



Rewarding Learning

ADVANCED SUBSIDIARY (AS)
General Certificate of Education

Centre Number

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Candidate Number

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Health and Social Care

Assessment Unit AS 3

assessing

Health and Well-being



[SHC31]

SHC31

Assessment

Assessment Level of Control:

Tick the relevant box (✓)

TIME

2 hours.

Controlled Conditions	
Other	

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

You must answer the questions in the spaces provided.

Do not write outside the boxed area on each page or on blank pages.

Complete in black ink only. **Do not write with a gel pen.**

Answer **all three** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 100.

Quality of written communication will be assessed in questions **1(e)**, **2(e)** and **3(b)(ii)**.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.



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20SHC3102



1 Many factors determine the physical, social and psychological health and well-being of individuals. Some factors are within an individual's control, so they can make choices and take action to contribute positively to their own health and well-being. Health promotion campaigns usually focus on persuading people to do this. Some factors, however, are outside the control of individuals.

(a) List **two** environmental factors that can impact on health and well-being.

1. _____ [1]

2. _____ [1]

(b) Explain **two** ways social class can affect physical health and well-being.

1. _____

_____ [2]

2. _____

_____ [2]

[Turn over



- (c) Huntington's disease is an example of a genetically inherited condition. Using the headings below, describe how this condition can affect health and well-being.

Effect on physical health and well-being

[3]

Effect on social health and well-being

[3]

Effect on psychological health and well-being

[3]



(d) (i) One approach to health promotion is the medical approach, sometimes referred to as the preventative approach, which focuses on persuading individuals to take up opportunities for screening or vaccinations. Explain **two** advantages of this approach.

1. _____

_____ [2]

2. _____

_____ [2]

(ii) Another approach to health promotion is the fear arousal approach, which uses frightening images or statistics to persuade people to be healthier. Explain **two** disadvantages of this approach.

1. _____

_____ [2]

2. _____

_____ [2]

[Turn over



2 Many older people face challenges to their health and well-being as a result of ill-health or mental illness. Their needs are often met by both health and social care organisations and family members. Jean is a good example of this. She has osteoarthritis and attends a local day centre twice a week. On the other days and in the evenings, her two daughters take it in turn to care for her. They are finding this difficult and have been in contact with a social worker to see if Jean can get some additional social care.

(a) Define the following concepts.

(i) Ill-health

[2]

(ii) Mental illness

[2]



(b) Describe the effect of osteoarthritis on Jean's physical health and well-being.

[3]

(c) Until she developed her condition in recent years, Jean experienced good physical health throughout her life. Explain **two** ways good physical health may have affected Jean's psychological well-being in the past.

1.

[2]

2.

[2]

[Turn over



- (d) The staff at the day centre Jean attends aim to meet a range of needs for their service users. Complete the table below to give **one** example of each type of need and describe how the staff at the day centre could meet those needs.

Example of physical need:	[1]
How the staff could meet this need	[3]
Example of intellectual need:	[1]
How the staff could meet this need	[3]



Example of emotional need:

[1]

How the staff could meet this need

[3]

Example of social need:

[1]

How the staff could meet this need

[3]

[Turn over



3 All statutory, voluntary and private or commercial health and social care organisations have a responsibility to contribute to the health and well-being of all service users equally and fairly. Discrimination is never acceptable.

- (a) (i) A hospital nurse failing to challenge discriminatory comments about learning disability by other patients towards a patient with Down Syndrome is one example of discriminatory practice on the basis of cognitive ability. Using the headings below, describe **two** other different examples of discriminatory practice in health, social care or early years settings.

An example of discrimination relevant to beliefs

[3]

An example of discrimination relevant to gender

[3]



- (ii) An example of discriminatory practice on the basis of race is a day centre worker failing to challenge racist language by other service users. Use the headings below to explain the potential impact on the social and psychological health and well-being of the service user affected.

One way social health and well-being might be affected

[2]

One way psychological health and well-being might be affected

[2]

[Turn over



(iii) Managers in health, social care and early years settings can promote anti-discriminatory practice by setting a good example in their own practice. Explain **two** other ways they can promote anti-discriminatory practice in their management role.

1. _____

_____ [2]

2. _____

_____ [2]

(b) (i) Most holistic therapists work in private or commercial organisations. Focusing on one therapy, describe how a holistic therapist contributes to health and well-being.

_____ [3]





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Question Number	Marks
1	
2	
3	

Total Marks	
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Examiner Number

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