Q1/2 – PIES & Factors

Factor	Description	POSITIVE EFFECT	NEGATIVE EFFECT
Genetic inheritance	Characteristics or health risks which are passed on from parents. You may have a predisposition to developing an illness because if your inherited genes.		o May impact self-concept → self-esteem and self-image. o Predisposition to illness may lead to anxiety or depression.
Ill-health	Acute – start quickly and lasts a short time Eg, infection. Chronic – Starts slowly and last a lifetime Eg, Asthma		o Impacts physical fitness o Restricts learning / education o Causes emotional distress o Removes social opportunities. o May have to adapt lifestyle or life.
Diet	Not having the right amount to meet energy demands or having to much according to size & activity levels	A balanced diet: ✓ Healthy immune system ✓ Boost in energy levels ✓ Growth & repair of tissues ✓ Healthy hair, skin, nails. ✓ Good self-image and self-esteem.	o Malnourishment; anemia, rickets, poor growth, tiredness, depression, eating disorders. o More prone to illness. o Those who are obese; diabetes, reduced life expectancy, less able to exercise, poor self-concept
Exercise	Gentle (walking) Moderate (swimming) Vigorous (Football) 60 mins per day for children & adults, 25 mins per day for 65+	✓ P – Reduces BMI and pain, boosts energy levels, stamina, flexibility & endurance, reduces diabetes ✓ I – better brain function/memory ✓ E – improves confidence/reduces stress ✓ S – social integration & skills	by not exercising; o P – obesity (Type 2), temperature decrease. o I – reduced brain performance o E – Poor self-concept o S – fewer opportunities for socialing
Personal hygiene	Reducing number of harmful microbes spreading & infecting.	✓ Prevents illness (acute) ✓ Improves self-concept ✓ Good habits include; washing, cleaning teeth, clean clothes, hand washing, clean nails	IF POOR; o Catch & spreads diseases o Body odor/tooth decay/bad breath o = negative social/emotional effects = social isolation + poor self-concept
Alcohol	Recommended 14 units a week, avoid excessive amounts, and if pregnant avoid	✓ Healthy in moderation	o P – damage to major organ/cancers/weight gain/infertility o I – depression/stroke & brain damage o E – poor self-concept o S – domestic violence/aggression.
Smoking & nicotine use	Contains harmful chemicals. Nicotine, tar, CO and soot particles	REASONS PEOPLE SMOKE: ▪ Addictive/to overcome others ▪ Relieve stress/relax/reward ▪ Peer pressure ▪ Fear of putting on weight	o P – cancer/heart disease/emphysema, ages skin, heart disease, lung cancer o I – cravings/irrigation o E – poor self-concept o S – social isolation (doing/health)

Factor	Description	POSITIVE EFFECT	NEGATIVE EFFECT
Drug misuse	Taken for recreational reasons, addicted, more or less than prescribed dose, drugs that belong to another	**IF TAKEN CORRECTLY;** ✓ Beneficial to reducing pain or fighting infection	o P – breathing problems/ HIV/ Kidney failure o I – Hallucinations/ Memory loss o E – poor self-concept/unusual states/break down of relationships o S – money problem/ judgment impaired
Social integration	Belonging to a group and can interact with others. Opposite of social isolation.	✓ P – practical assistance ✓ I – support learning/thinking ✓ E – unconditional love, security & encouragement ✓ S – companionship ✓ Positive self-concept/content/independence/confidence	o Social isolation (not getting regular contact with others). Causes ; difficulty building relationships, feelings of insecurity, depression, poor lifestyle choices, reduced thinking skills o Negative self-concept , feelings of hurt, loneliness, distrust, lack of independence
Stress	Mental and emotional tension. Caused by exams, work pressure, life events, financial difficulties	**Short term;** ✓ Increased heart beat/breathing rate, sweating hands, dry mouth, butterflies (Adrenaline) ✓ Can motivate/encourage ✓ Develops resilience ✓ Boosts immune system ✓ Appetite changes, headaches.	**Long term;** o High blood pressure, loss of appetite, sleeplessness, heart disease, irritable, fatigue. o Forgetfulness, negative self-concept, feeling insecure, breakdown of close relationships, social isolation o Poor circulation, mood swings.
Asking for help	Barriers; culture / gender / education may restrict people from seeking help.	✓ Traditions valued/ cultural preferences ✓ Help if English is not first language ✓ Treated by same gender ✓ Those education; research symptoms, know importance if early diagnosis/treatment, access to services	o Men are less likely to see help as feel venerable/reluctant o Stigma from society. o Values/traditions not understood by health professionals o Don't know how to seek help o Don't understand importance of seeking help o Cultural diets, practices, or customs.
Economic	Personal income, wealth and occupation. Absolute poverty Relative poverty.	✓ P – good housing/diet ✓ I – more time for leisure time/activates, education ✓ E – feeling of financial security, positive self-concept ✓ S – socialising opportunities	o P- Poor housing/diet/health and desk job = less activity o I – long hours = less leisure time, no job = poor mental health o E – stress, breakdown of relationships, low self-concept o Reduces socialising opportunities
Pollution	Air, water, land, food, noise, light	LIVING IN COUNTRYSIDE; = little pollution, lots of fresh air but likely to have a geographical barrier.	o Lung damage/heart disease/allergies/premature birth o noise: stress,/hearing loss/High blood pressure, disrupted sleep
Housing	Good/Poor living conditions and in countryside or city	✓ Less pollution ✓ Quiet & safe ✓ Spacious ✓ Warm & dry ✓ Close to or has outdoor safe space	o Damp/mould spore/vermin = breathing problems/infection o Overcrowding = sleepless/depression o No open spaces = inactive o Poor heating = poor health

Factor	Description	POSITIVE EFFECT	NEGATIVE EFFECT
Expected life events	Starting school, new job, new house/area, retirement	✓ New friendships, new skills, more confidence. ✓ Independence, improved self-concept, reduced stress	o Anxiety/insecurity of new routines/new people o Stress of moving/social isolation o loss of mental stimulation/friends
Unexpected life events	Ill health, accident or injury, bereavement, exclusion, redundancy, imprisonment	✓ New learning/training opportunities and diet ✓ More family time/friends ✓ Catalyst for change of behavior/work situation	o Depression/social isolation o Poor self-concept/anxiety o Loss of contact with friends o Lack of learning opportunities

Q3 – Data interpretation

Physiological data	Averages	Impact on current health	Impact on future health
Pulse – measures how fast your heart beats.	60 – 100 **BPM** for adults. Fitter people have lower levels.	High – overweight Low – exercise more frequently or lean & men	Abnormal reading may occur, but if high see doctor Ways to lower; exercise, healthy diet, lower stress levels & stop smoking
Peak flow – measures lung capacity.	Read the chart for appropriate sex, age and height.	**Abnormal readings;** asthma, emphysema, chronic bronchitis, cystic fibrosis, lung cancer.	Higher score → good physical fitness. Lower score → Asthma, lung problems, allergies, likely to be sedentary.
Blood pressure – measures pressure against arteries	Anywhere *between* 90/60 mmHg and 120/80mmHg is normal.	Sedentary lifestyle (smoke/alcohol) / fatty or caffeine diet / genetic inheritance (Caribbean) / lack of exercise / overweight /headaches / appetite change / stressed / anemic / underweight if low	**Too high** → hypertension / heart attacks, strokes, blindness, vascular dementia, kidney problems, mobility issues. **Too low** → dizziness / fainting / fatigue / can increase lifespan.
BMI - measures fat in relation to height.	**18.5 - 24.9** Does not include age, muscle mass, bone density or gender	**Overweight** → sedentary, poor diet, painful joints, poor mobility. **Underweight** → weak immune system, weak, fatigue, periods stop.	**Overweight** → premature death, various cancers, T2 diabetes, obese adult, hypertension. heart disease, type 2 diabetes, stroke, arthritis **Underweight** → anemia, osteoporosis, eating disorders.
Lifestyle data	**Impact on current health**		**Impact on future health**
Smoking	Decreased blood flow / headaches / bad breath / smelly clothes / coughing / decreases appetite / financial issues /		Cancers / heart disease / gum disease / tooth loss / fertility issues / respiratory issues / addiction /reduces sense of smell/taste.
Alcohol consumption	Increased heart rate / slower reactions / dehydration / bad breath / poor decisions / aggression / sickness.		Cancers / hypertension / depression / infertility / relationship problems / weight gain / addiction / liver disease / heart disease
Inactive lifestyle	Adults should have 2.3h of exercise per week. Weight gain / breathlessness / fatigue / snoring / joint pains / mobility issues.		Slows metabolism / T2 diabetes / mobility issues / joint pain / Cancers / strokes / hypertension / fertility issues / premature death.

Q4 – 3 SMART targets.

Recommended action	Short / long term suggestions
Lower blood pressure	✓ Eat 5 or more portions of fruit/vegetable a day ✓ Improve diet Eg, reduce salt, reduce takeaways. ✓ Use relaxation techniques to reduce stress or join a gym ✓ Drink water alongside alcohol to reduce consumption.
Reduce BMI	✓ Reduce fat & sugar intake / improve diet. ✓ Do not exceed recommended daily calories / join a gym or exercise. ✓ Drink more water (no sugar drinks) / reduce alcohol intake. ✓ Move more → get off a stop earlier, lunch break walks.
Increase Peak flow reading	✓ Reduce smoking or use nicotine replacement therapies ✓ Increase exercise / fitness.
Reduce pulse rate and improve recovery time after exercise	✓ Increase exercise → walks, clubs, gym. ✓ Decrease caffeinated drinks Eg coffee, energy drinks. ✓ Reduce stress.
Reducing Alcohol consumption	✓ Drink water alongside alcohol consumption ✓ Join support groups. ✓ Only drink out once a week with friends ✓ Only have recommended 14 units a week
Reducing smoking	✓ Cut down on cigarettes ✓ Use alternative nicotine patches/e-cigarettes/vape ✓ (certain laws reduce smoking to a certain extent)
Increasing exercise	✓ Join a physically active hobby ✓ Join exercise or dance class ✓ Walk ½ house at lunch time ✓ Get off bus a stop early and walk rest of the way

Type of support	Who does this include?	What do/can they do?
Informal support - Emotional support from friends / family / neighbors / colleagues.	**Practical** – transports, chores, cooking **Emotional** – encouragement, listening. **Advice** – sharing experiences.	• Join in on your targets • Suggest new ways to achieve targets • Research advice or other services that can helps • Quit a certain activity with you. • Share advice and tips.
Formal support – practical support from paid trained professionals.	***Primary:*** Health center, pharmacy, opticians, dentist ***Secondary:*** e.g. neurologist/pediatrician/ psychiatrist/cardiologist ***Allied:*** dietician, physiotherapist, advocate, speech & language therapist, domiciliary care worker, clinical support staff ***Organizations:*** Change4Life, Age UK, weight watchers	• Diagnose using health indicators. • Health advice or information. • Practical support (medication, aids, groups) • Educate you on risks • Provide emotional support • Speaks on your behalf
Formal Aiding support (voluntary)	Physiological measuring aids, medication, practical support (DVDs) advice (leaflets), support groups, emotional support (encouragement)	• Testing kits/weighing scales • Prescriptions • DVD's/healthy menu plans • Leaflets • Support groups (charities?)

Q4 – Example

Action:	Short term target (less than 6 months)	Long term target (6 months to a year)
Stop smoking	Cut down to 5 cigarettes a day within 1 month	Stop smoking within completely 10 months
Drink alcohol within safer limits	When out for a meal at weekends drink water alongside an alcoholic drink, starting immediately`	Reduce alcohol consumption to less than 14 units per week and not to binge drink
Feel less isolated	Within 6 weeks be able to leave the house every day and have a short conversation with another person	Join a social club and be able to attend regularly within 6 months

S – specific → *Explain the action and what it's going to improve.*
M – measurable → *How are you going to measure it?*
A – achievable → *Can the person do it?*
R – realistic → *Is it appropriate for them?*
T - time related → *Less than 6m or more than 6m.*

Q5 – Needs, Wishes, Circumstances.

Action:		Example
Need	Health issues they NEED to improve - Use information from Q3.	X **needs** to improve his diet so that he can decrease his high blood pressure. This will decrease his risk of a heart attack.
Wishes	Their wants / dislikes – Use the information from the start of Q4.	X **wants** to be more active with his children, so my plan incorporates this.
Circumstance	Life situations – Use the information from the start of Q4 and the main scenario.	X is over 65, so its inappropriate for him to run 30 mins per day. His plan reflects his **circumstance**.
Person centered approach	To create a unique / personalized plan for one person.	By taking into account their needs, wishes and circumstances.
The care values	Empowerment / Dignity / Respect / Communication / Anti-discrimination / Confidentiality / Safeguarding.	Encouraging X to improve his diet by asking him to create a list of foods he enjoys eating. Respecting his religion when making his diet plan. Protecting his identity with colleagues. Having a duty of care over his wellbeing.

Q6 - obstacles

Obstacle	Description	How to overcome / minimise.
Emotional/ psychological	• Lack of motivation • Poor self-concept • In denial about health problems.	✓ Suggest new ways to meet people such as voluntary work → prevents isolation ✓ Plan small rewards e.g. buy new clothe after losing weight ✓ Record money saved by not smoking/drinking on Apps ✓ Make sure targets are achievable ✓ Break down targets in to small steps so progress can be seen ✓ Give reassurance, encouragement and regular feedback on progress ✓ Encourage to think about the possibility of change ✓ Help the person understand the long-term health risks of staying the same and benefits of change
Time constraints	• Care of others (children/elderly) • Work or study commitments • Appointments • Domestic chores • Busy time of year • Voluntary work	✓ Find time to exercise Eg, lunch break, stairs instead of lift. ✓ Incorporated into daily routine (walking/cycling to work/ getting off bus a stop early) ✓ Exercise when watching tv (exercise bike/ lunges in adverts) ✓ Exercise at home with App or DVD ✓ If working at desk get up and do regular stretches ✓ Cooking healthy meals in large quantities and freeze rest ✓ Quick healthy recipes from supermarkets/internet ✓ Support ✓ Family Rota for chores/responsibilities ✓ Family members helping out
Availability of resources	• Lack of access to fitness facilities • Cost of healthy food • Cost of transport • Lack of equipment • Cost of facilities	✓ Some councils run free fitness classes for those with certain health issues. Eg Park run. ✓ Run, walk or take up gardening ✓ Use free fitness phone apps/DVDs ✓ Look for price reductions/offers at shops ✓ Cook food rather than ready meals ✓ Cook in bulk and freeze portions ✓ Make packed lunches instead of buying lunch out ✓ Combine visits to health centre with other trips (e.g. shopping) ✓ Share lifts to social clubs and other trips out ✓ Use weighing scales at local pharmacy/sports centre ✓ Borrow fitness DVDs from library/buy from charity shops ✓ Look for second hand equipment
Unachievable targets	• High expectations • Unclear targets • Too many targets • Poor timing • Unsuitable targets	✓ Gradually reducing what you would like to get rid of (e.g. cigarettes) ✓ Step by step targets are less daunting (e.g. for weight loss/ anxiety of meeting in large groups first go to small groups) ✓ May require special presentation of targets to its clear ✓ Start date must be appropriate for time of year (e.g. difficult to stop drinking in holiday season) ✓ Appropriate length of time to achieve targets ✓ Have targets separated so there's not too much going on at once (e.g. if you have an addictive personality stopping smoking, reducing alcohol and losing weight is not ideal ✓ Suitable targets for individual person (e.g. exercise plan for a young person will be very different from an elderly person with mobility issues)

Aim for 3 – 4 obstacles.

You must talk about the obstacle AND how to overcome it.

Q6 - obstacles

Obstacle	Description	How to overcome / minimise.
Lack of support	• Lack of family support (ignoring their targets) • Lack of peer support (friends may tempt them to ignore targets)	Family can: ✓ Adopt healthy lifestyles ✓ Be encouraging ✓ Buy healthy foods and no have unhealthy food ✓ Give practical or financial help Friends can: ✓ Plan alcohol free nights out ✓ Stop offering cigarettes or recreational drugs ✓ Join a club/sport together ✓ Motivate by complimenting achievements
Specific to the individual	• Depend on a persons; • Abilities • Disabilities • Addictions	Disability ✓ Arrange transport to and from services & family member to accompany ✓ Give plan in suitable forms e.g. braille if bling (or audio/sign language) ✓ Enlist family/friends to offer encouragement & practical support ✓ Explain in clear and appropriate way to be understood ✓ Go to support group with friends or online ✓ Due to mobility suggest appropriate actions such as sitting exercise routines Addiction ✓ Joining support group (e.g. alcoholic anonymous) ✓ Provide leaflets explaining the effects of addiction so it can be referred to when feeling confused ✓ Ask friends and family no to offer addictive substances or keep them around the home ✓ Enlist support of family and friends to encourage new friendship and leisure activities ✓ Boost the persons self-concept by pointing out their positive qualities
Barriers to accessing identified services	• Geographical • Financial • Psychological • Physical • Personal needs • resources	Geographical ✓ Arranged hospital transport & telephone helplines of internet support groups Financial ✓ Free medicine/treatments & direct the person to advice on benefits and employee rights Psychological ✓ Talk about concerns and reassure ✓ Direct the person to a charity that supports people with a certain health problem Physical ✓ Be aware of services that are adapted for easy access ✓ Ask friend or family member to drop the person at the service Personal needs ✓ Provide support services that meet a persons needs e.g. interpreter ✓ Use anti-discriminatory practice and encourages others to do so as well Resources ✓ Suggest sources of second hand equipment ✓ Look for alternative strategies (e.g. exercise DVD if no spaces in classes)

*X commutes to London and works long hours so this is a time constraint because of his work commitments. **This means he** can't go to the gym in the evenings like the plan proposes. **X can overcome** his by walking on his lunch break, taking the stairs instead of the lift or getting off the tube a stop earlier.*

1a. *Use the information to explain **2 factors** that could be having a **POSITIVE EFFECT** on health and wellbeing [4 marks]*
1b. *Explain **4 factors** that have a **NEGATIVE EFFECT** on health and wellbeing [8 marks]*

- Factors → Circumstances or facts that cause an effect or result. Eg, nurse visits, exercising.
- You need **2/4** separate points.

Identify the factor + explain why it's positive/negative for their health and wellbeing [REPEAT 2 or 4x].

Eg, Ben lives in the countryside. [1] This is positive for his health because it means he has fresh air and greener and no air pollution. [1]

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2. *Explain **3** effects that their health has on **PHYSICAL/EMOTIONAL/SOCIAL** health [6 marks]*

- **ONLY** use the additional information given to answer this question.
- Make sure your effects are specific to the PIES it asks about!
- Provide 3 separate points → 2 marks each.

Identify the issue + Explain what effect it has on their specific PIES. [REPEAT 3x]

- *Eg, Ben is experiencing a bereavement [1] This may effect his emotional health because she will be sad and grieving. [1]*

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3. *Data given. Explain their **CURRENT** and **FUTURE** health [12 marks]*

- You will need to plot this data on the provided graphs or tables.
- **Current health** → short term impacts that are affecting them now.
- **Future health** → long term health risks that could develop.

Identify their current health status using the data provided + explain how this will be affecting their health.

Eg, Ben has a BMI of 36 which means he is severely obese [1], this means he may have joint pains, or have shortness of breath when trying to walk. [1]

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4. *Design a health and improvement plan using **ALL** information provided [12 marks]*

You need to:
1. **Describe** 3 recommendations based on their data.
2. **Explain** 3 short term (less than 6m) and 3 long term (more than 6m) targets.
3. **Provide** 1 source of support for each recommendation (3 total).

Eg, Ben needs to lose weight because his BMI is 36 [1]. His short term goal is to increase the amount of fruit and veg he eats within 4 weeks, and record this in his food diary [1]. His long term goal is to lose 3 stone within 6 months by walking at least 30 minutes a day or more [1]. His brother (informal support) is willing to walk with Ben daily and cook healthier meals with Ben. [1]

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5. *Justify how/why your plan would help the person meet their **needs**, **wishes** and **circumstances** [10 marks]*

- **Needs** → PIES needed to their health.
- **Wishes** → likes/dislikes, preferences, wants.
- **Circumstances** → their current situation in life.

For **each** recommendation made in Q4:
1. Explain **why** and **how** they meet the needs, wishes and circumstances of the person.
2. Explain how the **short** and **long** term targets are **person-centred** and meet their needs, wishes and circumstances.
3. Explain how the **support** is person-centred and how it meets their needs, wishes and circumstances.

Aim for 3 paragraphs. 1 for each recommendation.

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6. *Describe possible obstacles that the person may face when trying to follow your plan **AND** how can these be minimised [8]*

1. Include **FOUR** barriers or obstacles they may face. Refer to your own plan.
2. Explain **how/why** this is a barrier.
3. Suggest how they can overcome this barrier/obstacle.
4. Describe the **benefits** of this suggestion.

Eg, Jack has tried to quit smoking in the past but lacks motivation [1] This is a barrier because it means he is addicted and struggles to stop smoking which effects his health [1]. He can overcome this barrier by using nicotine gum or patches as a replacement [1]. This could reduce his cravings for cigarettes and improve his health. [1]

Physical and lifestyle factors	genetic inheritance, including inherited conditions and predisposition to other conditions	
	ill health (acute and chronic)	
	diet (balance, quality and amount)	
	amount of exercise	
	substance use	
	alcohol	
	nicotine	
	illegal drugs	
	misuse of prescribed drugs	
	personal hygiene	
Social, emotional and cultural factors	social interactions, e.g. supportive/unsupportive relationships, social integration/isolation	
	stress, e.g. work-related	
	willingness to seek help or access services, e.g. influenced by culture, gender, education.	
Economic	financial resources	
Environmental factors	levels of pollution, noise and air	
	housing, e.g. conditions, location.	
	The impact of life events relating to relationship changes and changes in life circumstances.	
Physiological data	Pulse → effects on current health and risks to future health.	
	Blood Pressure → effects on current health and risks to future health.	
	BMI → effects on current health and risks to future health.	
	Peak Flow → effects on current health and risks to future health.	
Lifestyle data	Smoking → effects on current health and risks to future health.	
	Alcohol → effects on current health and risks to future health.	
	Inactivity → effects on current health and risks to future health.	
Health plan	Person-centred care → Needs, wishes and circumstances.	
	Recommendations / short term goals / long term goals / sources of support.	
Obstacles and barriers	Emotional/psychological → lack of motivation, low self-esteem, acceptance of current state	
	Time constraints → work and family commitments	
	Availability of resources → financial, physical, e.g. equipment	
	Unachievable targets → unachievable for the individual or unrealistic timescale o lack of support, e.g. from family and friends	
	Other factors specific to individual → ability/disability, addiction	
	Barriers to accessing identified services.	