

GCE



CCEA GCE A2
Exemplifying Examination
Performance

Health and Social Care

This is an exemplification of candidates' performance in GCE A2 examinations (Summer 2018) to support the teaching and learning of the Health and Social Care specification.



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EXEMPLIFYING EXAMINATION PERFORMANCE

GCE Health and Social Care

Introduction

These materials illustrate aspects of performance from the 2018 summer A2 examination series of CCEA's revised GCE Specification in 2016.

Students' grade A responses are reproduced verbatim and accompanied by commentaries written by senior examiners. The commentaries draw attention to the strengths of the students' responses and indicate, where appropriate, deficiencies and how improvements could be made.

It is intended that the materials should provide a benchmark of candidate performance and help teachers and students to raise standards.

For further details of our support package, please visit our website at www.ccea.org.uk

Best wishes



Paul Wright

Education Manager, Health and Social Care

Email: pwright@ccea.org.uk

Telephone: 028 9026 1200 ext. 2207

GCE: A2 Health and Social Care

ACH31: Providing Services

Grade: A Exemplar

TASK

Carry out an investigation of service provision in relation to *older people*. Your investigation should address the following:

- Explanations for the increased life expectancy of older people
- Funding health and social care provision for older service users
- An evaluation of informal care for older people
- A detailed understanding of the advantages and disadvantages of care by private providers for older service users
- The strengths and weaknesses of community care for older people
- The needs of older people and how these might be met in residential care
- Accessing services for older service users and overcoming barriers
- An understanding of the roles of practitioners involved in providing care and support for older service users
- A detailed understanding of the role of the social worker in supporting informal carers
- The role of the informal carer in providing care and support for older people
- How codes of practice guide health and social care workers

Q1 The elderly population in Northern Ireland is projected to increase by 74.4% between 2014 and 2039 when one in four of the population is expected to be aged 65 and over. As we know, increasing age brings with it the increased risk of illness and disability, consequently in 2015 there were almost 10,000 care packages in effect in Northern Ireland and of these 7228 were nursing home care packages provided largely by the private sector.

(NISRA – A profile of older people in Northern Ireland – Annual update 2015)

Q1a Discuss reasons for the increased life expectancy of older people in Northern Ireland. [9]

Student's response

People have become better educated on things such as their health. They know the need for a healthy, balanced nutritious diet and have been informed of the foods they can eat in order to get the vitamins they need. They are aware of the risks of drinking alcohol, smoking, and doing drugs can have on their health, and so people avoid these bad habits, living a healthy life and increasing life expectancy.

Advances in medical research has meant that diseases that would have once killed someone eg smallpox, have been eradicated in places like the UK. Research has lead to more help being available to older people eg those with heart conditions. These advances have led to more medication being available to those suffering from diseases.

Living standards has improved over the years due to increased income, meaning more people are able to afford warm insulated homes, with less living in cold damp conditions. Work conditions have improved with strict health and safety laws in place, meaning less people are injured from work accidents.

Examiner's comments

The candidate has discussed in detail the reasons for increased life expectancy of older people in Northern Ireland. Reasons given by the candidate have not simply been listed, rather they have been supported by valid discussions. The examiner's clear impression on reading this response is therefore that the candidate has demonstrated a high level of understanding of reasons for the increase in life expectancy in Northern Ireland. This answer does not assess QWC so therefore, spelling errors and sentence structure are not being assessed rather it is the candidate's knowledge and understanding of the subject.

A total of 9 marks was awarded for this response.

Q1b Explain **two** ways private nursing homes are funded.

1. [2] 2. [2]

Student's response

1. *The private nursing homes can be funded by the individual themselves, for example this could be money he/she saved over their lifespan or retirement funds*

2. *A private nursing home can also be funded by a family member of the individual that will enrol into the nursing home. For example the individual's daughter or son, may pay for the care as they feel like they should be caring for them but don't have the time. So want to contribute to the care.*

Examiner's comments

The candidate has explained two ways private nursing homes could be funded and each of these is developed for a second mark.

A total of 4 marks was awarded for this response.

Q1c Using **one** example of each type of need, describe how staff in a private nursing home could meet the needs of older service users.

A physical need [3]

An intellectual need [3]

An emotional need [3]

A social need [3]

Student's response

A physical need

Staff could ensure the older person is receiving the correct nutrition. This may include giving them softer food if they have difficulty swallowing. It may also benefit them if they assisted the older person to help feed them if they cannot do so themselves to ensure they receive nutrition.

An intellectual need

Older people need to be kept mentally stimulated and in order to meet this the home provides reading materials such as books and newspapers, and also puzzles like crosswords. Activities can also be held in the home eg bingo, and homes have TVs in which older people can make use of.

An emotional need

The private nursing home can emotionally help them to feel respected and valued. This can be met by helping uphold their respect when showering and dressing etc so they feel dignified. They can also do simple tasks such as talk to the older person so they feel valued and a sense of worth.

A social need

Older people need to develop their social skills. Staff can talk to patients, getting to know them as individuals, forming a professional relationship. The home also provides visiting hours in which a patient can talk to family and friends, and homes provide common rooms where patients can converse with other patients.

Examiner's comments

The candidate has given a valid example of a physical need and has then proceeded to describe how staff in a nursing home could meet this need. For example, the candidate has identified the need for nutrition and has then explained ways this need could be met by staff - therefore demonstrating a sound understanding of the question asked.

A total of 3 marks was awarded for this response.

The candidate has given a valid example of an emotional need and has then proceeded to describe how staff in a nursing home could meet this need. For example, the candidate has identified the need for service users to feel respected and has then explained ways this need could be met by staff therefore demonstrating a sound understanding of the question asked.

A total of 3 marks was awarded for this response.

The candidate has given a valid example of an intellectual need and has then proceeded to describe how staff in a nursing home could meet this need. For example, the candidate has identified the need for mental stimulation and has then explained ways this need could be met by staff - through the provision of reading materials such as books and newspapers for service users. The candidate has further suggested that this need could also be met by staff providing opportunities for activities like Bingo (which is clearly a thinking activity) therefore demonstrating a sound understanding of the question asked.

A total of 3 marks was awarded for this response.

The candidate has described how staff in a nursing home could meet social needs of service users through spending time talking to them and getting to know them and providing opportunities for family and friends to visit and converse with service users. If the candidate had identified that these actions would have met the need for social interaction or friendship then full marks could have been achieved.

A total of 2 marks was awarded for this response.

Q1d Discuss **three** advantages and **three** disadvantages for older service users of receiving health and social care services from private providers. [15]

Student's response

Private providers are a business and aim to make money therefore they will advertise in order to attract customers to use their service. Since patients are paying private providers will offer a high standard of care such as a private room in a hospital with ensuite facilities.

Private providers tend to be more flexible and cater to the needs of the patient. For example, a reflexologist can offer weekend appointments to patients, and also be available for home visits. Since the customer is paying they are in control and have a choice in when and what service they avail of.

Private providers also have short waiting lists, unlike the long waiting lists of statutory services like the NHS. This means that an older person can get a diagnosis for their illness much quicker, and that they can acquire medicine meaning their health improves faster, without having to wait for weeks to be looked at.

However, private providers have their weaknesses. As they are a business, they aim to make money, but if a provider isn't making money they will close. This can lead to patients feeling let down eg an older person may enjoy reflexology, but if a reflexologist isn't gaining enough customers, they will close.

Private providers can also exploit or take advantage of older people in order to bring in more money. They may refer a patient to complementary therapy, but this may have no advantages to the older person. And they may also rush through patients as there is no one going to check on how a patient has been washed as they are a private organisation.

Also, since private sectors require money, it can leave older people without money and in debt, or they may also use up their benefits or savings in order to pay for treatments. If an older person cannot afford treatments, they will stop eg a dementia patient may stop treatment as they can no longer afford to have it.

Examiner's comments

The candidate has discussed three advantages and three disadvantages for older service users of receiving health and social care services from private providers. For each advantage and each disadvantage, the candidate has developed the example given and in some cases has applied it clearly to the service user group to add validity to the response. The quality of written communication is competent overall. The answer is presented in short essay format and the material is organized in a clear and competent way. The candidate has consistently attempted to use specialist health and social care vocabulary and the meaning is clear throughout this extended response.

13 marks were awarded (Level 4)

Q2 Older people benefit significantly from the support they receive from informal carers and from voluntary and statutory providers. Informal carers, often with limited support, make a particularly valuable contribution to caring for older people in their own homes and communities.

Q2a Discuss how an informal carer might support an older person. [9]

Student's response

An informal carer may support an older person by doing domestic chores, such as the cooking and cleaning, this can reduce the stress of an older person and increase the safety of the home. An informal carer can offer support by bringing the individual to appointments, these may be recall or follow up appointments the informal carer can also act as an advocate in these appointments and help the individual make decisions in what path he/she should go down for treatment for example! The informal carer can also provide company for the service user by going on lunch dates and by helping the service user keep in contact with other family and friends. The informal carer can also help wash and help individual take medication, this may bring the older person and his/her informal carer closer together, for example providing a bed bath for an elderly mother with dementi – hygiene.

Examiner's comments

The candidate has discussed how an informal carer might support an older person. Ways given by the candidate have not simply been listed, rather they have been supported by valid discussions. The examiner's clear impression on reading this response is therefore that the candidate has demonstrated a high level of understanding of how informal carers can support older people. This answer does not assess QWC so therefore, spelling errors and sentence structure are not being assessed rather it is the candidate's knowledge and understanding of the subject.

A total of 9 marks was awarded for this response.

Q2b Explain **four** ways a social worker might support informal carers who help to look after older people.

1. [2] 2. [2] 3. [2] 4. [2]

Student's response

1. *Social Worker can offer support by advising the informal care worker on money, social worker can see if he/she is eligible for direct payment/carers allowance.*
2. *Social workers also help offer support emotionally through counselling for the older person by helping them and the informal carer manage and cope with their stress and illness.*
3. *The social worker can help the informal carer by placing the older person in respite care. This helps the carer receive a break. For example, a residential home.*
4. *Social worker can provide or enrol the informal worker into training programme such as a lifting course, so the informal worker learns how to lift properly and safely.*

Examiner's comments

The candidate has explained four ways the social worker might support informal carers who look after older people. The focus on the answer here must be on how the carer is supported by the social worker. The candidate has explained four valid ways and has developed the way identified thus gaining the second available mark.

A total of 2 marks each was awarded for these responses.

Q2c Discuss **three** disadvantages for older service users of community care. [12]

Student's response

Community care has many drawbacks such as the lack of funding available. This low budget means older people will have a cut in their care package and therefore may not receive everything they need. It also means that carers available may be limited as they are not receiving suitable pay. This could cause the older person to feel unsettled. The lack of funding also means that the time slots for carers to work are limited. This short time ensures that the older people do not receive all the necessary support they require due to lack of time.

Another reason community care is a disadvantage for the older person may be that it provides patchwork provisions. This means that it may be difficult to replace a carer if they are sick or on holiday. Also, if replaced, the new carers may not know the service users specific need, eg) dementia patients need reassurance, contributing to a low quality of care. This could cause the older person to feel anxious as they do not know the different workers due to the constant change.

Community care may cause the older person to feel isolated and vulnerable. This may be if they have poor mobility and are unable to go far as they only see the carer for a short time slot. This may contribute to depression and anxiety as the older person feels alone and that nobody will come to see her. It may also leave the older person more vulnerable to abuse, neglect or theft, making them feel worthless.

Examiner's comments

The candidate has correctly identified three disadvantages for older service users of community care and has discussed two of these ways in more detail. This candidate has been awarded marks at the top of level two largely because there was a failure to fully discuss all three disadvantages. The QWC was at level two but knowledge and understanding as a result of lack of discussion of the third way meant marks could not be awarded in the top band.

A total of 8 marks was awarded for this response.

Q2d Discuss **three** advantages and **three** disadvantages for older people of receiving informal care. [18]

Student's response

Informal care provides various benefits to older people, such as their emotional and social needs being met to a high quality as they get to stay in their own homes or familiar surroundings with loved ones such as family and friends. This increases positive, emotional and social well-being as older people get to communicate with their family daily, this reduces isolation and loneliness.

This alternatively enhances their recovery or treatment of an illnesses that they may have. Additionally, informal care is advantageous to older people as there is an increased opportunity to socialise among friends and people in their community as opposed to nursing homes where only family can visit. Informal carers can take them to day centres, trips or even out shopping and this enhances their mental well-being as it reduces isolation. Informal care is relatively cheaper than private care homes so that is an additional advantage as older people don't have much income and their usual income is their pension and personal savings. Informal care isn't costly for older people and informal carers are eligible for benefits to help.

Although there are many benefits of informal care, there are various disadvantages, such as informal carers may be unqualified or untrained and this itself can pose a problem. This can reduce the quality of care provided for older people as informal carers may not know how to lift or move older people properly. The environment in which older people are living in may be unsuitable and this can be detrimental to an older person's health. There is no regulatory checks to maintain standards of care for older people.

Furthermore, with such a heavy work load for informal carers, this can be distressing for them, resulting in an older service user feeling like a burden and this can impact their mental well-being or emotional needs. This can upset the relationship between older people and informal carers. Informal care can be unreliable for older people as if they want to go on holiday or have an appointment, there is no back-up carer to take their place and the older person would be left without care meaning their physical needs would not be met. Similarly, if an informal carer didn't go to an appointment because they couldn't get help, this would leave the older person feeling like a burden, reducing self-esteem.

Examiner's comments

The candidate has very competently discussed three advantages and three disadvantages of community care for older service users. The answer is presented in essay format and the material is organized in a clear and competent way, with one paragraph for each advantage or disadvantage discussed. The candidate has used specialist health and social care vocabulary accurately and has made meaningful application to the service user group. Spelling is also accurate throughout and the meaning is absolutely clear enabling the candidate to gain marks in the level four mark band.

16 marks were awarded for this response.

Q3 Accessing available care and support can be a challenging experience for older service users and assistance from others may be required in order to access the services needed. A wide range of professionals is involved in both organising and providing care for older service users in a variety of settings and it is very important that all staff adhere to codes of practice or conduct in carrying out their duties to ensure that quality care is provided.

Q3a Explain **three** ways older service users gain access to the services they require.

1. [2] 2. [2] 3. [2]

Student's response

1. *Through self referral, an older person can gain access to health services like their local clinic in which they can ring up themselves and ask for an appointment*

2. *Through third party referral an older person may be referred to a service like reflexology by a member of their family.*

3. *Professional referral this is when a doctor, nurse, OT or some health professional requires the individual to come to an appointment for example doctor referring the older person onto a specialist in dementia.*

Examiner's comments

The candidate has accurately explained ways older service users gain access to the services they require. The way has been identified for one mark and the second mark is achieved through valid explanation of the way identified.

2 marks were awarded for each response.

Q3b Explain **one** way the following barriers to accessing services might be overcome for older service users.

Geographical location [2]

Physical barriers [2]

Student's response

Geographical location *May be overcome by having a 24 hour helpline available so older people can receive advice or information any time they need. This helps reduce their anxiety.*

Physical barriers *For those with a slight impairment, information may be provided in brail or leaflets and documents can be printed in bigger and more easier to read font.*

Examiner's comments

The candidate has accurately identified a way to overcome geographical barriers and has explained, for the second available mark, how this way leads to improving access to services for older people.

2 marks were awarded for this response.

This candidate has accurately identified a way to overcome physical barriers and has explained for the second available mark how this way leads to improving access to services for older people.

2 marks were awarded for this response.

Q3c Explain **two** different ways each of the following practitioners might support older service users living in their own homes.

The occupational therapist (OT)

1. [2]
2. [2]

The district nurse

1. [2]
2. [2]

Student's response

The occupational therapist

1. *The OT will come to the home to assess the adaptations to the home for example a hand rail up the stairs or a ramp outside the house. For older person who had recently had a fall.*
2. *Occupational therapists visit older peoples homes to assess their safety. They then provide any essential adaptations they may need eg) a handrail or ramp.*

The district nurse

1. *The district nurse keeps detailed medical accounts of the older person's history. This helps them decide what needs they have etc or what treatments necessary. They add to these reports if anything changes.*
2. *The district nurse can also dress and bandage wounds, for example if older person has been in an accident, the nurse can dress and clean the wounds.*

Examiner's comments

The candidates have accurately explained ways the OT might support older service users living in their own homes. The way has been identified in each answer for one mark and the second mark is achieved through valid explanation of the way identified.

2 marks were awarded for each of these responses.

The candidates have accurately explained ways the district nurse might support older service users living in their own homes. The way has been identified in each answer for one mark and the second mark is achieved through valid explanation of the way identified.

2 marks were awarded for each of these responses.

Q3d Discuss **four** ways codes of practice or conduct should influence the work of those who provide care for older service users. [15]

Student's response

The service provider should ensure that the service user's dignity is withheld. For example when a nurse is changing the service user after a shower, the nurse should close the curtains and ask anyone to leave the room. Also when washing or administering a bed bath the individual (service provider) should only uncover part that is being washed, this will ensure that the individual dignity is withheld and that they do not feel embarrassed. This right to dignity is the NMC the nursing, midwifery council's code of conduct. Another way in which a service provider can adhere to the code of conduct is the right to confidentiality. For example the GP does not have the right to share any information to anyone unless it is for the service users safety or health. This right to confidentiality is stated in the GMC the General Medical Council. Another way a service provider can adhere to the codes of conduct is the right to compassion. In the NMC, it states that they have to provide compassion for example if an older person has a bad diagnosis, the nurse has to be there for the service user to support them if wanted. Finally in the code of conduct of all the NMC, GMC, NISCC it says that the service provider must at all times be professional and withhold professionalism with trust. For example a nurse not abusing her patient or a GP worker to what is required of him. Doing what they are meant to do.

Examiner's comments

Response to this statement was level two. The candidate has demonstrated quite good understanding of how codes of practice and conduct can influence the role of practitioners but the level of discussion and also QWC prevented the candidate from gaining marks in level three.

10 marks were awarded (Level 2)

GCE: A2 Health and Social Care

**ACH61: Understanding Human
Behaviour**

Grade: A Exemplar

Q1 James has a phobia of spiders.

Q1a Explain what a phobia is. [2]

Student's response

A phobia is an overwhelming and debilitating fear of an object, person, place or thing. In this case, James has an overwhelming phobia of spiders.

Examiner's comments

The candidate has provided a competent explanation of what a phobia is.

A total of 2 marks was awarded for this response.

Q1b List **three** ways James might respond if he saw a spider.

1. [1] 2. [1] 3. [1]

Student's response

1. *James may have difficulty breathing*

2. *He may start to tremble or shake*

3. *He may sweat a lot.*

Examiner's comments

The candidate has listed three possible ways James might have responded to a spider as a result of his phobia.

A total of 3 marks was awarded for this response.

Q1c Describe how James's phobia would have developed according to the following theories:

Bandura's social learning theory [3]

Pavlov's theory of classical conditioning [3]

Student's response

Bandura's social learning theory

James' phobia could have developed through the process of identification where he may have internalised the phobic behaviour towards spiders or a role model e.g. his father causing the phobia to become part of his personality.

Pavlov's theory of classical conditioning

From Pavlov's classical conditioning, James could have been conditioned to have a phobia of spiders. In this, the first time he came into contact with a spider, someone else could have screamed and startled James. Therefore James could have associated this startle response with spiders and thus developed a phobia towards them

Examiner's comments

The candidate's descriptions of how James's phobia would have developed according to both Bandura's social learning theory and Pavlov's theory of classical conditioning are competent.

A total of 6 marks was awarded for this response.

Q1d Discuss how psychologists would attempt to treat James's phobia of spiders using modelling therapy and systematic desensitisation.

Modelling therapy [9]

Systematic desensitisation [9]

Student's response

Modelling therapy

The aim of modelling therapy is to change problem behaviours such as James' phobia. In modelling therapy James could observe an actor confronting and coming into contact with a spider in a calm manor. The actor may approach the spider and gradually get closer to it using different techniques for example counting himself/herself down or taking a deep breath each time he/she took a step closer to the spider. This would allow the individual to get to the spider and show James that an appropriate and productive way to face his phobia. James would then learn by copying and imitating the steps the actor took to confront the spider and thus model the actor's behaviour. Therefore, this would allow James to eventually come into contact with the spider, face this phobia and extinguish it. James would also be able to remember the behaviour he modelled and use it in the future when he is faced with a spider.

Systematic desensitisation

In Systematic desensitisation, James would work and communicate with a therapist to draw up a hierarchy of fears going from the least threatening to the most threatening. The least threatening for James may be looking at a photograph of a spider and the most threatening may be actually letting a spider crawl on him. The therapist would then teach James relaxation techniques e.g. counting internally to 10 at each stage of the hierarchy to allow himself to remain calm when looking at or being with a spider. These relaxation techniques would then allow James to gradually work through the hierarchy of fears and eventually hold a spider and therefore extinguish his phobia of spiders. However, it would not be necessary in systematic desensitisation for James to reach the top of the hierarchy, as long as he is able to work through some levels in order to reduce his fear to an acceptable and capable level to allow him to live a normal life.

Examiner's comments

The candidate's discussions of how psychologists would treat James's phobia of spiders using modelling therapy and using systematic desensitisation were both judged to be competent and therefore at level 3 in each case. Quality of written communication was not assessed. Full marks were awarded in each part of the response.

A total of 18 marks was awarded for this response.

Q1e Explain **two** advantages and **one** disadvantage of using behaviour therapies to treat phobias.

Advantages

1. [2] 2. [2]

A disadvantage [2]

Student's response

Advantages

- 1. Behaviour therapies are cost – effective for clients*
- 2. Behaviour therapies are more practical and efficient than counselling therapies as they do not require time for a good client therapist relationship to build up in order to treat a client's phobia.*

A disadvantage

Quite a few theorists often argue that Behaviour therapies do not focus and tackle the root cause of phobias and so as a result may not be effective in extinguishing a phobia.

Examiner's comments

The first advantage of using behavior therapies was awarded one of the two available marks - it was judged to be a basic explanation as the point about it being cost effective was not developed at all.

The second advantage about these therapies being quicker than counselling therapies was more fully explained, so two marks were awarded.

The disadvantage about these therapies not addressing the root cause of phobias was competently explained and two marks were awarded.

A total of 5 marks out of 6 was awarded for this response.

Q1f Analyse how phobias are understood and treated from the cognitive perspective in psychology.

How phobias are understood

How phobias are treated [18]

Student's response

How phobias are understood

From the cognitive perspective, Beck's cognitive triad to explain phobias. In this, Aaron Beck believes phobias can begin from the irrational and maladaptive ways people think about themselves, the world and the future. For example, irrational thoughts about an individual's self could be 'I am in so much danger from spiders', irrational thoughts about the world could be 'there are spiders everywhere around me' and irrational thoughts about the future could be 'I will never be able to leave the house again as spiders will bite me if I do do'. These negative schemas dominate an individual's thinking about spiders and can cause a phobia to develop.

A phobia can also be explained through Albert Ellis' ABC model. In this a phobia of spiders for example can develop from an activating event being a spider landing on an individual leading on to an individual having an irrational belief about the event for example 'spiders are out to get me, this is a major danger in my life' resulting in a maladaptive consequence being a phobia of spiders to develop within an individual. Rational beliefs such as 'it is only a little spider, it won't hurt me' can avoid such maladaptive consequences such as phobias occurring.

How phobias are treated

From the cognitive perspective, Cognitive Restructuring Therapy can be used to treat phobias to teach individuals to think more rationally. In this, a therapist will ask a client with a certain phobia spiders for example to provide evidence for irrational beliefs such as 'spiders are out to get me'. The client will be unable to provide evidence and will realise they aren't being rational. The therapist will also ask a client to look at the same activating event being a spider landing on them but reaching a more rational and logical conclusion instead of believing spiders are out to get them.

Both the evidence technique and asking the client to reach a more effective conclusion will move the individual away from negative cognitions and irrational thinking about spiders towards more positive and logical cognitions and thus reduce and extinguish an individual's phobia since it is based on irrational thoughts and beliefs. Rational Emotive Behaviour Therapy can also be used to treat phobias but in this therapy, the therapist is more directive and active with the client. The therapist will carry out role playing techniques with an individual to allow them to

appropriately think about the feared stimulus in a more rational way and will also set behaviour tasks e.g. looking at a live spider with an individual to teach them how to change their thoughts and beliefs about their phobia and thus extinguish it.

Examiner's comments

The candidate has produced a highly competent analysis of how phobias are understood and treated from the cognitive perspective in psychology, demonstrating excellent understanding of the theories and therapies of the key theorists (Beck and Ellis) in this stretch question with four levels of response. The quality of written communication is also excellent. The candidate organised the information extremely well and the response has a very high degree of clarity and coherence. There is extensive and accurate use of appropriate specialist vocabulary. Presentation, spelling, punctuation and grammar are of a very high standard, ensuring that meaning is absolutely clear throughout.

A total of 17 marks out of 18 was awarded for this response.

Q2 Mary, aged 27, has a successful career but her partner Paul, who is a mental health professional, is concerned she is suffering from stress.

Q2a List **four** symptoms that Mary may have exhibited to lead Paul to be concerned she is suffering from stress.

1. [1] 2. [1] 3. [1] 4. [1]

The following question could not be exemplified as the candidate's permission could not be obtained.

Q2b Paul has asked Mary to think about different ways she might consider trying to reduce her stress. Describe how Mary's symptoms of stress could be reduced by each of the following:

Getting medication from her GP [3]

Learning time management techniques [3]

Attending an encounter group [3]

Student's response

Getting medication from her GP

Mary could receive Beta-Blockers as a form of medication from her GP. These would reduce the activity of Mary's sympathetic nervous system and heart by blocking noradrenaline acting at receptors in arteries in her heart causing the arteries to widen and her heart to slow down. Therefore, Mary would have reduced symptoms of stress as her heart rate and blood pressure are slowed down.

Learning time management techniques

In time management, Mary could set realistic targets in concerns to her career and work life so she would have a greater chance of meeting them. This would remove Mary's stress or lack of time and thus extinguish her stress and replace it with a more relaxed response

Attending an encounter group

Mary could attend an encounter group where other people are also suffering from stress. This would allow Mary to feel accepted by other people going through similar issues & talk with other people to gather feedback on how to reduce her stress and thus, use techniques to extinguish her stress and replace it with a calm response.

Examiner's comments

The candidate has produced competent descriptions of how Mary's symptoms of stress could be reduced by getting medication from her GP and by learning time management techniques, and so each of these sections was awarded the full three marks available. The description of attending an encounter group was basic and was awarded just 1 mark - to gain additional marks the candidate would have needed to recognise the role of others in the encounter group in providing positive regard to encourage self-actualisation in this Rogerian therapy.

A total of 7 marks out of 9 was awarded for this response.

Q2c Discuss how the humanistic perspective in psychology would explain Mary's stress. [12]

Student's response

Mary may be stressed from having a heavy workload to be responsible for in work and not being able to do things she wishes in order to self-actualise. In this, Mary has not received unconditional positive regard when she does things that meets the standards of her own ideal-self image. Instead, Mary may have received conditional positive regard when she completes her heavy workload or meets targets in her successful career. As a result, Mary has bent herself into a shape that is determined by her work colleagues standards and as a result has developed conditional-self-regard and only feels content and satisfied when she is meeting her work colleagues' conditions or worth. From this, Mary is unable to meet her own standards she wishes to pursue and her real-self becomes incongruent with ideal-self image. This incongruency may have lead to Mary using defence mechanisms such as denial and distortion to protect her self ego from the feelings of not being able to truly self-actualise. However, these defence mechaisms within Mary are likely to have failed over time and thus have resulted in Mary experiencing stress because of not being able to reach her own potential and self-actualise.

Examiner's comments

The candidate has provided a competent discussion of how the humanistic perspective in psychology would explain Mary's stress, achieving a mark in the top level of response. The quality of written communication is competent and presentation, spelling, punctuation and grammar are of a high standard. There is competent use of the language of the humanistic perspective.

A total of 10 marks out of 12 was awarded for this response.

Q2d Paul thinks Mary's stress is caused by her employment as she works in a job where there is a heavy workload. Other socio-economic factors may also influence stress. Discuss how both family and housing and environment may contribute to people experiencing stress. [12]

Student's response

In concerns to the socioeconomic factor family, individuals may genetically inherit neurotic personalities that respond more strongly to stressful events from biological relatives and thus be pre-disposed to suffering from stress at some point in life in advance. In addition, dissension in families for example, marital divorces may make either a wife or husband worry about finances and living conditions especially if they have children together and so as the divorce is occurring, they may start to become stressed from these worries: Children in families of divorced parents may also worry about living conditions and school circumstances which can also make them experience stress. If an individual lives in an overcrowded environment with a lot of extended family for example grandparents living with them, there may be a lot of noise present in their house all the time which can make it hard for an individual to concentrate and so they may become stressed if they can't concentrate on school work or study effectively because of possibly being disturbed by other family members on a regular basis.

In addition, if an individual comes from a housing area where there are high levels of crime, they may worry that they are going to be broken into and stolen from which in the long-run can cause them to experience stress.

Examiner's comments

This response was judged to be a competent discussion of how both family and housing and environment may contribute to people experiencing stress. The quality of written communication was competent enough for a mark to be awarded at the top level.

A total of 9 marks out of 12 was awarded for this response.

Q3 The psychoanalytic perspective in psychology is most associated with Sigmund Freud, who argued that people's personalities and psychological problems such as depression are rooted in the unconscious mind.

Q3a Freud proposed that there are three parts to people's personalities, which he called the id, the ego and the superego. Complete the table below to explain what Freud meant by each of these. [2 marks each]

Student's response

Part of personality	Explanation
The id	<i>The id is responsible for the 'I want' demands of an individual and seeks to obtain pleasure and avoid pain if an individual listens to their id more than their ego, they are egocentric</i>
The ego	<i>The ego tries to maintain a dynamic equilibrium between the id and the superego. The ego is logical and rational and allows an individual to learn that negotiating & asking is an effective way of satisfying demands</i>
The superego	<i>The superego has two parts. The ego-ideal which is concerned with what is right and wrong and the conscious that censors imoral impulses from the id to stop them entering the conscious. If an individual listens to their superego more than their id or ego, they are a conformist</i>

Examiner's comments

In completing the table, the candidate has provided competent explanations of the three Freudian concepts, so full marks were awarded.

A total of 6 marks was awarded for this response.

Q3b Analyse the psychoanalytic approach to understanding and treating depression. [18]

Student's response

From Freud's psychoanalytic theory, stimulation each stage of childhood development must be just right to avoid fixation and some of the libido being left behind to deal with unresolved conflicts. Freud argues that too little stimulation at the oral stage of adulthood development from not receiving an optimum amount of oral gratification can lead to a child being fixated at the oral stage. Fixation at the oral stage can develop a depressive personality in adulthood thus giving one explanation for depression.

However, traumatic past childhood experiences for example sexual abuse can become buried and repressed into the unconscious mind and surface and evolve in adulthood behaviour as depression explaining another approach of depression from the psychoanalytic theory.

Finally, depression can also occur in adulthood personality from the failure or defence mechanisms such as denial and repression to protect the self ego. In this, if an individual fails to deny to the traumatic experience from childhood or the thoughts and feelings that came with or if they fail to repress the trauma into their unconscious mind, the trauma can enter individual's conscious mind and can cause them to become depressed in adulthood.

In concerns to treating depression from the psychoanalytic theory, psychoanalysis therapy can be used. This would involve a therapist working with a client to uncover any traumatic childhood experiences that have been repressed into their unconscious mind through different techniques e.g. dream analysis and projective tests. Throughout dream analysis, the client with depression would tell the therapist about their dreams as sometimes, thoughts, feelings and experiences from the unconscious can surface in dreams and throughout projective tests, the client would respond to ambiguous stimuli by telling the therapist what they can see. The therapist then interprets the meaning of what is uncovered from the dream analysis and projective tests and helps a client to work through the thoughts, feelings and traumas that have caused their depression and achieve catharsis thus, relieving the individual's depression. Play therapy can also be used for children suffering from depression where they would play with dolls, cars and other toys which may allow them to act out past experiences that have been buried into their unconscious mind. Like in psycholalysis, the therapist interprets the meaning of what a child uncovers and communicates to a child to help them achieve catharsis and extinguish their depression.

Examiner's comments

This response was judged to be a highly competent analysis overall. The first part of the answer on understanding depression from this perspective was competent and the second part on treating depression was highly competent, so the mark awarded in this stretch question was just in level four. The quality of written communication was also highly competent as the answer was very well written and presented and demonstrated very competent and confident use of the theoretical language of the psychoanalytic perspective.

A total of 15 marks out of 18 was awarded for this response.

Q3c Explain **three** criticisms of psychoanalysis.

1. [2] 2. [2] 2. [2]

Student's response

- 1. Psychoanalysis can be expensive for individuals taking the therapy as it can take a lot of sessions to uncover traumas that have been repressed deep into the unconscious.*
- 2. The traumas or experiences that may be uncovered in psychoanalysis may be too distressing for clients and can make them feel worse than before.*
- 3. The memories individuals have about their past may be inaccurate and so client's disorders won't be effectively treated if the true root cause was not be uncovered and worked through.*

Examiner's comments

The three criticisms of psychoanalysis are competently explained for two marks each.

A total of 6 marks was awarded for this response.

GCE: A2 Health and Social Care

ACH71: Human Nutrition and Health

Grade: A Exemplar

Q1a Iron is an essential mineral. The recommended intake is 8.7 mg a day for men and 14.8 mg a day for women.

Q1a(i) List **three** sources of iron in the diet.

1. [1] 2. [1] 3. [1]

Student's response

1. *Green leafy vegetables, e.g. spinach*
2. *Red meat*
3. *Dried fruit, e.g. prunes*

Examiner's comments

The candidate has accurately listed three sources of iron in the diet.

A total of 3 marks was awarded for this response.

Q1a(ii) Describe the function of iron. [3]

Student's response

Iron is required for the formation of haemoglobin which transports oxygen in the body cells and is therefore needed to prevent anaemia. Iron is also needed for the functioning of the immune system and normal energy metabolism.

Examiner's comments

The candidate has given a full description of the function of iron.

A total of 3 marks was awarded for this response.

Q1b Summarise the appropriate advice to help prevent the following diet-related conditions or disorders:

Hypertension [3]

Scurvy [3]

Dental caries [3]

Student's response

Hypertension

Salt intake should be reduced to no more than 6g per day, e.g. avoid adding salt during cooking, remove the salt cellar from the table and use more herbs and spices. Also, consume alcohol within safe limits, ie. no more than 14 units per week for both men and women, as too much alcohol can raise blood pressure.

Scurvy

Increase intake of vitamin C rich foods, e.g. citrus fruits, strawberries, potatoes and broccoli, which will help the body to produce collagen and prevent the body tissues from breaking down. They may also be advised to eat fruit and vegetables soon after purchase as levels of vitamin c gradually reduce during storage.

Dental caries

Do not frequently consume fruit juices as the sugars are no longer held within the cell walls and so can contribute to tooth decay. Drink water and milk between meals to promote remineralisation which means the teeth won't be exposed to low PH levels at which demineralisation occurs, individuals are also advised to check sugar content on labels.

Examiner's comments

The candidate has summarized the appropriate advice to help prevent hypertension, scurvy and dental caries.

A total of 9 marks was awarded for this response.

Q1c Define the term “basal metabolic rate” (BMR). [3]

Student's response

BMR is the amount of energy, in the form of calories, that the body needs to function while resting for 24 hours. Energy is used by the body to keep the heart beating, lungs functioning, to maintain body temperature and muscle tone and for the numerous chemical reactions taking place in the body cells. Children have a lower BMR than adults because their body size is smaller but proportionally their BMR is higher.

Examiner's comments

The candidate has given a full and accurate definition of the term “basal metabolic rate” (BMR).

A total of 3 marks was awarded for this response.

Q1d Outline the dietary functions **and** sources of the nutrients calcium and vitamin D. [9]

Student's response

Calcium is required for the formation and maintenance of strong bones and teeth. Calcium is required to ensure strong bone density. Calcium, which is found in dairy products such as milk, cheese, yoghurts and white bread, is essential in order to prevent rickets in children and osteoporosis in adults. Calcium has been proven to reduce blood pressure, beneficial for one with hypertension. With the assistance of vitamin D, calcium is required to form a hard enamel around teeth. Vitamin D is required for the absorption of calcium. Egg, yolk, oily fish, milk, butter and margarine are rich sources of vitamin D. Without vitamin D, calcium consumed is not properly absorbed to the body. Vitamin D works with phosphate to maintain the body's skeletal structure, as well as prevent bone loss or breakage. Vitamin D is most commonly found in animal sources, therefore, a plant based diet may require supplements or fortification in cereals.

Examiner's comments

The candidate has outlined the dietary functions and sources of the nutrients calcium and vitamin D. The answer is competent and a range of dietary sources and functions outlined for each nutrient.

A total of 9 marks was awarded for this response. (Level 3)

Q2 The Foundation Residential Home for older people enables choice and celebrates diversity in caring for residents. As a result of this, the care providers believe that every resident enjoys the highest possible quality of life.

Q2a Discuss how religion may influence the choice of food offered to residents.
[9]

Student's response

If residents were Jewish, meat served to them would have to be kosher which means it must not come from pigs, birds of prey, eels, fish without scales and shellfish. The animals would also have to be slaughtered ritually, and meat would not be allowed to be cooked or eaten in the same meals as dairy products. In addition, religious festivals would have to be taken into consideration, including Jewish fasting days, e.g. Day of Atonement where residents would eat before sun sets and then fast for 24 hours.

If residents were Muslim, meats served to them would need to be Halal, which means the animals would have to be slaughtered according to Muslim law. Also, staff would have to ensure no pork products are in the residents meals if they are Muslim, as pork (and alcohol) is forbidden.

If residents within the home are Hindu, staff must make sure that their meals do not contain beef or beef products, as a cow is a sacred animal in their religion and is worshipped. Other meats are permitted, however most Hindu's are vegetarian and so the staff will have to meet their specific dietary requirements.

Examiner's comments

The candidate has discussed how religion may influence food choice. Discussion is adequate and the choices discussed include Kosher and Halal meats. The candidate could have discussed in more detail other choices by considering alternatives which might be offered to residents rather than focusing on the foods to be avoided.

A total of 6 marks was awarded for this response. (Level 2)

Q2b Describe how catering staff might modify diets to meet the needs of residents with the following food intolerances:

Coeliac disease [3]

Lactose intolerance [3]

Student's response

Coeliac disease

Individuals with coeliac disease must avoid gluten, barley, rye, wheat. Therefore, breads, pasta, cakes processed meat must be avoided. Gluten free foods should be incorporated to the diet. These are fruit, vegetables, chicken, nuts, beans and should be consumed. Gluten free range is available in large chain stores.

Lactose intolerance

Replace milk and dairy products, such as ice-cream cream, buttermilk and yoghurts with lactose free drinks such as soya milk or almond milk to ensure calcium intake is met. Dairy free ice-cream and mayonnaise can be purchased from shops.

Examiner's comments

The candidate has accurately described how catering staff might modify diets to meet the needs of residents with coeliac disease and for those who are lactose intolerant.

A total of 6 marks was awarded for this response.

Q2c Assess the importance of adequate water and fluid intake **and** non-starch polysaccharides (NSP) for older people. [15]

Student's response

Older people are more prone to urinary tract infections so they should ensure they drink plenty of water to avoid these infections. Fluid levels for older people should be high to keep their body's hydrated, however many older people avoid drinking fluids as they can't access the toilet easily due to mobility problems. Water transports oxygen, nutrients and carbon dioxide around the body keeping older people healthy. Drinking plenty of fluid prevents constipation which is a problem in older people as their digestive muscles slow down. Adequate fluid intake lubricates muscles and joints which may help older people with mobility problems. Drinking plenty of water will help older people excrete waste products from their bodies quicker, for example, if the older people were to start sweating as a result of being too warm. An adequate intake of water will keep the older people hydrated therefore they're less likely to become confused and disorientated.

NSP:

Plenty of fibre in the diet will help reduce older people's likelihood of developing constipation which is quite common in elderly people. NSP may also help reduce the likelihood of older people developing bowel related disorders such as diverticular disease, bowel cancer, appendicitis and haemorrhoids. Fibre adds bulk to waste; making it easier to excrete waste. This also helps keep the bowel healthy, reducing the build up of toxins which may develop into diseases and illness at a later stage. NSP also helps the older population manage their weight. For example, an older person who is overweight or obese will be less likely to snack on foods high in fat and/or sugar if they have plenty of fibre in their diet as NSP is quite filling. NSP also slows down glucose absorption into the bloodstream which benefits older people that are at risk of developing type 2 diabetes. NSP also reduces the amount of serum in the cholesterol.

Examiner's comments

The candidate has assessed the importance of adequate water and fluid intake and non-starch polysaccharides (NSP) for older people. The candidate has successfully made informed judgements about the importance of water and NSP competently in the context of the needs of older people. This candidate has made reference to NSP and weight control which was not needed in the answer but this did not impact on the mark awarded. The answer is well organised with the highest degree of clarity and coherence. There is extensive use of appropriate specialist vocabulary. Spelling punctuation and grammar are of the highest standard and ensure that meaning is absolutely clear.

A total of 14 marks was awarded for this response. (Level 4)

Q2d A recent inspection commended the catering staff on their safe food preparation and handling practices.

Discuss the importance of good hygiene and safe practices when storing and preparing food in the residential home. [12]

Student's response

When storing food, high risk foods such as raw chicken, raw poultry and raw meat must be stored in the fridge at a temperature between 0-5 degrees. This will slow down the growth of bacteria. Foods that require freezer storage must be at the temperature of -18^oc or below to ensure that the growth of bacteria is stopped. Food that has a 'Use By' date must be consumed before the noted day as this food has been identified as high risk and bacteria will have processed to grow from this point, increasing risk of food poisoning. In regards to positioning of foods, uncooked raw products such as red meat should be stored at the bottom of the fridge to prevent blood dripping onto ready-to-eat foods or cooked meals. This is essential as these foods wouldn't be cooked so bacteria wouldn't be destroyed with heat. When preparing foods, any rings, watches or jewellery should be removed before washing hands as bacteria can become trapped under or between. This bacteria would then be transferred to food. Hair should be tied back and covered with protective cap. When cooking foods, food should be heated between 63^o and 75^o to destroy all bacteria. Once cooked, food that is not consumed within 90 minutes should be covered and placed in the fridge. When preparing raw meat, chicken or raw poultry, separate chopping boards and utensils should be used from cooked foods to prevent cross-contamination. Cooked foods, salads and sandwiches should not share a chopping board or work space with food that is raw. To furthermore prevent cross-contamination, all surfaces should be washed before and after with hot water and bacterial spray to destroy any bacteria/germs.

Examiner's comments

The candidate has competently discussed the importance of good hygiene and safe practices when storing and preparing food in the residential home. The importance of these has been discussed throughout the answer with a focus on the measures needed to control the growth of bacteria and prevent cross contamination so that the risk of food poisoning is reduced. Discussion and quality of written communication is competent. The answer is presented in an essay format and the candidate has used appropriate specialist health and social care vocabulary accurately. Spelling is also accurate throughout and the meaning is clear.

A total of 12 marks was awarded for this response. (Level 3)

Q2e There is one law and one set of regulations that apply to food storage and preparation in Northern Ireland. Name both.

1. [1] 2. [1]

Student's response

1. *Food Safety (Northern Ireland) Order 1991*
2. *Food Hygiene (Northern Ireland) Regulations 2006*

Examiner's comments

The candidate has accurately named one law and one set of regulations that apply to food storage and preparation in Northern Ireland.

A total of 2 marks was awarded for this response.

Q3 The Food Standards Agency's Eatwell Guide "shows the proportions in which different types of food are needed to have a well-balanced and healthy diet".

Source: Food Standards Agency www.food.gov.uk

Q3a Name **three** other government bodies that provide dietary advice in Northern Ireland.

1. [1] 2. [1] 3. [1]

Student's response

1. *The Public Health Agency*
2. *Department of Health*
3. *Department of Education Northern Ireland*

Examiner's comments

The candidate has correctly named three government bodies from the unit specification that provide dietary advice in Northern Ireland.

A total of 3 marks was awarded for this response.

Q3b One of the main food groups in the Eatwell Guide is “beans, pulses, fish, eggs, meat and other proteins”.

List the other **four** food groups.

1. [1] 2. [1] 3. [1] 4. [1]

Student's response

1. *Fruits and vegetables*
2. *Potatoes, bread, rice, pasta and other starchy carbohydrates*
3. *Oils and spreads*
4. *Dairy and alternatives*

Examiner's comments

The candidate has accurately listed four food groups in the Eatwell Guide.

A total of 4 marks was awarded for this response.

Q3c Discuss the importance of the food group “beans, pulses, fish, eggs, meat and other proteins” in the diet. [15]

Student's response

Beans, pulses, fish, eggs, meat and other proteins are important in the diet because it provides protein which is essential for development and repair of body tissues. This would be especially important in childhood as children are very active and so may suffer cuts and bruises. Protein is also needed for the formation of enzymes which increase the rate of chemical reactions in the body and are involved in the creation of hormones. These are substances that help control body functions involving the interaction of several organs.

This food group can also provide vitamin B1 (Thiamine) and vitamin B12. Thiamine is important as it works with other B- group vitamins to help break down and release energy from macronutrients, which is especially important during periods of rapid growth, e.g. childhood and adolescence. Both Thiamine and vitamin B12 are required for the maintenance of the nervous system. Vitamin B12 is very important for processing folic acid and for the formation of red blood cells, which help carry oxygen around the body and so can help to prevent iron deficiency anaemia.

Beans, pulses, fish, eggs, meat and other proteins also provide omega 3 fatty acids. These are essential fatty acids and are obtained from oily fish, e.g. mackerel, salmon and fresh tuna. This nutrient is very important as they contribute to the health of the retina and brain tissue in all stages of life. Omega 3 fatty acids are also highly concentrated in the brain and so are important for brain and cognitive function.

This food group also provides iron which is essential in the formation of red blood and to carry oxygen around the body in order to prevent iron deficiency anaemia. It can help the function of the immune system which can help to protect against infections.

In addition, this food group also provide zinc, its major sources being poultry and red meat. Zinc is important for a healthy immune system to fight infections, healthy reproductive system, thyroid function and for the senses, e.g. proper taste and smell.

Examiner's comments

The candidate has discussed the importance of the food group “beans, pulses, fish, eggs, meat and other proteins” in the diet. In the discussion the candidate has explored a wide range of nutrients including protein, vitamins and minerals present in the food group and their importance. Discussion and quality of written communication is competent. The answer is presented in an essay format and the material is organized with a high degree of clarity and coherence, with one paragraph for each of the nutrients discussed. The candidate has used appropriate specialist health and social care vocabulary accurately. Spelling is also accurate throughout and the meaning is clear.

A total of 13 marks was awarded for this response. (Level 3)

Q3d The Eatwell Guide does not apply to children under the age of two. Analyse the specific nutritional requirements of infants. [18]

Student's response

Infants have a high basal metabolic rate due to the large proportion of metabolically active tissue and the large loss of body heat over a relatively large surface area. This means the energy requirement for infants is up to four times greater than that of an adult.

Fats should comprise of 30 – 50% of an infants energy requirements. Fats are an important part of an infants diet due to their energy density. Fats provide the essential fatty acid which is important in infants for the healthy development of the brain, retina and vascular systems. It also provides the fat soluble vitamins A and D which aid in normal development at this age.

Carbohydrates supply infants with energy which meets their high energy requirements. These carbohydrates are predominantly in the form of lactose and supply 40% of their energy intake. Carbohydrates also provide galactose which are important in infants for the development of the brain and nervous system.

Calcium works in conjunction with vitamin D as it aids the absorption of calcium. Calcium is essential in infants for healthy teeth formation and bone development. Infants also require calcium for the function of muscles and nerves, as well as being essential in the clotting of blood.

The role of protein in an infants diet is almost entirely to support growth and development. Infants require more protein per unit body weight compared to an adult. Proteins are also important because infants have a particular requirement for the amino acids histidine and taurine.

The iron content present in an infants liver at birth has usually been used in the red blood cell formation by 4-6 months, therefore iron needs are increased after this time. Iron is also required to help with growth and development and to aid the function of the immune system, which can help to prevent infections that are common at this age.

Zinc is essential in the infants diet as it helps with cell division and so is needed for normal growth and development. Zinc is also needed for the proper functioning of the immune system and so is needed to help overcome illness.

Vitamin C is needed to help the absorption of iron, which is especially important in infants over 6 months old. It is also needed to boost the immune system and therefore combat infections. As well as this, vitamin C is very important in infants in

order to maintain their connective tissue during this time of rapid growth and development.

B-group vitamins including niacin, thiamine and riboflavin, assist in the release of energy from macronutrients in the body, thus meeting their high energy requirements.

Vitamin E is also important in infants to improve their immune function and help the body fight germs. Vitamin E is also needed to keep the blood vessels open wide enough for blood to flow freely.

Examiner's comments

The candidate has analyzed the specific nutritional requirements of infants. The answer has been organized into different components energy, fats, carbohydrates, minerals, protein and vitamins. The answer is presented in an essay format and the material is organized with a high degree of clarity and coherence, with one paragraph for each of the nutrients discussed. The analysis is highly competent as the candidate has demonstrated how each nutrient analyzed meets an infant's specific requirements in response to their rapid growth and development at this life stage. There is extensive use of appropriate specialist vocabulary. Spelling punctuation and grammar are of the highest standard and ensure that meaning is absolutely clear.

A total of 17 marks was awarded for this response. (Level 4)

“Bowel cancer is one of the most common types of cancer diagnosed in the UK. Most people diagnosed with it are over the age of 60.”

Source: NHS Choices www.nhs.uk

Q3e Discuss the appropriate advice a GP may give to help a patient prevent bowel cancer. [9]

Student's response

A GP may advise a patient to eat a healthy, balanced diet as recommended in the eatwell guide. This should help the patient to maintain a healthy weight and reduce the risk of obesity, which is a risk factor of bowel cancer.

In addition, the GP may also advise the patient to cut down to no more than 70g of red or processed meats per day. This is the equivalent of 3 thin cut slices of roast beef, lamb or pork, where each slice is about the size of half a piece of sliced bread.

Also, the GP may advise the patient to increase the amount of fibre foods in the diet, e.g. wholegrain pasta, bread, rice, pulses, fruit and vegetables. This is because fibre helps promote bowel regulatory and can help keep the gastrointestinal tract clean, thus reducing the risk of constipation. Also, fibre helps to remove toxins from the body and therefore help prevent bowel cancer.

Examiner's comments

The candidate has discussed the appropriate advice a GP may give to help a patient prevent bowel cancer. The competent discussion has focused on a range of dietary advice including following a healthy balanced diet, cutting down on red and processed meat in the diet and increasing fibre rich foods. Discussion has also explored the life style choice of maintaining a healthy weight. For each piece of advice the candidate has developed the discussion to explain how such advice reduces the risk of bowel cancer.

A total of 9 marks was awarded for this response. (Level 3)

