

Recommendations and actions

You could be asked to suggest actions for a service user. Health and wellbeing recommendations and actions should be person-centred, so that they take into account the person's needs, wishes and circumstances.

Kesh, aged 15, enjoys sport but gets out of breath and tires very easily. He misses breakfast but goes to the local fast-food shop at lunchtime. Kesh has low self-esteem because he is overweight and wants to lower his BMI.

Read the case study information carefully so that you can suggest actions based on Kesh's needs, wishes and circumstances.

Complete the table below by:

- stating **three** actions that the school nurse could suggest that will improve Kesh's health and wellbeing
- giving **three** ways these actions could improve Kesh's health and wellbeing.

Sample response extract

Action	Ways the action can improve Kesh's health and wellbeing
Take gentle exercise 15 minutes each day.	It will increase his lung capacity.
Take a healthy lunch box to school.	It could reduce his weight.

Because Kesh gets out of breath easily, the student has recommended he starts with regular gentle exercise. This will improve his lung capacity so he can breathe more easily. The student understands that visiting the fast-food shop regularly can only increase Kesh's weight. Cutting out fast food and eating more healthily will reduce his weight.

You may be asked about the types of support individuals may need to help them improve their health and wellbeing.

Explain **two** ways that support can improve the health and wellbeing of Kesh.

Sample response extract

A dietician could help Kesh to plan more nutritious food for his lunchbox that he is more likely to enjoy and eat.
A parent could encourage and praise Kesh so that he continues to take exercise each day.



Revise information on types of support on pages 36-38.

These explanations clearly show how each example of support is 'person-centred'. In the first example, the student refers to providing food that Kesh is likely to eat. The student also realises that because Kesh has low self-esteem praise will be important and likely to help him stick to the plan.

Now try this

Give **two** reasons why it is important to take into account a person's wishes.

Re-read the information about a person-centred approach on page 29.