




Name: \_\_\_\_\_ **My Component 3 Exam Checklist**

Complete this table to chart your progress on Component 3 + revision

<u>Core Theme</u>				<u>Notes</u>		
<b>Learning Aim A: Health &amp; Wellbeing</b>						
How use a case study effectively						
Definition of health and wellbeing						
Genetic inheritance						
Ill health: Chronic / acute						
Accident and injury						
Diet						
Exercise						
Personal hygiene						
Alcohol + PIES effects						
Smoking + nicotine - PIES effects						
Illegal drugs - PIES effects						
Factors affecting health:						
Economic factors: poverty						
Economic factors: income						
Environmental factors: pollution						
Environmental factors: housing						
<b>Learning Aim B: Health Indicators</b>						
Resting pulse rate						
Recovery pulse rate						
Blood pressure						
Peak flow						
BMI						
Lifestyle data - smoking/alcohol/diet/inactivity						
<b>Learning Aim C: Health improvement</b>						
Person-centred approach						
How to justify health plan choices						
Care values x 7						
Health plan: how to design one						
Goals and recommended actions						
Short / long term SMART targets						
Formal support						
Informal support						
Obstacles to the plan						
How to overcome obstacles						