

Had a look Nearly there Nailed it!

Explaining physiological indicators – BMI

You may be asked to respond to a question about physiological indicators such as BMI and demonstrate knowledge of how it impacts on a person's health and wellbeing.

State the correct classification for BMI 18.5–24.9 kg/m².

Sample response extract

Healthy weight



Links

Revise classifications for BMI, blood pressure and pulse rates on pages 22–24 to help you answer questions in your assessment.

This is correct and the weight that a person should strive to achieve.

Complete Table 1 by:

- (i) stating **three** actions that the practice nurse could suggest that will improve Naomi's health and wellbeing
- (ii) giving **three** ways these actions could improve Naomi's health and wellbeing.

This question relates to the case study on page 50 about Naomi.

The student has used information from the case study to understand Naomi's needs, wishes and circumstances

Sample response extract

Table 1

	Three actions	Ways the actions could improve Naomi's health and wellbeing
1	Exchange unhealthy snacks for fresh fruit	Lower her BMI to a healthy level
2	Naomi could join a dance class	Reduce the risk of high blood pressure
3	Provide a Tai Chi or yoga DVD	Increase activity and improve mobility

Treat these questions like an 'Explain' question: state the action in the first column and then expand on this in the second column. In this case, by explaining the way the action could improve Naomi's health and wellbeing in the second column.

The student has explained and not just stated in their answer. They have identified the possible effect (self-esteem). They go on to explain the reason for the effect (increased confidence).

Explain the possible effect of lowering her BMI on Naomi's emotional development.

Sample response extract

Naomi's self esteem may be higher if she loses weight because she is more confident with her body image.

Now try this

State the BMI range for someone who is classified as 'obese'.

Refer to page 24 to find BMI classifications.

Explaining physiological indicators – pulse

You may be asked to interpret data on a service user's resting pulse rate, predicted maximum pulse rate during exercise and recovery rate, and give a clear and detailed explanation about their current health and any possible physical health risks.

State **two** positive factors that may affect a pulse rate.

Read the question carefully. Check the number of answers you need to give and whether you need to consider positive and/or negative effects. In this question you need to give two examples of positive effects.

Sample response extract

a healthy diet
being physically active

You will not get any marks if you give two negative effects.

State the NHS guidance for the average RPR (resting pulse rate) of an adult.

Sample response extract

60–100 bpm (beats per minute).

This student has clearly shown they know the range of a normal pulse rate. Remember that it may differ in children and athletes.

When Dev visits his health centre, he finds his resting pulse rate reading is 101 bpm.



Re-read the normal heart rate (pulse) on page 22.

Explain **two** possible long-term risks of a high pulse rate on Dev's physical health.

Sample response extract

In the long term, Dev is at risk of a heart attack because his arteries may thicken. He may have a stroke because the blood vessels to his brain have weakened.

Long-term risk is something that will have a serious effect on health and wellbeing.

The student shows they understand that Dev's pulse is higher than normal readings. They use what they have learned about the possible effects a high pulse rate may have on health and wellbeing.

Now try this

Give **two** possible short-term risks of a high pulse rate.

Read page 22 for short-term risks of a high pulse rate.

Explaining physiological indicators – blood pressure

You may be given a person's blood pressure readings. Knowing the classifications – low, ideal, pre-high and high – will help you to answer questions about the level of risk to their health and wellbeing.

The nurse took this reading of Seema's blood pressure 130/85 mm Hg.

State the classification for Seema's blood pressure.

Blood pressure readings

Readings show two numbers. Systolic at the top shows the maximum pressure as the heart contracts to push blood into the arteries. Diastolic at the bottom shows the minimum pressure in the arteries between heart beats. Remember, only one number (systolic or diastolic) has to be higher or lower than normal to be an abnormal blood pressure reading.

Sample response extract

Seema's blood pressure is in the pre-high range.

The student does not need to explain the effects, but just state the classification.

Seema recently moved to a new flat in a large city after the breakdown of her marriage. She's started to drink more alcohol than the recommended 14 units each week, which has increased her weight to an unhealthy level.

This tells you more about Seema. Information about the person's lifestyle will help you explain or assess the reasons for blood pressure that is outside the ideal range.

Assess the effect of Seema's lifestyle on her health and wellbeing.

Sample response extract

Seema's blood pressure may be in the pre-high range. This may be because Seema's heart is working too hard because she is overweight. Her blood pressure may also be raised because she is drinking more alcohol than advised. She may be stressed about her marriage breakdown. In the short term, she may feel dizzy and experience chest pains. If she does not change her lifestyle, her blood pressure may become higher still, increasing her risk of heart disease and stroke.

To assess something, you need to carefully consider all the factors or events in the information you've been given and identify which are relevant to the question. In this case, these are Seema's lifestyle and the effect it might have on her health. You should make a judgement on their importance and come to a conclusion.

This student has used the information given to assess why Seema's blood pressure is higher than the ideal. They have considered the factors and made a judgement on how Seema's lifestyle is affecting her health and wellbeing, increasing the risks to her future health.

Finally, the student has come to a conclusion on the possible effects to her health if she does not change her lifestyle.

Now try this

Give **two** actions that Seema could take that could help to lower her blood pressure.

Re-read the case study to see how Seema could change her lifestyle.