



**L-Università  
ta' Malta**

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE  
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL  
2025 MAIN SESSION**

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SUBJECT:	<b>Health and Social Care</b>
PAPER NUMBER:	Controlled – Unit 1
DATE:	10 <sup>th</sup> May 2023
TIME:	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** \_\_\_\_\_

Answer **ALL** questions in the space provided.

**SECTION A: COMMUNICATION**

**General Scenario**

- Dr. Camilleri is a medical doctor who sees patients on a regular basis.
- Mrs. Diabelli, an Italian resident, had some symptoms and needed to pay a visit to Dr. Camilleri’s clinic.
- After the visit Dr. Camilleri called the nurse, the therapist and the junior doctor to discuss the programme needed for Mrs. Diabelli to get better.
- All the colleagues had some ideas to share during the discussion.

**Question 1**

**K-2 (4 marks)**

a. List **FOUR** different contexts for communication.

- Context 1: \_\_\_\_\_ (0.25)
- Context 2: \_\_\_\_\_ (0.25)
- Context 3: \_\_\_\_\_ (0.25)
- Context 4: \_\_\_\_\_ (0.25)

b. Distinguish how each of the contexts mentioned in Question 1a can be used.

- Context 1: \_\_\_\_\_  
\_\_\_\_\_ (0.25)
- Context 2: \_\_\_\_\_  
\_\_\_\_\_ (0.25)
- Context 3: \_\_\_\_\_  
\_\_\_\_\_ (0.25)
- Context 4: \_\_\_\_\_  
\_\_\_\_\_ (0.25)

c. Identify the **FOUR** contexts of communication taking place between the different individuals in the general scenario. In the context identified, name the individuals taking part in the communication.

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**Question 2**

**K-4 (4 marks)**

- Since Mrs. Diabelli is Italian, she was trying to understand what Dr. Camilleri was telling her but she did not always succeed.
- The junior doctor was called to help in the situation.
- He tried to communicate with Mrs. Diabelli about the condition, names of medicine and scientific numbers.
- Mrs. Diabelli still did not fully understand and the words used by the junior doctor had a rude meaning in her language.

a. Give a definition of 'barriers to communication'.

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b. From the above scenario, identify **TWO** possible barriers to effective communication.

Barrier 1: \_\_\_\_\_ (0.5)

Barrier 2: \_\_\_\_\_ (0.5)

***This question continues on next page.***

c. The **TWO** barriers identified in Question 2b may have different effects.

Barrier 1: \_\_\_\_\_

Describe the effect of this barrier on the sender.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (0.5)

Describe the effect of this barrier on the receiver.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (0.5)

Barrier 2: \_\_\_\_\_

Describe the effect of this barrier on the sender.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (0.5)

Describe the effect of this barrier on the receiver.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (0.5)

**Question 3**

**C-3 (6 marks)**

a. Identify **ONE** way how one can overcome each of the following barriers:

- i) Disability
  - ii) Emotional and behavioural difficulties
- Use ways from the ones provided below:

understanding language needs and preferences	timing
electronic devices	adapting the environment

Way to overcome disability:

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

Way to overcome emotional and behavioural difficulties:

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

b. Describe in more detail the **TWO** ways how to overcome the barriers to communication identified in question 3a above.

Way 1: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

Way 2: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

- In the waiting room, a new individual came for a visit.
- Mr. Vella is a wheelchair user.
- He could not talk to the receptionist because the desk of the reception was too high.
- He felt very upset.

c. Explain by giving reasons, **TWO** ways how to overcome barriers to communication with Mr. Vella in this situation.

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

**SECTION B: HUMAN GROWTH & DEVELOPMENT**

**Scenario**

- In the same clinic of Dr. Camilleri, there is also a paediatrician.
- Care givers and their babies go for regular visits.
- This part of the building is called 'Well Baby' clinic.

**Question 4**

**K-5 (4 marks)**

a. List the **FOUR** key aspects of human growth and development.

- Aspect 1: \_\_\_\_\_ (0.25)
- Aspect 2: \_\_\_\_\_ (0.25)
- Aspect 3: \_\_\_\_\_ (0.25)
- Aspect 4: \_\_\_\_\_ (0.25)

b. Match each life stage below to **ONE** developmental change by writing down the matching letter in the column named Answer.

Life Stage	Answer		Developmental Change
Infancy (0-3 years)		A	Lack of mobility
Childhood (4-10 years)		B	Emotional stability
Adolescence (11-18 years)		C	Crawling
Adulthood (19-65 years)		D	Puberty
Old age (65+ years)		E	Basic problem solving

(1)

c. Describe **FOUR** key aspects of growth and development during infancy.

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Emotional Need: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (0.25)

Social Need: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (0.25)

c. If the **FOUR** needs outlined in Question 5b are not met, the infant may suffer consequences. Describe **TWO** consequence that will follow if they are not met.

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



- Another person in the clinic was a 65-year-old man, named Mr. Borg.
- He has just retired from his job.
- He told the doctor that his son was recently employed as a doctor in a new clinic.

**Question 6**

**K-8 (4 marks)**

a. Apart from employment and retirement, name **TWO** other life events that may influence the health and wellbeing of individuals.

Life event 1: \_\_\_\_\_ (0.5)

Life event 2: \_\_\_\_\_ (0.5)

b. Outline how the life events named in 6a can affect individuals.

Effect of life event 1: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (0.5)

Effect of life event 2: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ (0.5)

c. Identify **ONE** positive and **ONE** negative influence retirement may have on the health and wellbeing of Mr. Borg.

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

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**Question 7**

**C-5 (6 marks)**

**Scenario:**

- Mr. Borg has now a different lifestyle in the way he spends his time since he retired.
  - He attends quiz nights with his friends once a week.
  - He exercises daily.
  - He has lengthy talks with his wife and other relatives.
- a. From the scenario above, identify, how retirement affected Mr. Borg’s Physical, Intellectual, Emotional and Social needs (P.I.E.S.).

Physical needs: \_\_\_\_\_ (0.5)  
Intellectual needs: \_\_\_\_\_ (0.5)  
Emotional needs: \_\_\_\_\_ (0.5)  
Social needs: \_\_\_\_\_ (0.5)

- b. The picture below is a common statement that we see when people speak of retirement.



*(Source: <https://www.bing.com/about retirement>)*

Compare and contrast **ONE** way how retirement portrayed by the media and in real life may be different.

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c. Discuss how retirement might affect each of Mr. Borg’s **FOUR** life factors.

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**Question 8**

**K-9 (4 marks)**

a. State what wellbeing is according to the World Health Organisation (W.H.O.)

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(1)

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b. List the **FOUR** components of a healthy lifestyle by filling the table below:

Components of a healthy lifestyle

Component 1:	
Component 2:	
Component 3:	
Component 4:	

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c. Outline the components of a healthy lifestyle, listed in Question 8b.

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**Question 9** **K-10 (4 marks)**

a. State **TWO** reasons for assessing the health and well-being of a person.

Reason 1: \_\_\_\_\_ (0.5)

Reason 2: \_\_\_\_\_ (0.5)

b.

- Due to the pandemic Mr. Borg ended up spending a lot of time indoors.
- His friends and relatives did not visit much.
- He found it difficult to communicate online like other individuals.
- The quiz nights were stopped so he could not enjoy this hobby anymore.
- He ended up feeling quite lonely.

Identify **TWO** components of a healthy lifestyle which are being neglected in this scenario.

Component 1: \_\_\_\_\_ (0.5)

Component 2: \_\_\_\_\_ (0.5)

- c. Prepare a health plan for Mr. Borg. Take into consideration each component identified from the scenario above and identify **ONE** SMART short-term goal with **ONE** SMART long-term goal each.

<b>Component 1:</b>	
_____	
<b>Short-Term goal:</b>  _____ _____ _____ _____ (0.5)	<b>Long-term goal:</b>  _____ _____ _____ _____ (0.5)

<b>Component 2:</b>	
_____	
<b>Short-Term goal:</b>  _____ _____ _____ _____ (0.5)	<b>Long-term goal:</b>  _____ _____ _____ _____ (0.5)

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