

INTO ACTION

A SPEED DATING ACTIVITY FOR ACTIONS AND WAYS TO IMPROVE HEALTH AND WELLBEING

INTRODUCTION

This resource supports student understanding of the types of actions that health care professionals could recommend for improve an individual's health and wellbeing, alongside the ways that these actions support the improvement.

This resource will promote student success in the Component 3 external assessment and in particular, questions 16a and 16b in the second half of the exam paper.

RESOURCES REQUIRED

- Printed **case study** cards (laminating these will prolong their lifespan)
- Printed **action** and **way** cards (laminating these will prolong their lifespan)

SPEED DATING INSTRUCTIONS

- Allocate 6 students as case studies, who will sit at a desk and present their **case study** card.
- If you have a large class, split the rest of the class into two, giving half **action** cards and half **way** cards. Note there are 18 of each.
- If you have a smaller class, give each student both **action** and **way** cards.
- To assist with how you choose to allocate cards, it is helpful to know that the action round is simpler, and the way round requires more thought and consideration.
- **Action** round
 - Students with **action** cards visit each case study student in turn and are given 2 minutes to discuss the case study.
 - They must decide whether the action card they have is suitable for improving the health and wellbeing of the individual in the case study.
 - If they believe their action is a match, they should leave the action card with the case study.
 - Keep going until all actions have been allocated.
 - Each case study should have **three** appropriate, linked actions.
- **Way** round
 - Students with **way** cards visit each case study student in turn and are given 2 minutes to discuss the case study and the three matched actions.
 - They must decide whether the way card they have accurately explains the way that one of the actions will improve the health and wellbeing of the individual in the case study.
 - If they believe their way is a match, they should leave the way card with the case study.
 - Keep going until all ways have been allocated.
 - Each case study should then have three appropriate linked actions and three appropriate linked ways.
- ALL students should then check that as a whole group, they have completed the speed dating challenge accurately. There is a suggested answer sheet that can be used for checking.
- The suggested answer sheet can be used as the starting point for a library of actions and linked ways for improving health and wellbeing.

EXTENSION ACTIVITY

INFORMAL SUPPORT

For each case study, ask your students to explain one way that informal support could help the individual to improve their health and wellbeing.

For example:

Question: Explain one way informal support could improve Clara's health and wellbeing. (2 marks)

Answer: *Clara's friends could offer to exercise with her. (1) This will make the exercise more fun and will increase the likelihood that Clara will continue and therefore see her heart and lung function increase. (1)*

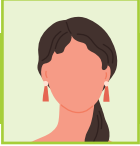
This can be used as exam practice –first the response must pinpoint a 'way', before the response moves on to explain exactly how or why that way will improve health and wellbeing.

LINKED ACTIVITIES

- **What are Needs, Wishes and Circumstances?** to support students with knowledge and skills for questions throughout the second half of the exam paper.
- **Practising Discuss Questions** to support students with knowledge and skills for questions 15 and 18.



CASE STUDY CARDS



CASE STUDY 1: CLARA

Clara is 17 years old and she lives with her mum and dad. She has a long-term condition called cystic fibrosis.

Clara's GP has told her that being fitter will make it easier to manage her condition. She will also need to pay close attention to what she eats, as her last blood tests showed she had some vitamin deficiencies.

Clara does not like going to exercise classes and she feels uncomfortable at the gym. She has a best friend, who is keen to help Clara in any way she can, however, Clara would also like to meet other people with cystic fibrosis.



CASE STUDY 2: JED

Jed is 27 years old. Jed uses the pronouns they/them.

Jed is a smoker and has been to the pharmacist with a cough. The pharmacist has recommended they quit smoking.

Jed has a stressful job, working nights and weekends in the entertainment industry, where lots of smoking and drinking is considered normal. They are looking for ways to manage their stress and avoid drinking.



CASE STUDY 3: DENZEL

Denzel is in middle adulthood. He was married for 40 years, until his wife died last year.

Denzel likes to drink red wine and he used to enjoy visiting restaurants with his wife. He doesn't know how to cook and he is not interested in learning!

Denzel's GP is concerned about his high resting heart rate and recent weight gain – he has been advised to reduce both. The GP thinks Denzel might also be depressed because his social interactions have reduced.



CASE STUDY 4: CHI

Chi is 42 and is a single parent to two teenagers.

Chi is feeling quite stressed and overwhelmed as her eldest child is moving out to university which will be expensive. Chi visited the practice nurse who said her blood pressure was getting too high and she should take action now before it gets worse. The nurse said that physical activity and a healthy diet will help but she should also look at ways to manage her stress. Chi is a vegetarian and likes to be outside.

Although Chi does not have a partner, she does have a wide circle of friends.



CASE STUDY 5: SANDY

Sandy is in his 80s. He lives with and cares for his partner Gregor, who has dementia.

Sandy has been told by his friends that he should make more time for himself because he is not eating enough and is losing too much weight – he needs to work back up to a 'healthy weight' body mass index (BMI).

Sandy and Gregor live in sheltered housing but they could do with more help, as Sandy is struggling to keep the house tidy and hygienic.



CASE STUDY 6: BRIT

Brit is in early adulthood and lives alone. Brit has good job with a great salary.

Brit was admitted to hospital last week with a racing heart rate and dizziness. The emergency doctor advised Brit to stop using recreational drugs.

Brit is studying for accountancy exams and uses recreational drugs to relax at the weekends. When Brit is out with friends they also binge drink alcohol and smoke cigarettes. Brit doesn't do any physical activity.

ACTION CARDS

Make an appointment with a physiotherapist



Referral to a dietitian



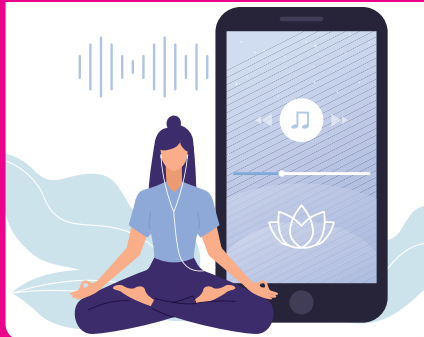
Join an online support group



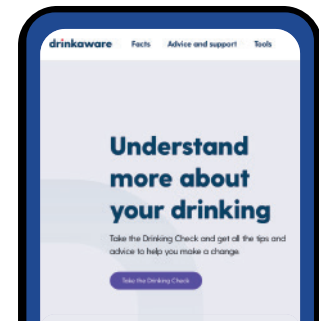
Make an appointment with a stop smoking advisor



Download and use a mindfulness app



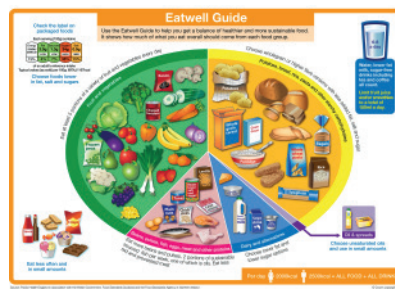
Go to the Drinkaware website and use the 'Track and Calculate Units' app



Reduce alcohol consumption to below 14 units per week



Follow the Eatwell Guide and choose lower fat and lower sugar options



Join an over-60s social group



ACTION CARDS

Join a walking group



Follow the Eatwell Guide, basing all meals on the proportions given



Join a mindfulness group



Regularly visit the local Dementia Cafe



Referral to adult social care for domiciliary care



Referral to a dietitian



Go to a drug and alcohol support group



Increase physical activity to 150 minutes moderate intensity activity per week

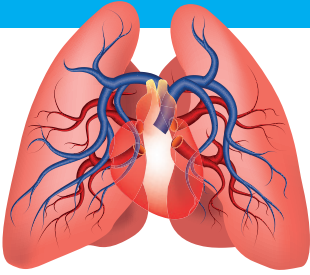


Download and use the NHS Quit Smoking app



WAY CARDS

Can formulate a safe exercise programme which will increase heart and lung function, which will help control symptoms



Can create a diet plan which specifies which foods are required to provide micronutrients, to reduce any vitamin deficiencies



Connecting with others with the same condition will provide new strategies and techniques for managing the condition



Support from a trained professional increases the likelihood of quitting successfully so the risk of lung cancer is reduced



Using evidence-based information to learn how to manage and reduce stress in a healthy way, will reduce heart rate



Knowing how much alcohol is consumed empowers individuals to know when to reduce it, and then reduces risk of liver cancer



Following established recommendations for cutting down on alcohol reduces the strain placed on organs such as the heart, improving cardiovascular health



Following advice to cut down on excess fat and sugar will contribute to weight loss



Connecting with other people in the same life stage enhances sense of belonging and reduces loneliness



WAY CARDS

Increasing physical activity through organised groups will strengthen the heart and reduces resting heart rate and blood pressure



Showing someone how to consume a balanced diet ensures that cholesterol is normal and does not build up in the arteries, therefore maintaining a normal blood pressure



Providing proven strategies to control stress and mood leads to a more positive mental health and self-concept



Providing a support network which understands the difficulties an individual is experiencing will boost confidence and self-esteem



Practical help with household tasks and personal care will increase personal safety and reduces chances of infection



Creating a diet plan containing the right proportions of the macronutrients carbohydrate, protein and fat will ensure a healthy weight can be reached



Problems can be shared which reduces the risk of self-harm and destructive behaviour is reduced



Following evidence-based recommendations on activity levels, will enhance quality of life by improving sleep and improving mood



Information endorsed by the NHS can provide successful techniques for quitting smoking, to improve blood circulation to heart and lungs so physical activity is easier



SUGGESTED ANSWERS

Note that some actions and linked ways might be suitable for more than one individual. This is a good point of discussion.

Case study	Actions to improve health & wellbeing	Ways the actions will improve health and wellbeing
CLARA	Make an appointment with a physiotherapist	Can formulate a safe exercise programme which will increase heart and lung function, which will help control symptoms
	Referral to a dietitian	Can create a diet plan which specifies which foods are required to provide micronutrients, to reduce any vitamin deficiencies
	Join an online support group	Connecting with others with the same condition will provide new strategies and techniques for managing the condition
JED	Make an appointment with a stop smoking advisor	Support from a trained professional increases the likelihood of quitting successfully so the risk of lung cancer is reduced
	Download and use a mindfulness app	Using evidence-based information to learn how to manage and reduce stress in a healthy way, will reduce heart rate
	Go to the Drinkaware website and use the 'Track and Calculate Units' app	Knowing how much alcohol is consumed empowers individuals to know when to reduce it, and then reduces risk of liver cancer
DENZEL	Reduce alcohol consumption to below 14 units per week	Following established recommendations for cutting down on alcohol reduces the strain placed on organs such as the heart, improving cardiovascular health
	Follow the Eatwell Guide and choose lower fat and lower sugar options	Following advice to cut down on excess fat and sugar will contribute to weight loss
	Join an over-60s social group	Connecting with other people in the same life stage enhances sense of belonging and reduces loneliness
CHI	Join a walking group	Increasing physical activity through organised groups will strengthen the heart and reduces resting heart rate and blood pressure
	Follow the Eatwell Guide, basing all meals on the proportions given	Showing someone how to consume a balanced diet ensures that cholesterol is normal and does not build up in the arteries, therefore maintaining a normal blood pressure
	Join a mindfulness group	Providing proven strategies to control stress and mood leads to a more positive mental health and self-concept
SANDY	Regularly visit the local Dementia Cafe	Providing a support network which understands the difficulties an individual is experiencing will boost confidence and self-esteem
	Referral to adult social care for domiciliary care	Practical help with household tasks and personal care will increase personal safety and reduces chances of infection
	Referral to a dietitian	Creating a diet plan containing the right proportions of the macronutrients carbohydrate, protein and fat will ensure a healthy weight can be reached
BRIT	Go to a drug and alcohol support group	Problems can be shared which reduces the risk of self-harm and destructive behaviour is reduced
	Increase physical activity to 150 minutes moderate intensity activity per week	Following evidence-based recommendations on activity levels, will enhance quality of life by improving sleep and improving mood
	Download and use the NHS Quit Smoking app	Information endorsed by the NHS can provide successful techniques for quitting smoking, to improve blood circulation to heart and lungs so physical activity is easier