

Health & wellbeing

What you need to know: - definition, factors

Not just the absence of disease but a holistic attitude/the whole person:
 Physical (healthy body, regular exercise, a healthy diet, sleep, shelter & warmth, personal hygiene)
 Intellectual (keeping the brain healthy, concentrate, learn new knowledge/skills, communicate & solve problems)
 Emotional (feeling safe & secure, express emotions, deal with negative emotions, self-concept)
 Social (friendships, relationships with friends and family)



Genetic inheritance



What you need to know:
 - **inherited conditions** - **predispositions**

Genetic inheritance is a physical factor that can have positive and negative effects
 Genes are inherited from both birth parents

Inherited characteristics

- height, eye colour, hair colour
- This can effect self image (how you see yourself) & self esteem, (how you feel about yourself)

Inherited conditions

Different versions of genes are called alleles.
 Some alleles can be faulty and pass on conditions
Dominant condition
 (one parent passes faulty allele on)
 i.e. Huntington's – involuntary movements and loss of intellectual ability
Recessive condition
 (both parents pass faulty allele on)
 i.e. Cystic fibrosis – sticky mucus on the lungs

Genetic predisposition

Some people are predisposed (more likely) to develop a condition due to genetic makeup
 i.e. *heart disease, cancer, diabetes.*
 Whether they end up developing the conditions depends on their lifestyle & environmental factors
 (.e. Diet, exercise)

Physical activity



What you need to know:
 - **recommendations**
 - **benefits at each life stage**

Exercise is a lifestyle choice
 - gentle – walking, housework
 - moderate – light jog, steady swim
 - vigorous – spinning, football

Lack of exercise:
 Stiff joints
 Poor stamina/strength
 Obesity
 Stroke
 Heart disease
 Osteoporosis
 Poorly formed muscle

How much?
 Changes depending on age. Adult:
 approx. 150 mins moderate per week

Why?
 P – lower BMI, energy, stamina, strengthen bones & muscle
 I – links to better memory and thinking skills
 E – increases confidence, Relieve stress, concentrate, relax
 S – social interaction, communication, teamwork

Ill Health

Ill health -a physical factor which can have a negative effect on health & wellbeing



What you need to know:
 - **Effects on a persons PIES, difference between acute & chronic**

Chronic

Comes on more slowly, lasts a long time
 Usually treated, not cured
 i.e. diabetes, arthritis, asthma, heart disease

Management:

Address the negative impacts on the person and try to control the symptoms (i.e. use of medication, counselling, schooling in hospital, support groups)

Effect on PIES –

- P – growth rates, restricted movements
- I – disrupted learning, difficulties in thinking./problem solving, memory problems
- E – negative self-concept, stress
- S – isolation, loss of independence, difficulties forming relationships

Acute

Starts quickly, lasts for a short period of time. Usually cured
 i.e. bacterial/viral infection, flu, broken bones, pneumonia

Management - Usually with medication

Substance misuse



Alcohol - a lifestyle choice
 Men & women should drink <14 units/week
 1 unit = 1 single spirit
 1.5 units = 1 pint, 1 small glass of wine
 Avoid saving units for 'binge'
 Can increase risk of addiction & cancers.

Smoking & Nicotine – a lifestyle choice.
 Nicotine is an addictive drug found in tobacco products.
 Cigarette smoke contains nicotine, tar, carbon dioxide & soot which are all harmful.
 People smoke to relieve stress, peer pressure, or are unable to quit. Passive smoking also carries risk to others

Drugs – including legal and illegal.
 Prescription misuse - when people take for non medical (recreational use), become addicted to them, take excess, or take someone else's.
 Stimulants - alertness, excitability (i.e. Cocaine, nicotine)
 Depressants –calm, relax (i.e. cannabis, alcohol, heroine)
 Hallucinogens – cause hallucinations i.e. LSD, ketamine)

Effect on PIES

- P – dependence (alcoholism) damage to organs (mouth, liver, breast), infertility, weight gain
- I – difficulty in decision making, depression, anxiety, stroke & brain damage
- E – poor judgement leading to risky behaviour
- S – relationship breakdown, domestic violence

Effect on PIES

- P – increases risk of disease (cancer, stroke, coronary heart disease and others)
- I – addiction leads to irritation, distraction & stress when unable to smoke. Increase chance of anxiety and depression.
- E – poor self concept. May worry about negative impacts on health and costs.
- S – may feel socially excluded when smoking, people may avoid smokers due to smell.

Effect of drug misuses

Addictive drugs are taken to change the mental state, to give an immediate feeling of wellbeing or happiness but they have long term effects. i.e. Paranoia,, sleep problems, anxiety, depression, suicidal feelings,

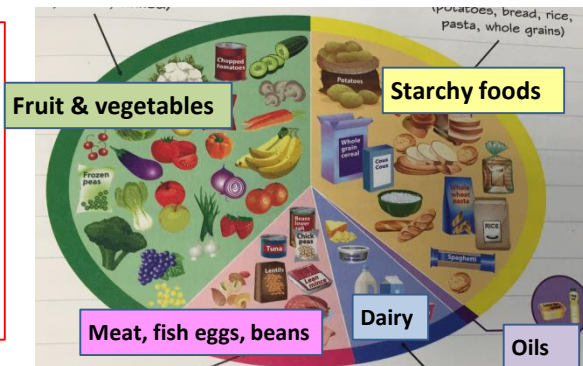
Diet

What you need to know: - amounts, quality, effects of poor diet

Diet - lifestyle choice. Diet = The balance of foods a person eats (diet doesn't mean weight loss!)

Foods to avoid

- Salt** – raises blood pressure -> heart disease
- Saturated fat** – raises blood cholesterol -> heart disease
 *found in animal fats such as meat, butter
- Sugar** – rots teeth, high in kcals (energy) -> tooth decay & weight gain



Section	Nutrient	Needed for
Starchy	Carbohydrates (& fibre if wholemeal)	Carbohydrates - Provides energy Fibre – Digestive system/prevents constipation
Fruit & vegetables	Vitamins Fibre	Vitamins - Keep the body healthy Fibre – Digestive system/prevents constipation
Meat, fish, eggs, beans	Protein	Growth and repair of cells and muscles
Dairy	Calcium	Strong bones and teeth
Oils	Unsaturated fats	Reduces cholesterol, Keeps the body warm, Protects organs

Other points:

- Water is important to stay hydrated
- Control calorie intake to manage weight.
- More energy in (food) than expended in exercise causes weight gain
- Less energy in (food) than expended in exercise causes weight loss



Personal hygiene



Good personal hygiene

- Prevents spread of infection
- Improves self concept
- Hand washing
- Washing
- Nails clean
- Tissue for cough/sneeze
- Brushing and washing hair
- Brushing teeth
- Clean clothes
- Flushing the toilet

The cleanliness of a persons body. Essential for health & wellbeing


Effect on PIES of poor personal hygiene

- P - Catching & spreading disease
- Poor body odour, bad breath & tooth decay
- Illness such as food poisoning, sore throat, athletes foot.
- I – may reduce chance of job
- E – poor self – concept, bullied
- S – social isolation, loss of friendship.

Key Words



Health & Wellbeing – how physically fit and mentally stable a person is (not just absence of disease)
Genetic Predisposition – more likely to inherit a condition based on genes
Chronic illness – gradual, long term illness, treated not cured. i.e. asthma
Acute illness – illness comes on quickly, short term & curable i.e. cold
Balanced diet - variety of different types of food and providing adequate amounts of the nutrients necessary for good health.
Substance misuse - continued misuse of any mind-altering substance that affects a person's health & wellbeing (drugs, alcohol, smoking)
Hygiene - cleanliness of body and clothing to maintain health & wellbeing.


Social interaction Between family–friends–work colleagues–school friends. 

Reacting to people through communication & relationships


Integration – when people feel they belong to a group
Isolation - when people do not have contact with others.
 Due to: staying in, physical illness, reduced mobility or unemployment, mental illness, a condition such as autism

	Positive relationships	Negative relationships
P	Day to day care & practical assistance	Peer pressure/Poor lifestyle choices (drinking)
I	Shared experiences, supported learning & thinking	Less support with learning, conversation
E	Unconditional love, security, contentment, self concept, independence & confidence	Loneliness,, insecurity, anxiety, depression,
S	Companionship, social interactions	Relationship difficulties

Relationship breakdown
Can lead to:
 Anxiety, stress, depression insecurity, loss of confidence, poor lifestyle choices, more pressure on finances, new home etc

Topics
 -Social interaction
 -Stress
 -Economic/financial
 -Life events
 -Environment & Living Conditions
 -Willingness to seek help or access services 


Stress Feelings of mental & emotional tension.

Occurs when the body responds to demand
 The hormone adrenaline is released
 Trigger 'fight or flight' response
 – so you respond instantly in life or death situations
 BUT an overreaction to non life threatening situation can cause negative stress. 

Causes of stress
 Pressures at work
 Exams
 Financial difficulties
 Life events
 (illness, relationship changes, moving home, bereavement)


Effect on health & wellbeing

Physical Short Term: -Tense muscles -Fast breathing -Dry mouth -Faster heartbeat -Butterflies -Urge to pass water (urine) -Diarrhoea -Sweaty hands	Physical: Long term: -Sleeplessness -High blood pressure -Irritability -Loss of appetite -Heart disease -Headaches -Poor sex life -Anxiety -Mood swings
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Intellectual
 Forgetfulness
 Poor concentration
 Difficulty in making decisions 

Emotional
 Difficulty controlling emotions – crying, angry
 Feeling insecure
 Negative self concept
 Feeling anxious

Social
 Difficulty making friends/building relationships
 Breakdown of close relationships
 Loss of confidence
 Social isolation

STRESS 

Willingness to seek help or access services


Asking for help
 People need to seek help from health & social services at various stages. Being reluctant can lead to negative effects 

Barrier 1: Gender
 Men are less likely to access as they are often less open & avoid looking vulnerable

Barrier 2: Education
 More educated are more likely to seek help
 They are more likely to:
 Research symptoms and know when help is needed
 Understand importance of early diagnosis & treatment
 Know how and where to access services

Barrier 3: Culture
 Social behaviour, value, tradition, customs and beliefs of communities. E.g.
 - discriminated against when accessing services
 - not speaking English well enough to discuss issues
 - some cultures require women to see women
 - Some cultures use 'alternative therapy'
 - stigma (feel ashamed)of conditions e.g., depression

Environmental & Living conditions

Environmental – Air, water and land around us.
Pollution - Contamination of the environment & living organisms by harmful chemicals. 

Examples
 Outdoor air – Chemicals from factories, exhausts
 Indoor air – Aerosols, mould, cigarette smoke, carbon monoxide from heating
 Water– Farm fertilisers/pesticides, waste, sewage
 Food pollutants – chemicals in food production
 Noise – Machinery and traffic music, loud neighbours
 Light – Excess lighting, street lights

Housing
Good living conditions
 Less polluted areas, quiet, safe, spacious, warm, dry, safe outdoor space
Poor living conditions
 - Overcrowding – anxiety & depression, sleeplessness, difficulty concentrating & studying
 - Lack of open space – less exercise & physical play
 - Pests - Rats carry disease, bugs carry disease
 - Damp & mould - Respiratory problems (asthma)
 - Poor heating – poor health (cold, flu) heart disease

Air – water – noise – light – housing - area


Impact of pollutants
 • Lung problems (*Bronchitis, asthma, lung cancer*)
 • Heart damage (*disease, stroke*)
 • Reduction of brain function (*thinking and memory*)
 • Low birth weight or premature births

City
 Better transport links
 Close to facilities i.e. Shops, gym, entertainment, health services
 Easy access to social events
 BUT pollution problems

Rural
 Sense of community
 Access to outdoors & less polluted
 BUT commute, difficult to access services, isolation

Economic Relate to a persons employment situation & financial resources. Effects lifestyle, health & wellbeing

Factors

2) Occupation - Job role & status (i.e. level of responsibility, salary) 

3) Employment/unemployment
 - Part time
 - Self employed
 - Not being able to find work (due to being disabled, made redundant, or being reliant on state benefits)

1) Wealth
 -Level of income
 - Amount of personal wealth, including non-essential, valuable material possessions (jewellery, cars & property)


Adequate income:
 Pay for rent/mortgage – Pay bills (heating etc.)
 - Afford luxuries, clothing, holidays, car, house with a garden – Eat a balanced diet – Socialise with friends - Afford travel to leisure/health services – Live in suburbs /countryside

Relative Poverty - Can only afford the essentials. (reduced financial resources)
 Life choices will be limited -more likely to:
 - suffer ill health
 - lack personal development (*i.e. school trips, warm clothes, doing well at school*)

Absolute Poverty -Not enough money to meet basic needs (food, clothing, housing) even with benefits.

	Positive	Negative
P	Good housing conditions Healthy diet Manual jobs can improve muscle tone & stamina	Poor housing conditions Poor diet Manual jobs - muscular/skeletal problems Desk jobs - less activity and weight gain
I	Opportunity to access intellectual activities Work, education & training helps to develop problem-solving & thinking skills	Long hours -less leisure time & reduced learning opportunities Being unemployed can result in poor mental health
E	A well paid job gives a feeling of security and less stress/worry over housing etc. Affording to socialise =positive self concept	Financial worries - stress & breakdown of relationships Not affording to go out and socialise =depression Unemployment of a low status job =low self concept
S	Better financial resources =opportunities to socialise Socialise with colleagues	ask of financial resources reduces opportunities for socialising Reduced opportunities for relationships = social isolation Financial worries = stress & breakdown of relationships

Life events Events can change life circumstances in positive & negative ways

Expected
 These can be predicted. They are easier to plan for & manage the effects
 -Leaving school
 -Starting school
 -Moving house
 -Starting work
 -Living with a partner
 -Marriage/civil partnership
 -Retirement 

Unexpected
 Cannot be predicted and cannot prepare.– has a greater impact
 e.g. Redundancy, imprisonment, exclusion, sudden death of someone close (bereavement) and ill health, accident or injury

Effects on health & wellbeing:
 P – High blood pressure
 I – Depression, difficulty thinking & decision making, memory
 E – Difficulty sleeping, grief, insecurity, stress and anxiety
 S – Isolation, loss of friends
Some positives– catalyst for change of behaviours, opportunities for new study or training, support for emotional, diet etc

Effects on health & wellbeing:
Positives:
 New friends, learning, skills, independence, excitement, confidence
Negatives:
 Anxiety, insecurity, stress, unhappiness about loss of 'old' life, change in lifestyle

Key Words 

Health & Wellbeing – how physically fit and mentally stable a person is (not just absence of disease) Linked to PIES.

Social integration – When people feel they belong to a group

Social Isolation - When people do not have contact with others.

Social interaction Acting/reacting to people through communication & relationships

Stress - Feelings of mental & emotional tension.

Adrenaline – a hormone released when the body responds to a demand which can lead to stress.

Economic - Relate to a persons employment situation & financial resources

Income – money people receive from work, savings pensions or benefits.

Expected life events – can be predicted e.g. Leaving school

Unexpected life event – cannot be predicted i.e. Bereavement

Environmental – The air, water and land around us.

Pollution - contamination of environment & living organisms by harmful chemicals.

Health Indicators



B1 Physiological indicators

Physiological indicators that are used to measure health:

- Pulse** (resting and recovery rate after exercise) (you will be given this data, compare theirs against recommended healthy data.)
- Blood Pressure** (you will be given this data, interpret and compare theirs against recommended healthy data.)
- Peak flow** (you will be given this data, interpret and compare theirs against recommended healthy data.)
- Body mass index (BMI)** (you will be given this data, interpret and compare theirs against recommended healthy data.)

Using published guidance to interpret data relating to these physiological indicators

The potential significance of abnormal readings: risks to physical health

LIFESTYLE DATA

B1: Lifestyle indicators

Lifestyle indicators that are used to measure health:

You will be given this information if it's relevant. You only have to answer questions on information you are given

Smoking- Do they smoke to excess and what are the current and future risks to health?

Drinking alcohol – Do they drink too much and what are the potential current and risks to future health?

Do they have an inactive lifestyle (lack of exercise) ? and what are the potential current and risks to future health?

Do they have a poor diet? (lack of nutrition or overeating or eating the wrong thing) and what are the potential current and risks to future health?

Topics

- Health and lifestyle indicators
- Current and future health risks
- Recommended actions, short and long term targets.
- Sources of Support
- Person centred care (meeting needs)
- Obstacles



Final question asks for suggestions: Make them sensible and realistic. Use general knowledge and ask: would I be able to do this ?

YOU HAVE 2 HOURS- GOOD LUCK!

HEALTH DATA		Current risks to health	Future risks to health
BMI	HIGH BMI	High blood pressure – fat restricting blood flow Harder to do exercise, so it becomes a vicious cycle	Cardiovascular disease – fat restricting blood flow to the heart Diabetes – too much sugar Arthritis – pressure on the joints due to excess weight Stroke – fat builds up in the arteries and causes a blood clot, this stops blood from getting to the brain
	LOW BMI	The body is not getting enough nutrients which can lead to; <ul style="list-style-type: none"> • Depression • Tiredness due to a lack of iron • Infections such as colds and flu because of a lack of vitamin c 	Undiagnosed illness such as an ‘underactive thyroid’ – not enough of a certain hormone is produced An eating disorder such as anorexia or bulimia Anaemia Rickets Stunted bone growth or weaker bones due to lack of vitamin d
Pulse rate	High pulse rate	Blood is being pumped around the body too quickly – sweating, shortness of breath, feeling weak	Heart attack – the heart cannot pump the blood quickly enough through the heart
Blood Pressure	High blood pressure	Dizziness, fainting or falls – Blood cannot move easily through the brain	Heart disease – arteries are narrowed so blood has to pump harder to get through the heart Kidney disease – damaged kidney arteries will not filter the blood Strokes – arteries are narrowed causing blood clots in the brain Blindness – caused by blood clots affecting the nerves behind the eyes
	Low blood pressure	Dizziness, fainting or falls - Blood is not pumped enough to the brain	
Peak flow	Low peak flow reading	-Airway is narrowed – lungs are not working as well as they should be. -Harder to take part in exercise which means the lungs are not as strong or elastic – easily get out of breath and feel dizzy when walking upstairs etc	Airway is narrowed – lungs are not working as well as they should be If exercise is not done due to reduced lung capacity it can mean fat could build up and lead to heart disease or stroke

LIFESTYLE DATA	Current risks to health	Future risks to health
Poor Diet	Too much salt – can cause high blood pressure Too much sugar – can cause raised blood glucose levels Increased thirst Blurred vision Too much fat – Blocks arteries causing tiredness Not enough vitamins (usually found in fruit and veg) – Tiredness due to a lack of iron Infections such as colds and flu because of a lack of vitamin c	Obesity Heart disease (see in bold causes) High blood pressure (see in bold causes) Strokes (see in bold causes) Tooth decay (see in bold causes)
Lack of Exercise	Stiffening of the joints – muscles and ligaments become stiff and will not stretch Poor strength Obesity (see in bold causes)	Stroke (see in bold causes) Heart disease (see in bold causes) Slow blood flow (see in bold causes) Osteoporosis (weak bones)
Drinking alcohol	Addiction – alcohol Significant weight change – lack of appetite or much more of an appetite	Liver cancer Jaundice - yellowing of the skin and eyes as the liver fails
Drug misuse	Addiction Significant weight change – lack of appetite or much more of an appetite	Damage to organs such as brain, liver and kidneys
Smoking	Addiction - nicotine Gum disease – pollutants in cigarettes Smelly breath Prone to chest infections – weakens the immune system Smokers cough –build up of tar on the lungs	Illness such as asthma or bronchitis Increased blood clotting – tar blocks the arteries Stroke Lung cancer – pollutants in the cigarettes cause this and build up of tar Hands and nails stained of nicotine Wrinkled faces

TARGETS

Recommended actions – THREE- What do we know that we want to change? – Broad target, in detail.

Short term target- MAKE IT SMART- What will help straight away and can be done over a short period of time 0-6 months. (CAN YOU MEASURE IT?)

Long term target- MAKE IT SMART- What will help them achieve your recommendation over a longer period of time. Something they are going to need to do for longer and/or be able to keep doing for longer.

SOURCES OF SUPPORT

Formal Support

- GP, Pharmacist, Dentist (Primary services)
- Help groups such as quit smoking, weight watchers, alcohol anonymous.
- Hospital departments (Secondary services).
- Hospice care.
- Physiotherapist, dietician.

Informal Support

- Family
- Friends
- Neighbours

And how will they help?

OBSTACLES

emotional/psychological – lack of motivation, low self-esteem, acceptance of current state

time constraints – work and family commitments

availability of resources – financial, physical, e.g. equipment

unachievable targets – unachievable for the individual or unrealistic timescale

lack of support, e.g. from family and friends

other factors specific to individual – ability/disability, addiction

Other barriers to accessing identified services.- geographical, financial, physical, culture, language, psychological



Key Words

Needs = Health and lifestyle needs

Wishes= wants and doesn't want

Circumstances= Other relevant info from case study

BMI- Body mass index (how much fat you have)

PEAK FLOW- Lung capacity (how much air you can use)

BLOOD PRESSURE- Amount of blood in one beat – lower is better = more blood. Higher is bad.

RESTING PULSE- Beats per minute not during exercise- lower is better.