Component 3 Health & Wellbeing</p> <p>Recommendations: Recommendations & Support Live Revision for HSC Tech Award Component 3 Health & Wellbeing</p> <p>Person-centered approach: Person-Centred Approach Live Revision for HSC Tech Award Component 3 Health & Wellbeing</p> <p>Lifestyle factors: Physiological & Lifestyle Data Live Revision for HSC Tech Award Component 3 Health & Wellbeing</p> <p>Barriers & obstacles: Barriers, Obstacles, Circumstances Live Revision for HSC Tech Award Component 3 Health & Wellbeing</p> <p>Exam technique – 1 mark questions: Identify, State and Give Exam Questions BTEC Tech Award Health & Social Care</p> <p>Exam technique – 2 to 4 mark questions: Explain Exam Questions BTEC Tech Award Health & Social Care Revision Livestream</p> <p>Exam technique – 6 mark questions: Discuss Exam Questions BTEC Tech Award Health & Social Care Revision Livestream</p> <p>Exam technique – exam paper in 15 mins: BTEC Tech Award Health & Social Care Component 3 Exam paper in 15 mins</p>			
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