

COMPONENT 3: HEALTH & WELLBEING
REVISION CHECKLIST

Learning Outcome A: Factors that affect health and wellbeing		
A1 Factors affecting health and wellbeing		
Topic	Notes/ Covered	Happy/ Done
The definition of health and wellbeing		
Physical factors:		
- inherited conditions (sickle cell disease, cystic fibrosis)		
- physical ill health (cardiovascular disease, obesity, type 2 diabetes)		
- mental ill health (anxiety, stress)		
- physical abilities		
- sensory impairments		
Lifestyle factors:		
- nutrition		
- physical activity		
- smoking		
- alcohol		
- substance misuse		
Social factors:		
- supportive relationships		
- unsupportive relationships		
- social inclusion		
- social exclusion		
- bullying		
- discrimination		

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Topic	Notes/ Covered	Happy/ Done
Cultural factors:		
- religion		
- gender roles and expectations		
- gender identity		
- sexual orientation		
- community participation		
Economic factors:		
- employment situation		
- financial resources (income, inheritance, savings)		
Environmental factors:		
- housing needs, condition and location		
- home environment		
- exposure to pollution (air, noise, light)		
The impact on physical, intellectual, emotional and social health and wellbeing of different types of life event:		
- physical events (e.g. accidents, ill health)		
- relationship changes (e.g. marriage, divorce)		
- changes to life circumstances (e.g. redundancy, imprisonment)		
<p>Links to prior learning:</p> <p><i>A1 links to the knowledge you developed in Component 1, on the life stages, factors affecting growth and development and life events. It will be helpful to review your notes on these topics alongside your revision for the exam.</i></p>		

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Learning Outcome B: Interpreting Health Indicators		
B1 Physiological Indicators		
Topic	Notes/ Covered	Happy/ Done
Interpretation of physiological data according to published guidelines:		
Resting heart rate (pulse) - normal range 60 to 100 bpm		
Heart rate (pulse) recovery after exercise - the heart's ability to return to normal levels after physical activity is a good indicator of fitness		
Blood pressure - low blood pressure 90/60 mmHg or lower - ideal blood pressure between 90/60 mmHg and 120/80 mmHg - pre-high blood pressure between 120/80 mmHg and 140/90 mmHg - high blood pressure 140/90 mmHg or higher		
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 29.9 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 risks)		
Potential risks to physical health (long-term risks)		
B2 Lifestyle Indicators		
Topic	Notes/ Covered	Happy/ Done
Interpretation of lifestyle data according to published guidelines:		
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		
Substance misuse		

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Learning Outcome C: Person-centred approach to improving health and wellbeing		
C1 Person-centred approach		
Topic	Notes/ Covered	Happy/ Done
The ways in which a person-centred approach considers 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.		
The importance of a 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		
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 services		
- it reduces complaints about health and social care services and workers		

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C2 Recommendations and actions to improve health and wellbeing		
Topic	Notes/ Covered	Happy/ Done
Established recommendations for helping 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		
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		
C3 Barriers and obstacles to following recommendations		
Topic	Notes/ Covered	Happy/ Done
Definition of barriers:		
<i>something unique to the health and social care system that prevents an individual accessing a service</i>		
Potential barriers as appropriate to the individual and the recommendation:		
- physical barriers		
- barriers to people with sensory disability		
- barriers to people with different social and cultural backgrounds		
- barriers to people that speak English as an additional language or those who have language or speech impairments		
- geographical barriers		

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Topic	Notes/ Covered	Happy/ Done
- resource barriers for service provider		
- financial barriers		
Definition of obstacles:		
<i>something personal to an individual that blocks a person moving forward or when action is prevented or made difficult</i>		
Potential obstacles as appropriate to the individual and the recommendation:		
- emotional/psychological		
- time constraints		
- availability of resources		
- unachievable targets		
- lack of support		
<p>Links to prior learning:</p> <p>C1 links to the knowledge you developed in Component 2, on 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.</p> <p>C2 links to the knowledge you developed in Component 1 on sources and 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.</p> <p>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.</p>		