

X011/302

NATIONAL
QUALIFICATIONS
2007

MONDAY, 4 JUNE
11.10 AM – 12.00 NOON

CARE
HIGHER
Paper 2

The case studies used in this paper are fictional.

Answer only **one** option in this paper.

Option 1 covers the optional Unit Health Promotion.

Option 2 covers the optional Unit Interpersonal Skills for Care.

30 marks have been allocated to this paper.



You must choose **ONE optional Unit only**.

EITHER answer Option 1 **OR** Option 2.

Option 1 – Health Promotion

Answer **ALL** the questions in this option.

Read the information below and then answer the questions that follow.

The following targets were set by the Scottish Executive and relate to various health promotion strategies.

- Reduce the pregnancy rate among 13–15 year olds by 20% between 1995 and 2010.
- 95% uptake among children by the age of 2 for each of the primary immunisation programmes: polio; diphtheria; tetanus; whooping cough (pertussis); haemophilus influenzae type b (hib); meningitis and septicaemia (MENC); measles, mumps and rubella.
- Reduce smoking among young people from 14% to 12% between 1995 and 2005 and to 11% by 2010.
- Reduce frequency and level of drinking among 12–15 year olds from 20% to 18% between 1995 and 2005 and to 16% by 2010.
- Increase the proportion of 11–15 year olds taking vigorous exercise 4 times or more (weekly) from 32% in 1994 to 40% in 2005 and to 50% in 2010.

Source: ISD Scotland

Question 1

Choose **three** of these targets. For each target select a **different** model of health promotion and explain why it would be effective in achieving the target.

12

Question 2

Describe **two** points of knowledge and **two** skills which health promoters require to encourage 11–15 year olds to increase the amount of vigorous exercise which they undertake.

8

Question 3

Improving mental health is one of the Scottish Executive's main health promotion priorities.

- (a) Explain the differences between qualitative and quantitative data.
- (b) Evaluate the effectiveness of qualitative and quantitative approaches in relation to mental health promotion.

4

Give at least **one** advantage and **one** disadvantage of each approach.

6

(30)

[END OF OPTION 1]

[Turn over

Option 2 – Interpersonal Skills for Care

Read the case study and then answer ALL the questions that follow in this option.

In an Edinburgh Evening News article, Alan Roden reported on the Care Commission finding that care homes were failing to meet national standards. “Bedrooms smelling of urine, dietary demands being ignored and no fire drills are some of the problems uncovered in care homes.”

Roden continues “A whole range of problems was identified, including instances where the ‘dignity, privacy and emotional wellbeing of the residents may be compromised’. The inspections, which were unannounced, found problems with pensioners sharing rooms and staff being unaware of dietary requirements. In several cases, employees were failing to record details of medicines and there were no policies on restraint.”

Source: *Edinburgh Evening News* (2005)

Question 1

- (a) Give the full name and date of the Scottish legislation responsible for the creation of the Care Commission for Scotland. 1
- (b) Describe **two** of the responsibilities of the Care Commission for Scotland. 4
- (c) In the article it is stated that “care homes were failing to meet national standards”.
Describe **three** principles behind the National Care Standards and explain how these principles would help to improve the situation outlined in the article. 9

Question 2

Explain **two** advantages and **two** disadvantages of the care planning process.

8

Question 3

Choose **two** of the following care worker roles:

- Advocacy
- Team working
- Keeping records and reports
- Keyworking

Explain **one attribute** and **one skill** a care worker could use when carrying out each of your chosen roles.

8

(30)

[*END OF OPTION 2*]

[*END OF QUESTION PAPER*]

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