

Exam Practice (answer all questions)

Read the information below and then complete the activities that follow.

Location

Damien is 31 years old. He is a patient at Bellevue Surgery. Damien lives in a modern one bedroom apartment in a large town. He does not have a garden, but he has a small balcony and there is a park a short distance from his home.

Medical history

Damien has had breathing difficulties for most of his life. He was diagnosed with asthma when he was three years old. Asthma is a chronic condition that needs regular monitoring. Damien attends the asthma clinic at Bellevue Surgery twice a year.

Family, friends and social interactions

Damien is divorced. He has a daughter, Marie, who is five years old. Damien has a wide circle of friends from school and work. He meets his friends twice a week to play cards and drink a few beers. On Sunday he plays football in the local park if he is well enough.

Day-to-day life

Damien works in an office where he sits at a computer all day. He earns a low income and struggles to pay the rent for his flat. Damien eats a lot of fast food and takeaway meals.

a) What life stage is Damien current in _____

b) Identify one chronic condition affecting Damien's health and wellbeing _____

Lifestyle data

Damien's current physical health:

Damien's current physical health is he has Asthma which could lead to struggles of breathing.

Risks to Damien's future physical health:

Risks to Damien's future physical health is because of his Asthma it leads to shortness of breath and possible chest infections.

Lifestyle data

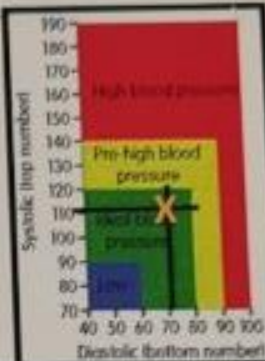
Damien attends Bellevue Surgery for his asthma check. Dr Williams, his general practitioner (GP), asks some questions and finds out the following information:

- Damien drinks beer every day
- Damien eats fast food and takeaway meals most days.

Physiological data

Dr Williams records the following measurements:

Height	185 cm
Blood pressure	150/100 mm Hg
Peak flow	480 litres/minute



Blood pressure

Damien's current physical health:

Damien's current physical health leads to Damien with a ideal blood pressure 110-70.

Risks to Damien's future physical health:

Risks to Damien's future physical health is he eats fast food and takeaways daily which could lead to obesity.

Peak flow

Damien's current physical health:

Damien's current peak flow is 480 litres/per minute due to not breathing properly it could effect his sleep.

Risks to Damien's future physical health:

A risk to Damien's future health and not being able to breathe properly could lead to a heart condition.

c) Explain what the data provided by Dr Williams suggests about:

- Damien's current physical health
- risks to his future physical health.

To read Damien's blood pressure:

Systolic = 150 mm Hg

Diastolic = 100 mm Hg

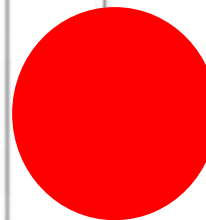
For example Mrs Fennimore's blood pressure is 110/70 mm Hg. This places her in the ideal blood pressure range!

To read Damien's peak flow = age & height before you do this re-read the original case study. Explain one physical factor that might explain why his peak flow is higher or lower than expected?

Age in years	Body height in metres									
	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65
12	415	422	430	438	446	454	462	470	478	486
13	425	433	441	449	457	465	473	481	489	497
14	435	443	451	459	467	475	483	491	499	507
15	445	453	461	469	477	485	493	501	509	517
16	455	463	471	479	487	495	503	511	519	527
17	465	473	481	489	497	505	513	521	529	537
18	475	483	491	499	507	515	523	531	539	547
19	485	493	501	509	517	525	533	541	549	557
20	495	503	511	519	527	535	543	551	559	567
21	505	513	521	529	537	545	553	561	569	577
22	515	523	531	539	547	555	563	571	579	587
23	525	533	541	549	557	565	573	581	589	597
24	535	543	551	559	567	575	583	591	599	607
25	545	553	561	569	577	585	593	601	609	617
26	555	563	571	579	587	595	603	611	619	627
27	565	573	581	589	597	605	613	621	629	637
28	575	583	591	599	607	615	623	631	639	647
29	585	593	601	609	617	625	633	641	649	657
30	595	603	611	619	627	635	643	651	659	667
31	605	613	621	629	637	645	653	661	669	677
32	615	623	631	639	647	655	663	671	679	687
33	625	633	641	649	657	665	673	681	689	697
34	635	643	651	659	667	675	683	691	699	707
35	645	653	661	669	677	685	693	701	709	717
36	655	663	671	679	687	695	703	711	719	727
37	665	673	681	689	697	705	713	721	729	737
38	675	683	691	699	707	715	723	731	739	747
39	685	693	701	709	717	725	733	741	749	757
40	695	703	711	719	727	735	743	751	759	767
41	705	713	721	729	737	745	753	761	769	777
42	715	723	731	739	747	755	763	771	779	787
43	725	733	741	749	757	765	773	781	789	797
44	735	743	751	759	767	775	783	791	799	807
45	745	753	761	769	777	785	793	801	809	817
46	755	763	771	779	787	795	803	811	819	827
47	765	773	781	789	797	805	813	821	829	837
48	775	783	791	799	807	815	823	831	839	847
49	785	793	801	809	817	825	833	841	849	857
50	795	803	811	819	827	835	843	851	859	867
51	805	813	821	829	837	845	853	861	869	877
52	815	823	831	839	847	855	863	871	879	887
53	825	833	841	849	857	865	873	881	889	897
54	835	843	851	859	867	875	883	891	899	907
55	845	853	861	869	877	885	893	901	909	917
56	855	863	871	879	887	895	903	911	919	927
57	865	873	881	889	897	905	913	921	929	937
58	875	883	891	899	907	915	923	931	939	947
59	885	893	901	909	917	925	933	941	949	957
60	895	903	911	919	927	935	943	951	959	967

Lifestyle data	<p>Damien's current physical health:</p> <p>Damien eats fast food most days and drinks beer every day, his current physical health could be shortness of breath due to the vomiting fat and occasional vomiting due to the amount of beer he drinks.</p> <p>Risks to Damien's future physical health:</p> <p>Damien is at risk of becoming obese due to the amount of fast food he eats. It could also lead to liver disease, his beer addiction could lead to liver disease because on the he drinks it every day.</p>
Blood pressure	<p>Damien's current physical health:</p> <p>Damien is currently has a high blood pressure this could lead to him having shortness of breath and feeling dizzy as he plays football.</p> <p>Risks to Damien's future physical health:</p> <p>Damien is at risk of getting collapsing as he plays football he also is at risk of needing several infections and medication.</p>

Peak flow	<p>Damien's current physical health:</p> <p>Damien is currently has a low peak flow for his age where it should be 626-623 his current physical health could be shortness of breath or not being able to sleep.</p> <p>Risks to Damien's future physical health:</p> <p>Damien's future physical health could be at risk of getting coronary heart disease or also heart attacks because of how low his peak flow is.</p>
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TASK

Component 3: Health and Wellbeing (LO B2)

Explore how lifestyle choices determine physical health - using your knowledge of blood pressure complete the examination questions on Damien's current and future physical health.

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Interpreting physiological and lifestyle data	<p>0</p> <p>No rewardable material.</p>	<p>1-3</p> <ul style="list-style-type: none"> Limited reference is made to the data. Limited reference is made to current health. Limited reference is made to potential health risks. 	<p>4-6</p> <ul style="list-style-type: none"> There is some interpretation of the data. Aspects of current state of health are identified. Potential health risks are identified. 	<p>7-9</p> <ul style="list-style-type: none"> Data is mainly interpreted accurately. There is some explanation of current state of health. There is some explanation of potential health risks. 	<p>10-12</p> <ul style="list-style-type: none"> Data is interpreted accurately. There is a clear and detailed explanation of current state of health. There is a clear and detailed explanation of potential health risks.

Marks = 8/10

Data is mainly interpreted accurately – you have identified the risk of regular takeaway meals and daily alcohol consumption, high blood pressure and a low peak flow. There is some explanation of the current state of Damien's health – low peak flow resulting in shortness of breath, high blood pressure possibly causing dizziness when exercising. There is some explanation of potential health risks for Damien – Obesity, heart disease due to fast food. Liver disease due to alcohol consumption and collapsing when exercising