

Surname	Centre Number	Candidate Number
Other Names		0



GCSE

4723/01



S16-4723-01

HEALTH AND SOCIAL CARE
UNIT 3: Maintaining Health and Well-being

P.M. WEDNESDAY, 22 June 2016

1 hour 15 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
Section A	1.	3
	2.	3
	3.	6
	4.	9
	5.	9
Section B	6.	15
	7.	15
	8.	20
Total	80	

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen.
Do not use pencil or gel pen.
Do not use correction fluid.

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions.

Write your answers in the spaces provided in this booklet.

If you run out of space, use the continuation pages at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

Section A: 30 marks

Section B: 50 marks

The number of marks is given in brackets at the end of each question or part-question.

You are reminded of the necessity for good English and orderly presentation in your answers.

Assessment will take into account the quality of written communication used in your answers.



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SECTION A (30 marks)*Answer all questions from this section.*

1. In the table below **tick (✓)** the examples of services available at child health clinics. [3]

Services	Services available at child health clinics
Family planning advice	
Feeding advice	
Menopause advice	
Sleeping advice	
Immunisation	

2. Tuberculosis (TB) is a life-threatening disease which had disappeared from the UK. In recent years, routine testing and vaccinations for TB stopped. However, there are individuals in the UK who visit countries where TB still exists.

- (i) **Circle** whether it is likely that the UK will experience an increase in cases of TB. [1]

Likely**Unlikely**

- (ii) Give **one** reason for your answer. [2]

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3. Jacob is in hospital and finds it difficult to be independent.

(a) Individuals who need to be cared for have individual care plans.

Describe the purpose of an individual care plan.

[3]




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(b) Below are examples of mechanical aids used to assist Jacob.

For **each** mechanical aid, identify the way it assists Jacob.

Mechanical aid	Way the aid assists Jacob
 <p>Hoist</p>	<p>(i)</p> <p>.....</p> <p>.....</p> <p>[1]</p>
 <p>Bed ladder</p>	<p>(ii)</p> <p>.....</p> <p>.....</p> <p>[1]</p>
 <p>Vertical poles</p>	<p>(iii)</p> <p>.....</p> <p>.....</p> <p>[1]</p>

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4. Some women experience bullying and ill-treatment in their everyday lives.
For each example below:

- identify the type of ill-treatment
- describe the effects on the individual's health and well-being

(a) Parvin wears a hijab. This is a headscarf that covers her head and neck.
She has experienced shoulder barging when walking along her local high street.

(i) Identify the type of ill-treatment. [1]

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(ii) Describe the effects on Parvin's health and well-being. [2]

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(b) Amy experienced a man touching her breasts whilst travelling on a crowded bus.

(i) Identify the type of ill-treatment. [1]

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(ii) Describe the effects on Amy's health and well-being. [2]

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(c) Sasha was walking past a building site. One of the workers shouted insults at her.

(i) Identify the type of ill-treatment. [1]

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(ii) Describe the effects on Sasha's health and well-being. [2]

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5. Alec has diabetes. He was busy at work and missed his lunch. He is now experiencing the symptoms of low blood sugar levels.

(a) Identify **two** symptoms of low blood sugar levels. [2]

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(b) A friend is close at hand and knows how to treat Alec's low blood sugar levels.

(i) Identify one action his friend should **not** take. [1]

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(ii) Explain **two** immediate actions his friend should take to help Alec raise his blood sugar levels. [4]

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(iii) Once Alec's sugar levels have been increased, identify what his friend should do next to maintain Alec's sugar levels. [2]

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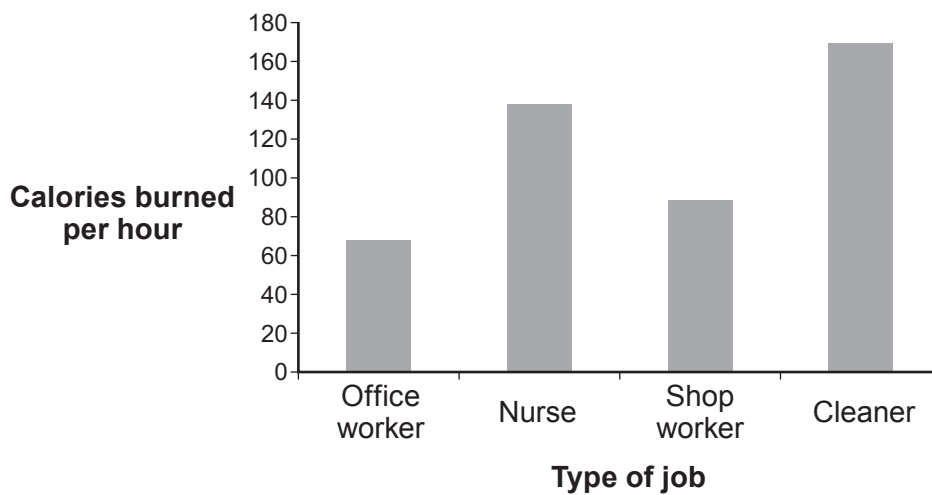


SECTION B (50 marks)

Answer all questions from this section.

6. In Keith's first year at his office job he gained 6kg (one stone) in weight and this has continued every year for the past six years.
He has a high BMI and is classified as obese.
He finds that he is snacking on chocolate, cakes and crisps throughout the day whilst sitting at his computer.
He parks his car close to the office and he doesn't exercise because he is too embarrassed.

Energy used per hour in different jobs



- (a) (i) Looking at the graph above, identify the job which uses the most calories per hour. [1]

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- (ii) Identify **two** risks to Keith's health of being obese. [2]

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- (b) With reference to government health guidelines:

- (i) Identify **two** ways in which Keith could improve his dietary habits. [2]

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(ii) Describe **two** ways in which Keith could start exercising. [4]

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(c) Keith finds people stare at him and call him names because he is obese.

(i) Identify **one** type of ill-treatment he is experiencing, giving **one** example from the sentence above. [2]

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(ii) Describe the effects of the ill-treatment on Keith's health and well-being. [4]

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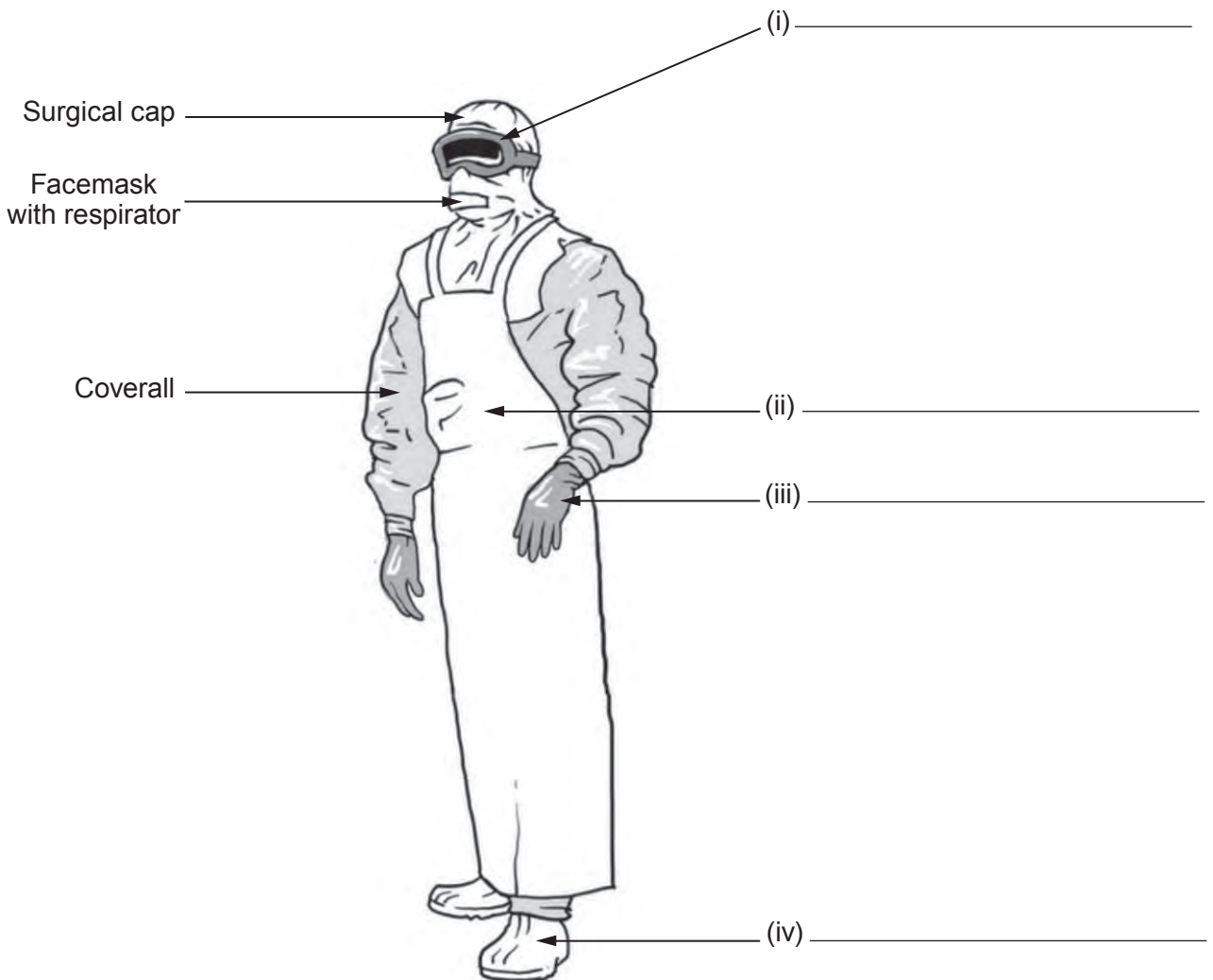
7. In March 2014 in West Africa there was an outbreak of the Ebola virus. It is a deadly disease which is transmitted through direct contact with bodily fluids. Health workers are required to wear personal protective equipment (PPE). The Ebola virus is **not** transmitted through coughs and sneezes.

(a) (i) Name **one** bodily fluid through which a virus can be passed on. [1]

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(ii) Label the personal protective equipment (PPE) on the diagram below. Some have been completed for you. [4]



(iii) Explain why health workers are required to wear personal protective equipment (PPE). [5]

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(iv) Explain **one** additional procedure, other than wearing gloves, for preventing the spread of viruses by hand. [3]

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(b) One of the strategies for controlling the spread of the Ebola virus was to advise individuals to stay at home.
Explain why this strategy was put in place. [2]

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8. More than half the individuals who smoke will be killed by their smoking habit.
Frank is 50 years old. He had to retire early because he had a chronic disease caused by smoking since he was a teenager.

(a) Explain how smoking can contribute to the ill-health of individuals who smoke cigarettes. [6]

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(b) Treatment of smokers costs the NHS £12 billion a year in England alone.
Discuss why the NHS and social care services spend so much on those who smoke cigarettes. [6]

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