

Case 5

Marking scheme	Indicative content	Learning outcome
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Question 1a [2]

Physical consequence / described (1)	Increased risk of T2DM (1)	Describe the consequences of over-nutrition.
Psychological consequence / described (1)	Poor sleep / low self-esteem (1)	

Question 1b [1]

Valid justification (1)	(Action) because coming to see the GP is a health-promoting behaviour (1) (Preparation) because the patient is seeking advice and information from the GP (1)	Describe the models of health education and behaviour change.
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Question 1c [3]

One reason (1)	Reduce mortality / reduce cancer risk / reduce CV risk / mental health benefits / better sleep / prevent T2DM (2)	Describe the NICE guidance on the benefits of physical activity for physical and mental health for all ages.
Another reason (1)		

Question 2a [3]

One component (1)	Financing / service delivery / workforce / essential medicines / health information / leadership and governance (3)	Discuss the essential components of a health system, using the World Health Organisation model.
Another component (1)		
Another component (1)		

Question 2b [3]

Correct identification of balance (1)	Communicable < non-communicable (1)	Describe communicable and non-communicable disease at the
One correct reason (1)	Relatively old / ageing population (1)	

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Another correct reason (1)	Good healthcare / good public health interventions / safer jobs / cultural aspects (1)	population and global level.
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