

Unit 3 Health and wellbeing

Personal Learning Checklist

In the knowledge zone, indicate your understanding by ticking the relevant zone:

- Green – I am confident with my knowledge and understanding
- Orange – I have some knowledge and understanding
- Red- I do not understand the topic

Learning outcomes	Topics	Knowledge zone		
		Red	Amber	Green
A Factors that affect health and wellbeing				
A1 Factors affecting health and wellbeing	<ul style="list-style-type: none"> • Definition of health and wellbeing: a combination of physical health and social and emotional wellbeing, and not just the absence of disease or illness 			
	<ul style="list-style-type: none"> • Physical factors that can have positive or negative effects on health and wellbeing: o inherited conditions – sickle cell disease, cystic fibrosis o physical ill health – cardiovascular disease, obesity, type 2 diabetes o mental ill health – anxiety, stress o physical abilities o sensory impairments 			
	<ul style="list-style-type: none"> • Lifestyle factors that can have positive or negative effects on health and wellbeing: o nutrition o physical activity o smoking o alcohol o substance misuse 			
	<ul style="list-style-type: none"> • Social factors that can have positive or negative effects on health and wellbeing: o supportive and unsupportive relationships with others – friends, family, peers and colleagues o social inclusion and exclusion o bullying o discrimination 			
	<ul style="list-style-type: none"> • Cultural factors that can have positive or negative effects on health and wellbeing: o religion o gender roles and expectations o gender identity o sexual orientation o community participation 			

A2 Factors affecting health and wellbeing	<ul style="list-style-type: none"> • Economic factors that can have positive or negative effects on health and wellbeing: <ul style="list-style-type: none"> o employment situation o financial resources – income, inheritance, savings 			
	<ul style="list-style-type: none"> • Environmental factors that can have positive or negative effects on health and wellbeing: <ul style="list-style-type: none"> o housing needs, conditions, location home environment o exposure to pollution – air, noise and light 			
	<ul style="list-style-type: none"> • The impact on physical, intellectual, emotional and social health and wellbeing of different types of life event: <ul style="list-style-type: none"> o physical events o relationship changes o life circumstances 			
B Interpreting health indicators				
B1 Physiological indicators	<ul style="list-style-type: none"> • Interpretation of physiological data according to published guidelines: <ul style="list-style-type: none"> o resting heart rate (pulse) – normal range 60 to 100 bpm o heart rate (pulse) recovery after exercise – the heart’s ability to return to normal levels after physical activity is a good indicator of fitness o blood pressure – low blood pressure 90/60mmHg or lower, ideal blood pressure between 90/60mmHg and 120/80mmHg, pre-high between 120/80mmHg and 140/90mmHg, high blood pressure 140/90mmHg or higher o body mass index (BMI) – underweight below 18.5 kg/m² , healthy weight between 18.5 kg/m² and 24.9 kg/m² , overweight between 25 kg/m² and 29.9 kg/m² , obese between 30 kg/m² and 39.9 kg/m² , severely obese 40 kg/m² or above. 			
	<ul style="list-style-type: none"> • The potential significance of abnormal readings: <ul style="list-style-type: none"> o impact on current physical health (short-term risks) o potential risks to physical health (long-term risks) 			
B2 Lifestyle indicators	<ul style="list-style-type: none"> • Interpretation of lifestyle data according to published guidelines: <ul style="list-style-type: none"> o nutrition – the Eatwell Guide o physical activity – UK Chief Medical Officers’ Physical Activity Guidelines o smoking – UK Chief Medical Officers’ Smoking Guidelines o alcohol – UK Chief Medical Officers’ Alcohol Guidelines o substance misuse 			

C Person-centred approach to improving health and wellbeing				
C1 Person-centred approach	<ul style="list-style-type: none"> ● The ways in which a person-centred approach takes into account an individual's: <ul style="list-style-type: none"> o needs – to reduce health risks o wishes – their preferences and choices o circumstances – to include age, ability, location, living conditions, support, physical and emotional health ● The importance of a person-centred approach for individuals: o makes them more comfortable with recommendations, advice and treatment <ul style="list-style-type: none"> o gives them more confidence in recommendations, advice and treatment o ensures their unique and personal needs are met o increases the support available to more vulnerable individuals o improves their independence o they are more likely to follow recommendations/actions to improve their health o they are more motivated to behave in ways that positively benefit their health o 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: <ul style="list-style-type: none"> o it improves job satisfaction for health and social care workers o it saves time for health and social care services o it saves money for health and social care services o it reduces complaints about health and social care services and workers 			
C2 Recommendations and actions to improve health and wellbeing	<ul style="list-style-type: none"> ● Established recommendations for helping to improve health and wellbeing: <ul style="list-style-type: none"> o improving resting heart rate and recovery rate after exercise o improving blood pressure o maintaining a healthy weight o eating a balanced diet o getting enough physical activity o quitting smoking o sensible alcohol consumption o stopping substance misuse. ● Support available when following recommendations to improve health and wellbeing: 			

	<ul style="list-style-type: none"> o formal support from professionals, trained volunteers, support groups and charities o informal support from friends, family, neighbours, community and work colleagues 			
C3 Barriers and obstacles to following recommendations	<ul style="list-style-type: none"> ● Definition of barriers: something unique to the health and social care system that prevents an individual accessing a service. ● Potential barriers as appropriate to the individual and the recommendation: <ul style="list-style-type: none"> o physical barriers o barriers to people with sensory disability o barriers to people with different social and cultural backgrounds o barriers to people that speak English as an additional language or those who have language or speech impairments o geographical barriers o resource barriers for service provider o financial barriers. ● Definition of obstacles: something personal to an individual that blocks a person moving forward or when action is prevented or made difficult. ● Potential obstacles as appropriate to the individual and the recommendation: <ul style="list-style-type: none"> o emotional/psychological o time constraints o availability of resources o unachievable targets o lack of support 			