

2.1.4 (a) Early Intervention and Prevention to Promote and Support Growth, Development and Well-being



For the exam, you will need to understand how early intervention services, to promote health and well-being, can contribute to an ethical and sustainable health and social care, and childcare system in Wales.

Individuals benefit from well-being support at an early stage to prevent, or at least delay, the use of formal health and social care, and childcare services.

Early intervention and prevention methods: screening methods

- Breast screening
- Cervical cancer screening
- Bowel cancer screening
- Abdominal aortic aneurism screening
- Maternal screening
- Childhood screening – PCHR (‘red book’), newborn hearing, Newborn Bloodspot Screening Wales, Cymru Well Wales: The First 1000 Days (F1000D).

Early intervention and prevention methods: government guidelines

- Relating to: Diet, sexually transmitted diseases, alcohol and substance misuse, smoking, healthy living.

Early intervention and prevention methods: immunisation programmes through the life stages

Some examples

- | | |
|--------------------|---------------------|
| • Rotavirus | • MMR |
| • 6-in-1 | • 4-in-1 Pre-school |
| • Pneumococcal PCV | • HPV |
| • Hib/Men C | • Flu |
| • Children’s flu | • Shingles |

Early intervention and prevention methods: services

- GP/health centre/hospitals
- antenatal/postnatal care
- child health clinic
- well woman/man clinic
- family planning clinic/sexual health clinic
- mobile services e.g. NHS Breast Screening Programme/Breast Test Wales
- counselling

Early intervention and prevention methods: government initiatives

e.g. Flying Start, The Active Offer

Early intervention and prevention method: community involvement/support

e.g. playgroups, network of friends, access to community centre activities, faith groups.

2.1.4 (b) Early Intervention and Prevention to Promote and Support Growth, Development and Well-being for a Range of Conditions

For the exam, you will need to understand the conditions that require additional care and support to maintain health and well-being for acute and chronic conditions.

Chronic condition = long-term conditions, they are usually long-lasting and develop, and potentially worsen over time e.g. Crohn's disease.

Acute conditions = short-term conditions, they usually occur suddenly, have immediate or rapidly developing symptoms, and are limited in their duration e.g. the flu.

Short-term illnesses

Illnesses including:

- Food poisoning
- Rashes
- Fever
- Coughs and colds
- Chicken pox
- Measles

Long-term conditions

Conditions including:

- Obesity
- Chron's disease
- Diabetes
- Heart disease
- Arthritis
- Dementia
- Cancer

Some conditions are **PREVENTABLE!**

Obesity

Heart disease

Measles

Food poisoning

Type 2 diabetes

Care and support

- from health service providers/professionals
- informally from family members
- support from the community
- support from voluntary services.

Formal support:
provided by health care professionals

- Primary care
- Secondary and tertiary care
- Allied healthcare

Allied health roles

e.g. Dietician, physiotherapist, speech and language therapist, domiciliary care worker, radiographer, podiatrist, orthoptist.

Informal support

Informal support: is provided by individuals who are not paid to provide help and support.
e.g.

- Partners
- Family members
- Friends
- Neighbours
- Work colleagues

Examples of secondary services:

- Hospitals
- Cardiologist
- Paediatrician
- Neurologist
- Community mental health teams.

2.1.4 (b) Early Intervention and Prevention to Promote and Support Growth, Development and Well-being for a Range of Circumstances

For the exam, you will need to understand how individuals' circumstances may arise from expected and unexpected life events.

Life events can change life circumstances, and these can be positive or negative. They are separated into **expected** and **unexpected** life events

Expected life events

*Expected life events happen to most individuals and can be **PREDICTED**, which means that they can plan for them happening and therefore manage their effects.*

- Starting school/nursery/college/university
- Leaving school
- Moving to a new house
- Starting work/changing employment
- Living with a partner
- Marriage or civil partnership
- Retirement

Unexpected life events

*Some life events happen unexpectedly and **CANNOT BE PREDICTED**. It means that it is not possible to prepare for them and they often have a greater impact on health, well-being and resilience.*

- Sudden death of a loved one
- Serious accident or injury
- Acquired disability
- Imprisonment
- Redundancy/job loss/unemployment
- School exclusion
- Divorce

Likely impacts of life events can largely be predicted and there may be **POSITIVE/NEGATIVE** effects. The effects can be **SHORT-TERM** and/or **LONG-TERM**.

The impacts

PHYSICAL

Disturbed eating and disturbed sleeping from illness and stress.

INTELLECTUAL

Such as skills acquisition or difficulty concentrating.

SOCIAL

A change of social opportunities and interactions, as a consequence of starting nursery, school or higher education or a new job, becoming a parent, separation or divorce, and becoming withdrawn and isolated as a consequence of separation, divorce, unemployment or bereavement.

EMOTIONAL

Such as enhanced happiness from becoming a parent, getting a job, getting married, leaving an unhappy relationship.

Anxiety, grief or depression, as a result of bereavement or unemployment.

2.1.1 (a) (b) (c) Human Development Across the Life Cycle



For the exam, you will need to know and understand how individuals grow and develop throughout the life cycle.

Life stages across the life cycle

The main life stages:

- Infancy 0-2 years
- Childhood 3-12 years
- Adolescence 13-19 years
- Adulthood 20-64 years
- Later adulthood 65+ years

Remember- Each of these life stages are associated with various physical, intellectual, emotional and social changes.

Expected milestones of growth and development

Some changes are more significant than others and these are called milestones.

Milestones can sometimes be referred to as ‘norms’ and can help show what most children can do at particular ages.

*However, all individuals will develop in their own unique way and there will be lots of differences.

Gross motor skills are movements that use large muscle groups such as the head and torso. For example, running and jumping.

Fine motor skills are precise and sophisticated movements that require the co-ordination of small muscle groups such as those in the fingers, for example gripping an object.

Growth and Development

Growth = refers to an increase in physical size (mass and height). Growth is measurable.

Development = the emergence and increase in sophistication of skills, abilities and emotions. e.g. making new friends is social development, bonding is emotional development.

To measure growth in infancy, 3 measurements are used:

- Weight
- Length
- Head circumference



2.1.1 (c) Human Development: The Factors Affecting Growth, Development and Well-being

For the exam, you will need to understand how the different factors may inter-relate and affect an individual's well-being, **positively** or **negatively** throughout their life-cycle.

The physical factors

- genetic inheritance can be as simple as eye and hair colour, to more complex genetic inheritance factors such as a pre-disposition to medical conditions, and some illnesses e.g. cystic fibrosis and Down syndrome
- diet, nutrition and hydration, including breastfeeding, bottle feeding, weaning
- the amount and type of physical activity e.g. benefits of exercise versus risks of little or no exercise
- opportunity for play
- experience of illness or disease – all illnesses have physical effects, some short term and some long term
- disability.

The environmental factors

- housing conditions
- availability of health and social care, and childcare services
- pollution – chemical
- noise e.g. loud music
- radiation, air water e.g. sewage.

The economic factors

- income – wages/salary, benefits, savings, bills, debts, poverty
- better clothing
- able to buy healthier food and have a healthier diet
- material possessions (wants vs needs).

31%

*of children in Wales live
in a poor household*

The social and emotional factors

- gender
 - family (family type, size and lifestyle)
 - relationships, including family (with parents and siblings, and as parents), friendships, personal intimate and sexual relationships, working relationships
 - adverse childhood experiences (ACEs)
 - abuse, including controlling/coercive behaviour in family and/or personal intimate sexual relationships
 - educational experiences
 - employment e.g. benefits of being in employment versus adverse effects associated with unemployment
 - cultural and racial diversity e.g. benefits and challenges of living in a multicultural society
- **ACEs** = Adverse Childhood Experiences are traumatic experiences that occur before the age of 18 and can affect individuals into adulthood.

Poor living conditions can cause negative effects such as

Damp – respiratory problems
Overcrowding – anxiety/depression/stress
Poor heating/lack of heating – colds/flu/poor health
No open spaces/garden – lower fitness levels from lack of exercise

Abuse – 5 different types

1. Emotional (financial)
2. Physical
3. Sexual
4. Psychological
5. Neglect

Negative effects of noise pollution
Stress/anxiety, high blood pressure, disrupted sleeping patterns, hearing loss.

Relationships can have **positive** and/or **negative** effects e.g.
Trustworthy ✓
Can hurt your feelings ×

2.1.3 (a) (b) The Importance of Active Participation on Development and Well-being

For the exam, you will need to know and understand how individuals can take responsibility for their own care, health and well-being, to support a sustainable health and social care, and childcare system in Wales.

What is active participation?

DEFINITION:

Active participation is a way of working that regards individuals as active partners in their own care rather than passive recipients. Active participation recognises everyone’s right to participate in the activities and relationships of everyday life as independently as possible.

Participation for individuals?

Active participation provides many benefits, including:

- **greater control** over decisions about their lives, including their care and support
- **increased opportunities** for learning and development of **important skills and knowledge**
- **education** and **employment**
- **social contact** and **interpersonal relationships**
- participating in everyday activities that are important to them as **independently** as possible
- enhanced feeling of **self-worth** and **confidence**
- **decreased vulnerability** and scope for abuse by others
- **improved physical and mental health**, and **resilience**.
- **Active participation** is a process that applies to all life stages. For young children, parents/carers could be the active participant on their behalf.
- Active participation is an approach that empowers individuals.
- Active participation is a person-centred approach.

Active participation values every individual by ensuring:

- They can make Informed choices*
- They have independence*
- They are listened to*
- They can assess their own needs*
- They can choose their own support*
- They are able to lead a full active life*
- They can state their views*
- They can draw up their own support plan*
- They are in control of their care*
- They are regarded as a partner in their own care*
- They can continue to be able to use their skills*
- They are supported*
- They are fully in control of decisions*

2.1.2 (a) The Inter-Dependence Between Physical Health and Good Mental Health

Physical health and exercise can have **immediate/short term** and **long term effects**. Health benefits can improve an individual's quality of life.

The physical health benefits

As well as improving overall physical fitness, being more active can have the following physical benefits:

- Reduced risk of some conditions such as heart disease, stroke and type II diabetes.
- Reduced risk of physical health problems as the body adapts to stress including heart disease, high blood pressure, a lowered immune response, as well as depression and anxiety.
- Healthier organs, such as the heart muscle, so that the blood pressure is lowered.
- Stronger bones as any weight bearing exercise will strengthen the bones. This will lower the risk of osteoporosis-brittle bones.
- Builds muscle- hypertrophy of body muscle tissue and so raising metabolic rate.
- Maintain a healthy weight.
- More energy.
- Improve sleep quality.
- Maintains mobility.
- Wards off viruses.
- Manages chronic pain.

Monday	20 Jumping Jacks 10 Squats 45 Second Wall Sit 20 Squats
Tuesday	20 High Knees 5 Pushups 20 Situps 20 Toe Touches
Wednesday	15 Sit-ups 10 Sumo Squats 1 Minute Wall Sit 20 Squats
Thursday	20 High Knees 20 Squats 20 Toe Touches 5 Pushups
Friday	20 Jumping Jacks 10 Squats 45 Second Wall Sit 20 Squat

Simple tips to increase your physical fitness:

- increase your physical activity e.g. count your daily steps
- have a fitness goal or a series of little goals
- track your progress
- make simple lifestyle changes.

The social and emotional health benefits

- Inclusion – It helps an individual make new friends and connect with different people. Being around people is good for mental health and social networks.
- Having fun and being happy.
- Individuals feel part of a group which can reduce isolation and promote inclusion.

The mental health benefits

Some of the mental health benefits of being more active includes:

- Reduced anxiety and happier moods because through exercise we release hormones such as endorphins, dopamine and serotonin. (These are sometimes called 'feel good' hormones.) They will alter the brain chemistry which can lift mood and calm anxiety.
- Reduces symptoms of stress.
- Creates a greater sense of calmness and being able to think more clearly.
- Increases self-esteem: when fitness levels increase and the body improves this can increase self-esteem. The sense of achievement of taking part in new/regular physical activity/learning new physical skills can also help individuals feel better about themselves and lift mood. Improved self-esteem can also improve resilience.
- Reduce the risk of depression.
- Boost decision making skills.
- Increases attention span.
- Promotes growth of new nerve cells and blood vessels.
- Improves memory.

What can exercise and physical activity do to my growing brain?

Retain more physical skills-motor memory

**My brain will be able
to act quicker**

Improve my grades

**My brain will be able
to work harder**

**Release the hormone norepinephrine
to boost my memory**

2.1.2 (b) Tools to Support Social, Emotional and Intellectual Health

There are various tools and processes that individuals can use to promote social, emotional and intellectual health.

Growth Mindset

Growth mindset is the belief that someone can learn and improve by way of a consistent culture of **high expectations** and **quality feedback**.

Do you have a growth mindset?

- You will think that intelligence can be developed.
- You will embrace challenges.
- You will persist despite obstacles.
- You will see effort as a path to mastery.
- You will learn from feedback, whether it is positive or negative.
- You will be inspired by the successes of others.

...Or do you have a fixed mindset?

- You might think that intelligence is static.
- You might tend to avoid challenges.
- You will give up more easily when faced with obstacles.
- You might ignore feedback.
- You will feel threatened by others' successes.
- You might find yourself not making an effort with tasks.

You can change your own mindset!

Some of the benefits of having a growth mindset is you will be **more confident**, it will **improve your self-esteem**, it **lowers the risk of depression** and it will **improve relationships**.

Mindfulness

Mindfulness is an integrative, **mind-body based approach** that helps individuals better manage their thoughts and feelings and mental health. It involves paying more attention to the present moment – to their own thoughts and feelings and to the world around them.

Mindfulness has many positive effects including:

- Decreasing stress
- Reducing anxiety
- Integrating emotions
- Relieving chronic pain
- Calming the emotions
- Increased immune function
- Lowers the blood pressure
- Lowers the heart rate
- Increases attention and focus
- Increases brain function
- Increases awareness



Resilience

Resilience is an individual's ability to successfully adapt to life tasks and experiences in the face of social disadvantage or other highly adverse conditions, such as health problems, family or relationship problems, general worries such as work and financial worries.

Some other ways of remembering what resilience means

Accepting own mistakes

Grit

Adaptability

Hardiness

Toughness

Perseverance

Dealing with failure

'Bouncing back'