

Health and Social Care Level 2 Component 3 PLC revision checklist

Learning Aim A

A1 - Factors that affect health and wellbeing

Learners will explore how factors can affect an individual's health and wellbeing positively or negatively. This links to and extends knowledge and understanding of human lifespan development including life events, covered in Component 1. Here, however, the focus is on the current health and wellbeing of individuals.

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Definition of health and wellbeing:	A combination of physical health and social and emotional wellbeing, and not just the absence of disease or illness	
Physical factors that can have positive or negative effects on health and wellbeing:	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 that can have positive or negative effects on health and wellbeing:	Nutrition	
	Physical activity	
	Smoking	
	Alcohol	
	Substance misuse	
Social factors that can have positive or negative effects on health and wellbeing:	Supportive and unsupportive relationships with others – friends, family, peers and colleagues	
	Social inclusion and exclusion	
	Bullying	
	Discrimination	
Cultural factors that can have positive or negative effects on health and wellbeing:	Religion	
	Gender roles and expectations	
	Gender identity	
	Sexual orientation	
	Community participation	
E c o n o	Employment situation	

	Financial resources – income, inheritance, savings	
Environmental factors that can have positive or negative effects on health and wellbeing:	Housing needs, conditions, location	
	Home environment	
	Exposure to pollution – air, noise and light.	
The impact on physical, intellectual, emotional and social health and wellbeing of different types of life event	Physical events	
	Relationship changes	
	Life circumstances	

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Learning Aim B - Interpreting health indicators

B1 Physiological indicators

Learners will explore how physiological indicators are used to measure health.

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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 90/60mmHg 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	
	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

Learners will explore how lifestyle choices determine physical health

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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 Aim C - Person-centred approach to improving health and wellbeing

C1 Person-centred approach

Learners will explore the use of the person-centred approach in health and social care settings. This links to, and consolidates, knowledge and understanding from Component 2 on the skills, attributes and values that contribute to care.

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The ways in which a person-centred approach	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	

C2 Recommendations and actions to improve health and wellbeing

Learners will explore recommendations and actions that are aimed at improving health and wellbeing, alongside support available for achieving this. This links to, and consolidates, knowledge and understanding from Component 1 on sources and types of support, and Component 2 on health and social care services, and also skills, attributes and values that contribute to care.

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	
	Stopping substance misuse	
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

Learners will explore the barriers and obstacles that individuals can face when following recommendations and the unique ways that they may be overcome. To do this, they will need to make links to and build on their prior knowledge and understanding from Component 2, in particular, barriers to accessing services and the personal obstacles individuals may face

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:	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	
	Resource barriers for service provider	
	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:	Emotional/psychological	
	Time constraints	
	Availability of resources	
	Unachievable targets	
	Lack of support	