

Year 11 Assessment 2

Practice Question A.

You are a healthcare worker who is based in a GP surgery in your local town. You have a new client, Ken, who has joined your surgery. Ken, 58, is recently divorced and has moved to the area.

Read the information below and then complete the activities.

Location: Ken lives with his older brother, Gordon, and his family in a large country cottage. The house has five bedrooms and is situated in a rural area. Ken has moved in with his brother and family following his recent divorce.

Medical History: Ken suffers from high blood pressure which he has genetically inherited. However, his blood pressure has recently been raised by an increase in stress due to his divorce. Ken eats a high fat diet and smokes around ten cigarettes per day. Ken suffered a heart attack three years ago. He also has the chronic condition arthritis. This limits the mobility in his hands and wrists.

Family, friends and social interactions: Since his divorce, Ken has been single. He split up from his wife because they fell out of love and often argued. Ken and his ex-wife didn't have any children of their own but he had been parenting her twelve year old son throughout the six years that they were married. He no longer sees this son. Ken has moved to a new area so only knows a small group of people, including his brother and his family. However, he has started to meet more people after joining a local choir. Ken loves to sing and enjoys meeting people with similar interests. He has also thought about starting a new relationship as he has met a woman, Lucinda, at the choir who he is attracted to.

Day-to-day life: Ken enjoys living in his new area and has felt less lonely since moving in with his brother. He is still able to work at his job as an insurance claim handler and he earns a good income from this. Ken enjoys cooking for his family that he now lives with and helping the children with their homework. However, he would like to rebuild his own life and live alone again sometime soon.

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Lifestyle Data

Ken recently attended the health centre for a medical check-up. The practice nurse, Mr Davis, went through some questions with him. She found out the following information.

- Ken smokes around 10 cigarettes each day.
- Ken is unable to participate in any exercise due to his arthritis.
- Ken doesn't eat a balanced diet and regularly consumes around 3000 calories per day.

Physiological Data

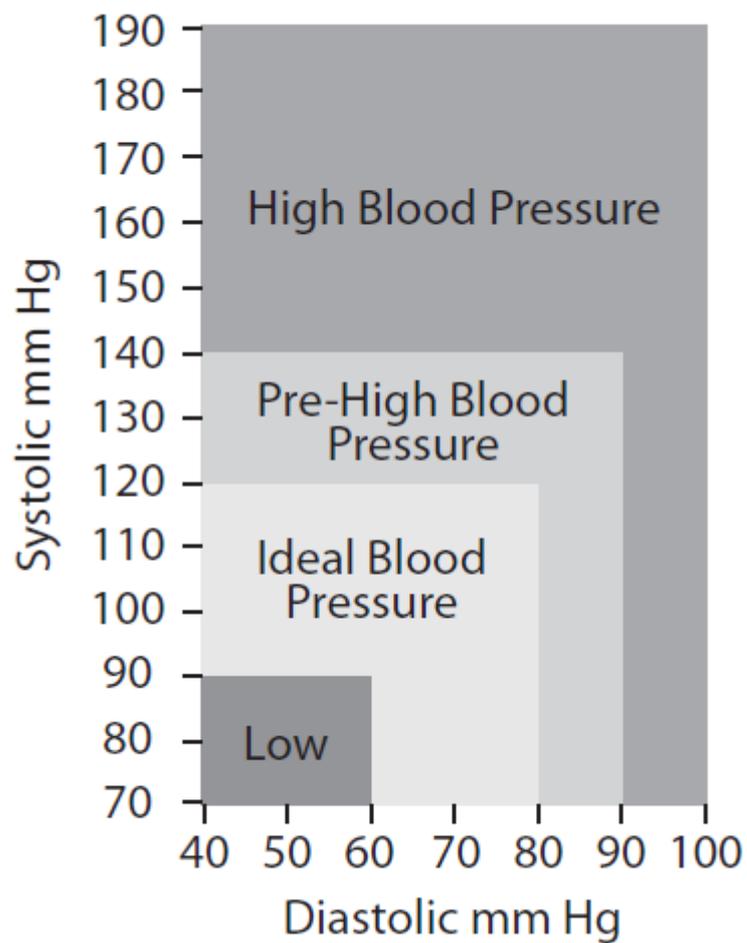
BMI	38 kg/ m ²
Blood Pressure	153/ 94 mm Hg

Guidance for Physiological Data

BMI

Weight Categories	BMI (kg/m ²)
Underweight	<18.5
Healthy weight	18.5–24.9
Overweight	25–29.9
Obese	30–34.9
Severely obese	35–39.9
Morbidly obese	≥40

Blood Pressure



Blood
Pressure

Current Physical Health

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Risks to future health

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