

Component 3

Health and Wellbeing

LEARNING AIM A: FACTORS THAT AFFECT HEALTH AND WELLBEING

TOPIC - PHYSICAL FACTORS	COVERED	R	A	G
Inherited conditions				
Physical ill health				
Mental ill health				
Physical Abilities				
Sensory Impairments				

TOPIC - LIFESTYLE FACTORS	COVERED	R	A	G
Nutrition				
Physical activity				
Smoking				
Alcohol Consumption				
Substance misuse				

TOPIC - SOCIAL FACTORS	COVERED	R	A	G
Supportive and unsupportive relationships				
Social inclusion and exclusion				
Bullying				
Discrimination				

TOPIC - CULTURAL FACTORS	COVERED	R	A	G
Religion				
Gender roles and expectations				
Gender identity				
Sexual orientation				
Community participation				

TOPIC - ECONOMIC FACTORS	COVERED	R	A	G
Employment situation				
Financial resources (income, inheritance, savings)				

TOPIC - ENVIRONMENTAL FACTORS	COVERED	R	A	G
Housing needs, condition and location				
Home environment				
Exposure to pollution				

TOPIC - THE IMPACT OF DIFFERENT LIFE EVENTS ON PHYSICAL, INTELLECTUAL, EMOTIONAL AND SOCIAL WELLBEING	COVERED	R	A	G
Physical events (accidents, ill health)				
Relationship changes (marriage, divorce, new parent)				
Changes to life circumstances (imprisonment, redundancy)				

LEARNING AIM B: INTERPRETING HEALTH INDICATORS

TOPIC - B1 PHYSIOLOGICAL INDICATORS	COVERED	R	A	G
Resting heart rate -normal range 60-100 -recovery after exercise				
Blood pressure -low blood pressure 90/60 mmHg or lower -ideal blood pressure between 90/60 mmHg - 120/80 mmHg -pre high blood pressure between 120/80 mmHg -140/90 mmHg -high blood pressure 140/90 mmHg				
Body mass index (BMI) -underweight below 18.5 kg/m ² -healthy weight between 18.5 kg/m ² and 24.9 kg/m ² -overweight between 25 kg/m ² and 29 kg/m ² -obese between 30 kg/m ² and 39.9 kg/m ² -severely obese 40 kg/m ² or above				
The potential significance of abnormal readings Impact on current physical health (short term) Potential risks to physical health (long term)				

TOPIC - B2 LIFESTYLE INDICATORS	COVERED	R	A	G
Nutrition - the eatwell guide				
Physical Activity - UK Chief Medical Officers' Physical Activity Guidelines				
Smoking - UK Chief Medical Officers' Smoking Guidelines				
Alcohol - UK Chief Medical Officers' Alcohol Guidelines				

LEARNING AIM C1: PERSON-CENTRED APPROACH TO IMPROVING HEALTH AND WELLBEING

TOPIC - C1 THE WAS IN WHICH A PERSON CENTRED APPROACH CONSIDERS A PERSONS;	COVERED	R	A	G
Needs - to reduce health risks				
Wishes - their preference and choices				
Circumstances - to include age, ability, location, living conditions, support, physical and emotional health				

TOPIC - C1 THE IMPORTANCE OF A PERSON-CENTERED APPROACH FOR INDIVIDUALS	COVERED	R	A	G
Makes them more comfortable with recommendations and treatment				
Gives them more confidence in recommendations 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				

LEARNING AIM C2: RECOMMENDATIONS AND ACTIONS TO IMPROVE HEALTH AND WELLBEING

TOPIC - C2 ESTABLISH RECOMMENDATIONS FOR HELPING TO IMPROVE HEALTH AND WELLBEING:	COVERED	R	A	G
Improving resting heart rate and recovery rate after exercise				
Improving blood pressure				
Eating a balanced diet				
Getting enough physical exercise				
Quitting smoking				
Sensible alcohol consumption				

TOPIC - C2 SUPPORT AVAILABLE WHEN FOLLOWING RECOMMENDATIONS TO IMPROVE HEALTH AND WELLBEING	COVERED	R	A	G
Formal support from professionals, trained volunteers, support groups and charities				
Informal support from family, friends, neighbours, community and work colleagues				

TOPIC - C2 ESTABLISH RECOMMENDATIONS FOR HELPING TO IMPROVE HEALTH AND WELLBEING:	COVERED	R	A	G
Improving resting heart rate and recovery rate after exercise				
Improving blood pressure				
Eating a balanced diet				
Getting enough physical exercise				
Quitting smoking				
Sensible alcohol consumption				

LEARNING AIM C3: BARRIERS AND OBSTACLES TO FOLLOWING RECOMMENDATIONS

TOPIC - C3 POTENTIAL BARRIERS AS APPROPRIATE TO THE INDIVIDUAL AND THE RECOMMENDATION	COVERED	R	A	G
Definition of barrier - <i>Something unique to the health and social care system that prevents an individual accessing a service</i>				

POTENTIAL BARRIERS	COVERED	R	A	G
Physical barriers				
Barriers to people with a sensory disability				
Barriers to people with different social and cultural backgrounds				
Barriers to people who speak English as an additional language, or those with speech and language impairments				
Geographical barriers				
Resource barrier for service provider				
Financial barriers				

POTENTIAL OBSTACLES AS APPROPRIATE TO THE INDIVIDUAL AND THE RECOMMENDATIONS	COVERED	R	A	G
Definition of obstacles: Something personal to the individual that blocks a person moving forward or when action is prevented or made difficult				
POTENTIAL OBSTACLES	COVERED	R	A	G
Emotional/Psychological				
Time constraints				
Availability of resources				
Achievable targets (SMART)				
Lack of support				

LINKS TO PRIOR LEARNING

C1 links to the knowledge you developed in Component 2, on the skills, attributes and values that contribute to care. It will be beneficial to review your notes on these topics alongside your revision for the exam.

C2 Links to the knowledge that you developed in Component 1 on sources, types of support, and Component 2 on health and social care services, and the skills, attributes and values that contribute to care. It will be helpful to review your notes on these topics alongside your revision for the exam.

C3 Links to the knowledge you developed in Component 2, particularly on barriers to accessing services and the personal obstacles individuals may face. It will be helpful to review your notes on these topics alongside your revision for the exam.