

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE EXAMINATIONS BOARD  
UNIVERSITY OF MALTA, MSIDA

**SECONDARY EDUCATION CERTIFICATE LEVEL**

**MAY 2016**

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<b>SUBJECT:</b>	<b>Health and Social Care</b>
<b>PAPER NUMBER:</b>	Controlled – Unit 1
<b>DATE:</b>	3 <sup>rd</sup> June 2016
<b>TIME:</b>	10:00 a.m. to 11:35 a.m.

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**THIS PAPER SHOULD BE RETURNED TO THE INVIGILATOR  
AFTER THE EXAMINATION.**

**Name of candidate** \_\_\_\_\_

**I.D. number** \_\_\_\_\_

**School** \_\_\_\_\_

**Class** \_\_\_\_\_

**CASE SCENARIO**

- John and Mary are siblings who work as care workers.
- John works at St. Vincent De Paul (geriatric hospital for the elderly) and Mary works at Mater Dei Hospital.
- During their working hours they have to deal with a lot of situations. In some cases, they measure body temperatures, sometimes they check the pulse of individuals, and sometimes they measure the blood pressure of the elderly and other individuals.
- The individuals that use the services at Mater Dei Hospital and St. Vincent De Paul have various health related issues that affect their wellbeing. Some of the individuals have a weight problem, others make use of substances, most take medication and others are treated for infections and diseases.

**SECTION A**

**Question 1**

**K2 (4 marks)**

The job of a care worker includes a lot of different tasks. Some of the main tasks include feeding, washing, and nappy changing the individuals in residential settings. Ideally a care worker needs to have a basic understanding of the way the human body functions.

From the main systems mentioned below, choose **four (4)** main systems and outline **one (1)** main function of the main system. (*The first one was written for you as an example*)

Main System	
Cardiovascular System	Digestive System
Nervous System	Musculoskeletal System
Endocrine System	Renal System

Example:

Main System: Respiratory System

Main Function: Excretion of carbon dioxide through breathing from the mouth or nostrils

(1 mark)

Answer 1:

Main System: \_\_\_\_\_

Main Function: \_\_\_\_\_

(1 mark)

Answer 2:

Main System: \_\_\_\_\_

Main Function: \_\_\_\_\_

\_\_\_\_\_  
(1 mark)

Answer 3:

Main System: \_\_\_\_\_

Main Function: \_\_\_\_\_

\_\_\_\_\_  
(1 mark)

Answer 4:

Main System: \_\_\_\_\_

Main Function: \_\_\_\_\_

\_\_\_\_\_  
(1 mark)

## **SECTION B**

### **Question 2**

**C2 (6 marks)**

Having a normal range of pulse, temperature, breathing rate and blood pressure measurement is very important for an individual. Keeping this sentence in mind, explain **three (3)** main reasons why the individuals that make use of the services at Mater Dei Hospital and St. Vincent De Paul might have out of range measurements.

Answer 1:

Reason: \_\_\_\_\_

Explanation: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
(2 marks)

Answer 2:

Reason: \_\_\_\_\_

Explanation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(2 marks)

Answer 3:

Reason: \_\_\_\_\_

Explanation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(2 marks)

## **SECTION C**

**Question 3**

**C3 (6 marks)**

Individuals' growth and development is a never-ending process. Josephine is a 45-year-old woman who went to Mater Dei for treatment. Mary needs to know the different aspects of human growth and development so that the care worker can offer an individualised service. Explain what the key aspects might be for Josephine. *(The key aspects were written down for you).*

Answer 1:

Key Aspect: Physical

Explanation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(2 marks)

Answer 2:

Key Aspect: Emotional

Explanation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(2 marks)

Answer 3:

Key Aspect: Social

Explanation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(2 marks)

**Question 4**

**K7 (4 marks)**

During our lifetime we face many different situations which can have different impact/s on our wellbeing.

Imagine that Mary is the sole bread winner of her family. She smokes a lot and it is very difficult for her to make ends meet. To make things more difficult one of her two children suffers from diabetes. On the other hand, John is married to a doctor and he lives in a well sized apartment. John is responsible to prepare healthy food for the family. Keeping these situations in mind outline how the life factors mentioned below can have an impact on John's and Mary's life.

Answer 1:

Life-Factor: Socio-economic factors

Outline the factor: \_\_\_\_\_

\_\_\_\_\_

(1 mark)

Answer 2:

Life-Factor: Physical Factors

Outline the factor: \_\_\_\_\_

\_\_\_\_\_

(1 mark)

Answer 3:

Life-Factor: Lifestyle factors

Outline the factor: \_\_\_\_\_

\_\_\_\_\_

(1 mark)

Answer 4:

Life-Factor: Health Factors

Outline the factor: \_\_\_\_\_

\_\_\_\_\_

(1 mark)

**Question 5**

**C4 (6 marks)**

Choose **three (3)** factors from the ones mentioned in Question 4 and explain how these factors might affect an old person using the service at St. Vincent De Paul.

Answer 1:

Life-Factor: \_\_\_\_\_

Explanation: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

(2 marks)

Answer 2:

Life-Factor: \_\_\_\_\_

Explanation: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

(2 marks)

Answer 3:

Life-Factor: \_\_\_\_\_

Explanation: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

(2 marks)

**Question 6**

**K8 (4 marks)**

Mary met an individual that was at Mater Dei because he/she suffered a serious injury at work. The individual was very scared of what the future might hold.

Using the statement above, identify **four (4)** life events that might influence the health and wellbeing of the individual that is injured at Mater Dei.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

(4 marks)

## **SECTION D**

### **Question 7**

**K9 (4 marks)**

John was asked to plan a healthy lifestyle for one of the elderly who is doing his rehabilitation program at St. Vincent de Paul. Recently the service user has undergone a hip bone replacement operation and cannot walk properly. He is therefore making use of a wheelchair. Unfortunately, he cannot get up from the wheelchair and therefore he is at risk of developing pressure sores. Apart from this difficulty he does not have any other conditions or complications. This person used to go jogging and after the operation he started feeling very sad because he cannot do the thing he loved to do. Keeping this situation in mind outline how his needs can be met by taking into consideration all the components for a healthy lifestyle mentioned below.

#### Answer 1:

Component: Physical Fitness

Outline: \_\_\_\_\_  
\_\_\_\_\_

(1 mark)

#### Answer 2:

Component: Balanced Diet

Outline: \_\_\_\_\_  
\_\_\_\_\_

(1 mark)

#### Answer 3:

Component: Intellectual Stimulation

Outline: \_\_\_\_\_  
\_\_\_\_\_

(1 mark)

#### Answer 4:

Component: Emotional and Social Wellbeing

Outline: \_\_\_\_\_  
\_\_\_\_\_

(1 mark)

**Question 8**

**K10 (4 marks)**

- To meet the specific needs, the professional staff member told the individual who lives in the residential setting that he/she is going to use specific targets.
- The individual found it difficult to understand the meaning of these targets, so the professional decided to describe these targets.
- Keeping this statement in mind, give a brief description of all targets so that the individual can understand them better. (*One of the descriptions is written as an example*)

Targets: Specific, Measureable, Achievable, Realistic & Time Related

**Example:**

Target: Specific

Description: When planning exercises for the individual, I will write them in point form so that the individual can easily understand them. For example: Eat toast everyday at 8am.

Answer 1:

Target: Measureable

Description: \_\_\_\_\_

\_\_\_\_\_

(1 mark)

Answer 2:

Target: Achievable

Description: \_\_\_\_\_

\_\_\_\_\_

(1 mark)

Answer 3:

Target: Realistic

Description: \_\_\_\_\_

\_\_\_\_\_

(1 mark)

Answer 4:

Target: Time-Related

Description: \_\_\_\_\_

\_\_\_\_\_

(1 mark)