

Health and Social Care - Component 3

Revision List

Section A

Life events:

- Physical Events
- Relationship Changes
- Life Circumstances

Factors:

- Health and Wellbeing
- Physical Factors
- Lifestyle Factors
- Social Factors
- Cultural Factors
- Environmental Factors
- Economic Factors

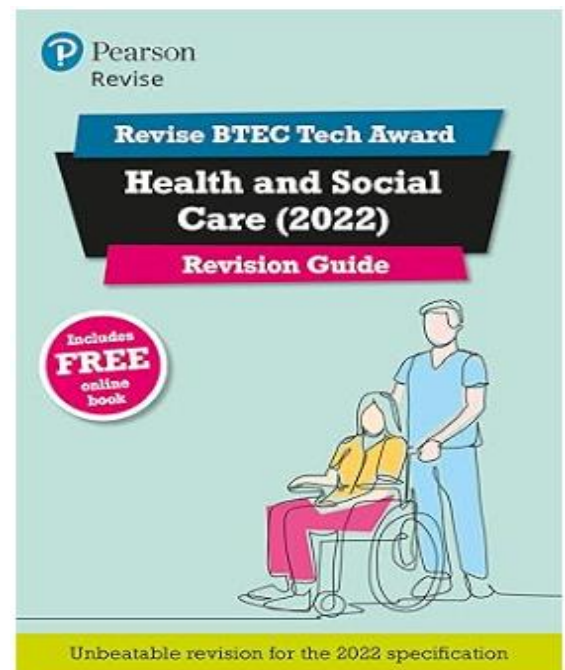
Section B

Physiological Indicators:

- Heart Rate
- Blood Pressure
- Body Mass Index (BMI)

Lifestyle Indicators:

- Nutrition
- Physical Activity
- Smoking
- Alcohol
- Substance Misuse



Section C (case study questions)

The Person-Centred Approach:

- The Person-Centred Approach
- Benefits of the Person-Centred Approach

Improving Health and Wellbeing:

- Recommendations and actions
- Different sources of support

Barriers and Obstacles

- Barriers to following recommendations
- Obstacles to following recommendations

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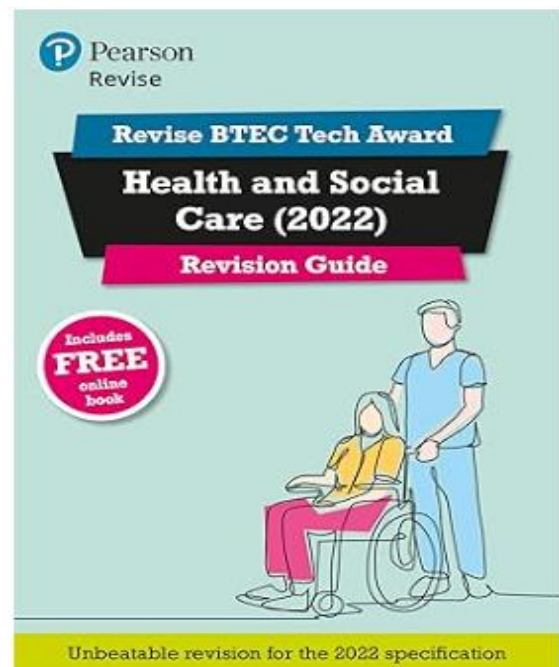
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