

City & Guilds Level 2 Health and Social Care: Core

Approved by Qualifications Wales

This qualification forms part of the new suite of Health and Social Care, and Childcare qualifications in Wales provided by City & Guilds/WJEC.

Sample Assessment Materials

For teaching from January 2024



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SAMPLE ASSESSMENT MATERIAL

Level 2 Health & Social Care: Core (Adults)

Multiple choice test

Level 2 Health and Social Care: Core Qualification

Multiple choice on-screen test

Level 2 Health & Social Care: Core (Adults) **SAMPLE**

Duration

You have **1 hour 45 minutes** to complete this assessment.

This question paper contains **65** items.

- 1 Prevention and early intervention is one of the principles of the Social Services and Well-being (Wales) Act (2014).

What is the aim of prevention and early intervention?

- a) To provide timely advice and assistance to prevent individuals reaching crisis point.
- b) To provide health and social care services when individuals reach crisis point.
- c) To provide additional finances to prevent individuals reaching crisis point.
- d) To provide a Social Worker when individuals reach crisis point.

- 2 John is responsible for planning the weekly menu in the care setting. Three of the residents have limited verbal communication skills.

What approach should John take when preparing the menu?

- a) Plan with the residents who have good verbal communication skills.
- b) Plan with the other care and support workers in the home.
- c) Plan on his own and print off a menu for the residents.
- d) Plan with all the residents, using pictures to help communication.

- 3 How does the Social Services and Well-being (Wales) Act aim to support rights based approaches?

- a) It promotes voice and control.
- b) It defines the active offer.
- c) It identifies protected characteristics.
- d) It ensures best interest decisions are made.

- 4 How does advocacy support a rights based approach?

- a) It makes sure that individuals make the right choices.
- b) It makes sure that workers are accountable.
- c) It is used to resolve complaints.
- d) It supports empowerment of individuals.

- 5 What is the **most** important element of person centred care planning?
- a) To give the individual access to a complaints process.
 - b) To prevent the individual from deciding on the plan by themselves.
 - c) To provide the individual with information on support available.
 - d) To ensure the individual remains central to the plan that affects them.
- 6 What term is defined by the following description?
- ‘Involving people and communities in the design and delivery of services. Doing things with, rather than doing things to, people.’
- a) Well-being.
 - b) Co-production.
 - c) Multi-agency working.
 - d) Early intervention prevention.
- 7 Which of these statements **best** describes treating an individual with dignity and respect?
- a) Practice which treats an individual as you would want to be treated yourself.
 - b) Practice which treats an individual as you think they may want to be treated.
 - c) Finding out what matters to an individual and using this to guide your practice.
 - d) Asking other workers how they treat an individual and copying their practice.
- 8 Which of these statements **best** describes the purpose of personal plans?
- a) Personal plans set out how an individual’s care will be provided.
 - b) Personal plans set out an individual’s needs and requirements.
 - c) Personal plans set out what an individual should and should not do.
 - d) Personal plans set out the responsibilities of families for providing care.

- 9 What term is defined by the following description?
- 'Treating everyone with fairness and respect and recognising the needs of individuals.'
- a) Equality.
 - b) Inclusion.
 - c) Judgement.
 - d) Discrimination.
- 10 Which of the following **best** promotes inclusion through person centred practice?
- a) An individual is asked their opinion on activities.
 - b) Visitors are given questionnaires to comment on services.
 - c) Management ask staff for views on best practice.
 - d) Families/carers give feedback on menu choices provided.
- 11 Which of the following criteria would a 'best interest' decision need to be based on?
- 1. Thoughts and opinions of staff members.
 - 2. Known views and wishes of an individual.
 - 3. Assessment of an individuals mental capacity.
 - 4. Requirements of an individuals family.
- a) 1 and 2.
 - b) 2 and 3.
 - c) 3 and 4.
 - d) 4 and 1.
- 12 Which of these statements does **not** describe a positive risk taking approach?
- a) Balanced – recognising the potential for benefit as well as risk of harm.
 - b) Protective – recognising the risk of harm and the need to protect individuals.
 - c) Co-productive – involving individuals in assessing and planning for risks.
 - d) Pro-active – supporting individuals to achieve objectives balancing risks and responsibilities.

- 13 When may it be suitable for a care and support worker to share personal information about themselves, in line with professional boundaries, when providing care to individuals?
- a) To ensure person centred care.
 - b) To promote relationship centred working.
 - c) To increase the benefits of co-production.
 - d) To meet data protection legislation.
- 14 Which of the following is **not** a key feature of effective communication?
- a) Using aids to support understanding.
 - b) Accounting for environmental factors.
 - c) Being clear with what needs to be said.
 - d) Speaking quickly to improve understanding.
- 15 How should care and support workers communicate with individuals?
- a) Use a normal tone of voice.
 - b) Finish sentences for individuals.
 - c) Talk loudly and very slowly.
 - d) Avoid eye contact with individuals.
- 16 Which of the following is a key principle of the More than just words/Mwy na Geiriau initiative?
- a) To provide Welsh language options before English ones.
 - b) To ensure care services actively provide Welsh language options.
 - c) To provide free Welsh translation services in all care settings.
 - d) To ensure care services only use workers who speak both Welsh and English.

17 Which of the following is **most** likely to reduce the need for restrictive practice?

- a) Treating all individuals the same.
- b) Asking for feedback on a monthly basis.
- c) Controlling the range of resources available to individuals.
- d) Supporting individuals to engage in activities important to them.

18 Glanmor is a Welsh speaker, his wife has died recently and he moves to live in a care home.

Which of these factors would **most** likely help make this a positive experience?

- a) Moving into the care home straight away without visiting first.
- b) Being given a pre-furnished bedroom with no personal items.
- c) Moving into a home where only English is spoken.
- d) Visiting the care home several times before moving in.

19 Ashok is a Hindu and a strict vegetarian. His care and support worker Dylan brings a beefburger to work with him to cook for his lunch as he doesn't like vegetarian food. They usually sit and eat lunch together.

What is the **most likely** impact on Ashok?

- a) Feels pleased.
- b) Feels respected.
- c) Feels valued.
- d) Feels disrespected.

20 Which factor is **most likely** to help promote the health and well-being of individuals?

- a) Reducing alcohol intake.
- b) Restricting social contact.
- c) Regularly changing environment.
- d) Relying on others for financial support.

- 21 Which of the following is an example of the social model of disability?
- a) Specialist transport is provided for people who cannot access mainstream transport.
 - b) Communication is tailored to meet the needs of individuals and all information offered in a range of formats.
 - c) Specific adaptations are made in the home to meet the needs of the individual.
 - d) Tools such as magnifying glasses are provided to support people to read standard sized fonts.
- 22 Margaret lives in a care setting. She bakes cakes every week to give to her friends.
- Which of the following would **not** be a benefit to Margaret of engaging in this activity?
- a) Physical health.
 - b) Emotional well-being.
 - c) Financial well-being.
 - d) Intellectual stimulation.
- 23 Which one of the following is **most** likely to be experienced by adults who formed a strong attachment during their childhood?
- a) Negative self-concept.
 - b) Lack of confidence.
 - c) Good self-esteem.
 - d) Good sense of humour.
- 24 Which lifestyle factor is **most** likely to contribute to difficulties with continence?
- a) Over eating.
 - b) Indigestion.
 - c) Excessive weight loss.
 - d) Poor physical mobility.

25 Which parts of the body are **most** likely to be affected by pressure ulcers?

- a) Scalp and neck.
- b) Stomach and knees.
- c) Shoulders and ears.
- d) Elbows and buttocks.

26 Which of the following professionals will help with oral health care?

- 1) Hygienists.
- 2) Dentists.
- 3) Podiatrists.
- 4) Phlebotomists.

- a) 1 and 2.
- b) 2 and 3.
- c) 3 and 4.
- d) 4 and 1.

27 What are the common signs of a fungal toenail infection?

- a) Bruised, split nails.
- b) Yellow, crumbly nails.
- c) Severe in-growing of the nails.
- d) Severe overgrowth of the nails.

- 28 A pharmacist is responsible for dispensing medication.
- Which of the following would **not** be included on the label of medication?
- a) Name of the person taking the medication.
 - b) Age of the person taking the medication.
 - c) Dose to be taken, how and when.
 - d) Date the medication has been dispensed.
- 29 What is the **most** important reason for individuals to maintain a balanced diet?
- a) To avoid contact with potential illnesses.
 - b) To improve personal appearance.
 - c) To develop personal relationships.
 - d) To support the body to function properly.
- 30 Which of the following helps prevent falls?
- a) Loose comfortable slippers.
 - b) Not drying floors properly.
 - c) Walking around in socks.
 - d) Well fitted shoes.
- 31 What is the **most** important reason for an individual to consider an advance plan in relation to their own death?
- a) To ensure the setting can manage the costs of carrying out the personal plan.
 - b) To allow their wishes to be catered for if they are too unwell to make their own decisions.
 - c) To ensure the care setting where the individual lives can review the plan in advance.
 - d) To allow others to change the plan later without need for the individual's consent.

- 32 Which is the **most** appropriate assistive technology to support an individual who is unable to speak?
- a) Audio player.
 - b) Picture board.
 - c) Screen magnifier.
 - d) Hearing aid.
- 33 Which is the **most** common cause for loss of the sense of touch?
- a) Diabetes.
 - b) Dementia.
 - c) Glaucoma.
 - d) Tinnitus.
- 34 What term is defined by the following description?
- ‘A cognitive deterioration resulting from disease of the brain which progresses over a period of time.’
- a) Depression.
 - b) Dehydration.
 - c) Diabetes.
 - d) Dementia.
- 35 What is a potential impact of anxiety on an individual’s physical health?
- a) Memory loss.
 - b) Confusion.
 - c) Low blood sugar.
 - d) High blood pressure.

- 36 What is a potential **behavioural** indicator that suggests someone may be misusing substances?
- a) Increased sensitivity to light.
 - b) Constricted pupils.
 - c) Dramatic weight loss.
 - d) Changes in personality.
- 37 What is the **main** purpose of a job description?
- a) To show the accountability of an employer.
 - b) To list the legal requirements of an employee.
 - c) To outline the overall responsibilities of a role.
 - d) To manage staff disciplinary actions.
- 38 Which of the following is covered by the code of conduct and professional practice for the health and social care sector?
- a) Always reporting disclosed personal information.
 - b) Promoting the rights and interests of individuals.
 - c) Protecting own personal well-being in care settings.
 - d) Controlling involvement of other care professionals.
- 39 Arthur is an individual that Lisa cares for. He tells Lisa that one of her colleagues has been visiting him for his half hour call, but only staying for around ten minutes. Arthur is upset by this, but does not wish to get Lisa's colleague into trouble, so asks her not to say anything.
- What is the **best** course of action for Lisa to take in this scenario?
- a) Wait for a short time and see if the situation improves.
 - b) Write it in the daily records that workers need to complete all visits.
 - c) Speak to the colleague in question to find out what is going on.
 - d) Record the information given and pass to a manager immediately.

- 40 Why is co-production important when working in partnership with others?
- a) To make the service cheaper to deliver.
 - b) To improve the reputation of the service.
 - c) To meet the requirements of current safety legislation.
 - d) To ensure a positive outcome for the individual accessing care.
- 41 What is **most likely** to promote effective team working in a care setting?
- a) Ensure new team members update all personal plans.
 - b) Record all observations in a personal reflective diary.
 - c) Provide feedback to an individual's family and friends.
 - d) Pass information to other team members consistently.
- 42 Which legislation relates to the storing of information?
- a) General Data Protection Regulation.
 - b) Control of Substances Hazardous to Health.
 - c) Lifting Operations and Lifting Equipment Regulations.
 - d) Reporting of Injuries, Diseases and Dangerous Occurrences Regulations.
- 43 Which of the following is the **most** important when recording information?
- a) Facts.
 - b) Ideas.
 - c) Opinions.
 - d) Judgements.

- 44 Greg has received a social media 'friend request' from one of the individuals he supports.
What is the **best** action for Greg to take?
- a) Ignore it and ask all colleagues to do the same.
 - b) Explain to the individual that they are not able to accept.
 - c) Decline it and amend his security settings to the highest.
 - d) Accept it but not post any comments about work from now on.
- 45 What is the **main** purpose of an appraisal?
- a) To discuss issues in the team.
 - b) To talk about individuals.
 - c) To talk about personal development.
 - d) To discuss the organisation's performance.
- 46 Which of the following are potential signs of an individual affected by **physical** abuse?
- 1) Unexplained bruising.
 - 2) Lacks money to buy essentials.
 - 3) Difficulties making friends.
 - 4) Changes in behaviour.
- a) 1 and 2.
 - b) 2 and 3.
 - c) 3 and 4.
 - d) 4 and 1.
- 47 Which of the following is a recognised category of abuse?
- a) Social.
 - b) Structural.
 - c) Emotional.
 - d) Educational.

- 48 Poppy tells a health and social care worker that she is being sexually abused in her residential setting.
- How should the worker respond?
- a) They question all staff.
 - b) They explain it will be reported.
 - c) They promise to keep it a secret.
 - d) They investigate the situation.
- 49 What is the **most** important reason for working in a person centred way in a care setting?
- a) To uphold the rights of individuals receiving care.
 - b) To meet current health and safety requirements.
 - c) To increase equality and diversity in the care setting.
 - d) To promote a feeling of community within the care setting.
- 50 Why may the use of an advocate need to be considered in a safeguarding case regarding an adult at risk?
- a) To advise the best course of action for the individual.
 - b) To make all decisions on the individual's behalf.
 - c) To support the individual to say what they want and represent their interests.
 - d) To make sure the views of the individual's friends and family are prioritised.
- 51 Which of the following is one of the **main** responsibilities around safeguarding for health and social care workers?
- a) To identify and report concerns about harm, abuse or neglect.
 - b) To ask the individual questions about concerns of harm, abuse or neglect.
 - c) To talk to families of individuals about concerns of harm, abuse or neglect.
 - d) To wait until sure about harm, abuse or neglect before reporting concerns.

- 52 What term is defined by the following description?
- ‘A process to make an individual less likely to reject or report abuse’.
- a) Radicalisation.
 - b) Bullying.
 - c) Grooming.
 - d) Exploitation.
- 53 What should be **avoided** if potential harm or abuse is suspected?
- a) Reporting concerns.
 - b) Use of active listening.
 - c) Use of leading questions.
 - d) Recording details of disclosure.
- 54 Which is the **most likely** barrier to health and social care workers raising concerns about suspected abuse?
- a) The increase in paperwork.
 - b) Not having enough funds to raise a case.
 - c) Lack of understanding of policies and processes.
 - d) Reduced time available for providing services.
- 55 Which one of the following would be raised by a ‘whistleblower’?
- a) A personal family problem.
 - b) An incident of unsafe practice.
 - c) A change to a policy or procedure.
 - d) An argument between work colleagues.

- 56 Which of the following is the correct way for health and social care workers to respond to suspected, disclosed or alleged harm, abuse or neglect?
- a) Investigate situation.
 - b) Promise confidentiality.
 - c) React strongly.
 - d) Listen carefully.
- 57 A visitor arrives at a care setting and says that he is from the local authority. When asked for identification, he is unable to provide any.
- What is the **most** appropriate course of action to take in this scenario?
- a) Refuse to let him in, close the door and contact the manager.
 - b) Refuse to let him in unless he shows his driving licence.
 - c) Allow him in and tell him to go and find the manager.
 - d) Allow him in but make a note of his name and contact details.
- 58 Which of the following relates to fire safety training for employees?
- a) Reporting of Injuries, Diseases and Dangerous Occurrences Regulations.
 - b) Lifting Operations and Lifting Equipment Regulations.
 - c) The Regulatory Reform (Fire Safety) order 2005.
 - d) Control of Substances Hazardous to Health.
- 59 What is the **first** step when preparing to move a large object?
- a) Seek help from others.
 - b) Put on personal protective equipment.
 - c) Source manual handling equipment.
 - d) Consider the task to be completed.

- 60 Which of the following is caused by bacteria?
- a) Salmonella.
 - b) Measles.
 - c) Scabies.
 - d) Athlete's foot.
- 61 What is an **employer's** responsibility in relation to infection control?
- a) To complete weekly risk assessments.
 - b) To develop new policies and procedures daily.
 - c) To report every illness that occurs to the local authority.
 - d) To provide workers with appropriate personal protective equipment.
- 62 Which legislation requires that an outbreak of norovirus is reported to Public Health Wales?
- a) Lifting Operations and Lifting Equipment Regulations.
 - b) Control of Substances Hazardous to Health.
 - c) Health and Safety at Work Act.
 - d) Reporting of Injuries, Diseases and Dangerous Occurrences Regulations.
- 63 Which is the **best** way to store food waste in a kitchen?
- a) In a recycled plastic carrier bag.
 - b) In a plastic container on the floor.
 - c) In a lined bin with a tight-fitting lid.
 - d) In a metal open-topped recycling bin.

64 What should be done **first** when disposing of a disinfectant?

- a) Dispose of it in a leak proof container in a bin.
- b) Carefully dispose of it down the drain system.
- c) Read the label to see how to dispose of it.
- d) Dispose of it in a recognised waste unit.

65 Freddie notices that his colleague Lucia doesn't seem herself. She is very irritable and has been snapping at other colleagues.

What is the **first** action Freddie should take?

- a) Tell Lucia to go home and pull herself together.
- b) Tell Lucia that it will be okay and that things will work out.
- c) Chat to Lucia to find out what is wrong to see if he can help.
- d) Arrange a formal meeting to express his concerns to Lucia's manager.

MARK SCHEME - Level 2 Health and Social Care: Core Qualification (Adults)

The following table shows the correct answer key per question within the test; plus the unit and assessment criteria reference that each question relates to.

Question	Correct key Answer	Unit	Assessment criteria
1	A	001	1.1
2	D	001	1.2
3	A	001	2.2
4	D	001	2.4
5	D	001	3.1
6	B	001	3.2
7	C	001	3.5
8	A	001	3.11
9	A	001	4.1a
10	A	001	4.3
11	B	001	5.5
12	B	001	5.1
13	B	001	6.3
14	D	001	7.2
15	A	001	7.3
16	B	001	8.3
17	D	001	9.3
18	D	001	10.2
19	D	001	11.1
20	A	003	1.2
21	B	003	2.3
22	C	003	2.6
23	C	003	2.9
24	D	003	3.5
25	D	003	4.5
26	A	003	5.7
27	B	003	6.3
28	B	003	7.2
29	D	003	8.4
30	D	003	9.2
31	B	003	10.3
32	B	003	11.2
33	A	003	12.2
34	D	003	13.1
35	D	003	14.4
36	D	003	15.2
37	C	005	1.2
38	B	005	1.1
39	D	005	1.14
40	D	005	2.2
41	D	005	3.2
42	A	005	4.2
43	A	005	4.8
44	B	005	5.3
45	C	005	6.10

46	D	006	1.3
47	C	006	1.2
48	B	006	1.6
49	A	006	2.5
50	C	006	2.2
51	A	006	2.1
52	C	006	3.4
53	C	006	4.3
54	C	006	4.7
55	B	006	4.5
56	D	006	4.1
57	A	007	8.2
58	C	007	3.1
59	D	007	4.3
60	A	007	5.2c
61	D	007	5.8
62	D	007	5.7
63	C	007	6.7
64	C	007	7.4
65	C	007	9.3
		Total : 65 marks	
Pass mark 47/65.			

Level 2 Health and Social Care: Core Qualification

Multiple choice on-screen test

Level 2 Health & Social Care: Core (Children and Young People) **SAMPLE**

Duration

You have **1 hour 45 minutes** to complete this assessment.

This question paper contains **65** items.

1 Co-production is one of the principles of the Social Services and Well-being (Wales) Act (2014).

What does 'co-production' focus on?

- a) Children and young peoples' conditions and situations.
- b) Children and young peoples' vulnerability and limitations.
- c) Children and young peoples' strengths and expertise.
- d) Children and young peoples' needs and requirements.

2 What is the **main** purpose of the Codes of Conduct and Professional Practice?

- a) To help health and social care employers discipline workers who don't follow the rules.
- b) To help individuals know how they are expected to behave if they use services.
- c) To help health and social care workers know what is expected of them.
- d) To help families complain if they are not happy about their service.

3 How does the Social Services and Well-being (Wales) Act aim to support rights-based approaches for children and young people?

- a) It defines the active offer.
- b) It promotes voice and control.
- c) It identifies protected characteristics.
- d) It ensures best interest decisions are made.

4 How does advocacy support a rights based approach for children and young people?

- a) It makes sure workers make the right choices.
- b) It makes sure that workers are accountable.
- c) It supports the empowerment of children and young people.
- d) It is used to resolve all complaints that children and young people have.

5 Which of the following are benefits of a child centred approach to learning?

- 1) Children only play on their own.
- 2) Children learn at their own rate.
- 3) Children can express themselves.
- 4) Children do what they are told.

- a) 1 and 2.
- b) 2 and 3.
- c) 3 and 4.
- d) 4 and 1.

6 A care setting has a meeting with the children and young people to discuss and agree what they would like to do during the school holidays.

What is promoted in this scenario?

- a) Promoting independent living.
- b) Promoting voice, choice and control.
- c) Promoting rights and responsibilities.
- d) Promoting balanced risk taking.

7 Why do health and social care workers need to know the preferences and background of children or young people they support?

- a) To know what matters to them.
- b) To know how healthy they are.
- c) To know how intelligent they are.
- d) To know what is happening to them.

- 8 What is the **most** important reason for health and social care workers to follow children and young people's personal plans?
- a) They set out how long workers should take to complete tasks with children and young people.
 - b) They describe how children and young people are likely to behave.
 - c) They set out how workers should support children and young people to achieve their objectives.
 - d) They describe what has happened in the life of children and young people.

- 9 James is a child with cerebral palsy. The children in the setting are going to play games outside and a care and support worker says James will not be able to take part in the group games and suggests he stays inside with another worker to play.

Which of these terms is demonstrated in the scenario?

- a) Equality.
- b) Diversity.
- c) Inclusion.
- d) Discrimination.

- 10 A young person makes a discriminatory joke.

What is the **best** way for a health and social care worker to respond?

- a) Agree and join in with the joke.
- b) Explain why the joke is unacceptable.
- c) Shares the joke with others in the setting.
- d) Gently suggest not repeating the joke.

- 11 Which of the following is the **most** important for health and social care workers to consider when encouraging individual children to participate in activities and take positive risks?
- a) The experience level of the staff and gender ratios.
 - b) The number of children in the group and their ages.
 - c) The number of trained staff available to support.
 - d) The children's abilities, ages and stages of development.
- 12 Which of these statements **best** describes a 'positive risk taking' approach?
- a) Protective – recognising the risk of harm and the need to protect children and young people.
 - b) Reactive – responding to risky situations and stopping these from happening again.
 - c) Balanced - recognising the potential for benefit as well as risk of harm.
 - d) Evasive – avoiding risks due to the possibility of harm to children and young people.
- 13 What is the **main** reason for a setting to encourage visits from families and carers?
- a) To create a homely environment.
 - b) To make sure they are involved in activities.
 - c) To help children/young people maintain relationships.
 - d) To reduce pressure on workers.
- 14 Which of the following is **not** a skill needed to communicate effectively?
- a) Speak clearly.
 - b) Open body language.
 - c) Show an interest.
 - d) No eye contact.

- 15 Which of the following **would** be a barrier to communication?
- a) Using gestures.
 - b) Noisy environment.
 - c) Open body language.
 - d) Sensory loss aids.
- 16 Which of the following is a **key** principle of the More than just words/Mwy na Geiriau initiative?
- a) To provide Welsh language options before English ones.
 - b) To ensure care services actively provide Welsh language options.
 - c) To ensure free Welsh translation services in all care settings.
 - d) To ensure care services only use workers who speak both Welsh and English.
- 17 Linda is a child who displays challenging behaviours. On a few occasions, restrictive interventions have been needed to ensure her safety and that of others. Workers in the setting are anxious to reduce the need to use these.
- Which of these will **best** support the aim?
- a) Plan activities to meet Linda's individual needs.
 - b) Exclude Linda from activities when she becomes angry.
 - c) Treat Linda the same as the other children at all times.
 - d) Look at what makes other children angry.
- 18 Which of these would **most** likely be a 'significant life event' for a child/young person?
- a) Falling out with friends.
 - b) Death of a parent.
 - c) Joining a sports club.
 - d) Having a birthday.

- 19** Kyle has supervised visits to his family home. The home is cluttered with dirty dishes, take away cartons and overflowing ashtrays. Jackie doesn't like supporting Kyle on his visits as she is fussy about cleanliness. Kyle is aware of this as she has told him he needs to shower straight after visits as he stinks.

How is Kyle likely to feel?

- a) Ambivalent.
- b) Valued.
- c) Ashamed.
- d) Respected.

- 20** What term is defined by the following description?

'Being healthy, feeling good about your life, feeling safe and being able to learn new things as well as being able to grow up happy and being looked after'.

- a) Welfare.
- b) Well-being.
- c) The active offer.
- d) Rights-based approach.

- 21** Why are families and 'significant others' important for the well-being of children and young people?

- a) Provide a sense of importance.
- b) Provide a sense of belonging.
- c) Provide a sense of insecurity.
- d) Provide a sense of justice.

- 22 Which of the following will have a **positive** impact on child development?
- 1) Limited diet.
 - 2) Physical ill-health.
 - 3) Physical exercise.
 - 4) Unstructured play.
- a) 1 and 2.
 - b) 2 and 3.
 - c) 3 and 4.
 - d) 4 and 1.
- 23 Which statement describes the social model of disability being applied?
- a) Ryan playing by himself as he can't see the other children.
 - b) Christine being able to go to dance class as her parents pay for her funding.
 - c) Julie being allowed to sit and watch parachute play as she is in a wheelchair.
 - d) Rashid having access to books with enlarged text and pictures as he is partially sighted.
- 24 Gavin is very anxious about expressing his opinion in a room of professionals at his care review.
- Which professional is the **best** person to help him express his views and wishes?
- a) Police Officer.
 - b) Independent Advocate.
 - c) Speech Therapist.
 - d) General Practitioner.
- 25 Which of these factors is **most** likely to affect the development and well-being of children and young people which will then impact on them in later life?
- a) Poverty.
 - b) Health.
 - c) Age.
 - d) Gender.

- 26 Children and young people who have an insecure attachment are **most likely** to have which of the following?
- a) Difficulties developing relationships with others.
 - b) Strong development relationships with others.
 - c) Ambivalent relationships with others.
 - d) Positive relationships with others.
- 27 Which of the following is a **physical** feature of an effective environment?
- a) High staff ratios.
 - b) Regular appraisals.
 - c) Regulated temperatures.
 - d) Up-to-date safety policies.
- 28 What is the **main** benefit of a consistent bedtime routine for a child's emotional well-being?
- a) The child gets up and dressed on time.
 - b) The child feels safe and secure.
 - c) The child performs better at school.
 - d) The child has good hygiene practice.
- 29 Alfie is quiet and often withdrawn. He has been attending a therapeutic drama group and is making friends there. His care and support workers have noticed an improvement in his overall well-being. Alfie tells them he feels safe in the group and is able to express himself there.
- What type of environment is being described here in terms of holistic development?
- a) An indoor environment.
 - b) An outdoor environment.
 - c) A stimulating environment.
 - d) An emotional environment.

- 30 What type of play mixes fun activities with learning experiences and aims to achieve a specific outcome?
- a) Environmental play.
 - b) Imaginative play.
 - c) Creative play.
 - d) Structured play.
- 31 Which of the following are benefits of encouraging and supporting acceptable levels of risk in play?
- 1) Preventing slips and trips.
 - 2) Building positive resilience.
 - 3) Developing life skills.
 - 4) Reducing conflict with peers.
- a) 1 and 2.
 - b) 2 and 3.
 - c) 3 and 4.
 - d) 4 and 1.
- 32 Ben is a child with delayed speech and language skills compared to other children of his age.
- Which other area of Ben's development is **most** likely to be affected by his delayed speech and language skills?
- a) Social development.
 - b) Physical development.
 - c) Cognitive development.
 - d) Cultural development.
- 33 What value is promoted by providing extra support to children with **additional needs**?
- a) Diversity.
 - b) Respect.
 - c) Inclusion.
 - d) Co-operation.

- 34 Which of these organisations would be able to **prescribe** medication for children?
- a) MIND.
 - b) GP surgery.
 - c) NHS Choices.
 - d) Local authority.
- 35 What is the **most** important consideration when supporting children with their personal care routines?
- a) Respect their privacy.
 - b) Provide unisex toilet areas.
 - c) Dispose of soiled clothes quickly.
 - d) Provide personal protective equipment.
- 36 Why is it **most** important for children to have a balanced diet?
- a) To maintain sleep routines.
 - b) To support fitness and exercise.
 - c) To maintain oral hygiene.
 - d) To support brain and body development.
- 37 Which of the following is an example of accountability?
- a) Being honest if something goes wrong.
 - b) Delegating tasks to colleagues.
 - c) Sharing information at meetings.
 - d) Being willing to take on extra work.

- 38 Which of the following is covered by the Codes of Conduct and Professional Practice for the health and social care sector?
- a) Always reporting disclosed personal information.
 - b) Promoting the rights and interests of individuals.
 - c) Protecting own personal well-being in care settings.
 - d) Controlling involvement of other care professionals.
- 39 Geraint is a young person who Tamsin cares for. He tells Tamsin that one of her colleagues has been using bad language around him. He is upset by this and wants it to stop, but does not wish to get Tamsin's colleague into trouble, so asks her not to say anything.
- What is the **best** course of action for Tamsin to take in this scenario?
- a) Wait and see if the situation improves.
 - b) Write about the situation in the daily records.
 - c) Report the situation to a manager immediately.
 - d) Speak to the colleague to find out what is going on.
- 40 Which of the following is the **main** principle of working in partnership with others when providing a package of care?
- a) Make sure the workload is given out fairly.
 - b) Identify who will be accountable for any errors.
 - c) Agree who is responsible for sharing all of the information.
 - d) Ensure that all involved agree the same goals for the individual.
- 41 What is **most likely** to promote effective team working in a care setting?
- a) Ensure new team members update all personal plans.
 - b) Record all observations in a personal reflective diary.
 - c) Provide feedback to an individual's family and friends.
 - d) Pass information to other team members consistently.

- 42 Which legislation relates to the storing of information?
- a) Lifting Operations and Lifting Equipment Regulations.
 - b) Control of Substances Hazardous to Health.
 - c) General Data Protection Regulation.
 - d) Reporting of Injuries, Diseases and Dangerous Occurrences Regulations.
- 43 Which is the **most** important when recording information?
- a) Facts.
 - b) Ideas.
 - c) Opinions.
 - d) Judgements.
- 44 Which one of the following **best** describes a role model?
- a) A person who demonstrates confidence.
 - b) A person who shows concern for others.
 - c) A person who has risen to a senior position.
 - d) A person who demonstrates positive practice.
- 45 What is the **main** purpose of supervision?
- a) To understand how to contribute to the quality of the service.
 - b) To identify training courses that are available.
 - c) To provide updates about new policies.
 - d) To review mandatory training records.

46 Which of the following are potential signs of a young person being affected by **physical abuse**?

- 1) Unexplained bruising.
- 2) Lacks money to buy essentials.
- 3) Difficulties making friends.
- 4) Changes in behaviour.

- a) 1 and 2.
- b) 2 and 3.
- c) 3 and 4.
- d) 4 and 1.

47 Which of the following is a recognised category of abuse?

- a) Social.
- b) Structural.
- c) Emotional.
- d) Educational.

48 Amy notices that Tudor seems fearful and withdrawn when a particular health and social care worker goes near to them.

Which of the following actions should Amy take?

1. Speak to the staff member involved.
2. Record what has been observed.
3. Report this to a manager.
4. Discuss at handover meeting.

- a) 1 and 2.
- b) 2 and 3.
- c) 3 and 4.
- d) 4 and 1.

49 Lucy lives in a residential care setting. A health and social care worker has noticed she has become more withdrawn and has been caught fighting with other children.

Which of the following is the **best** course of action for the worker to take?

- a) Monitor Lucy and try to interest her in other activities.
- b) Report concerns in line with safeguarding procedures.
- c) Tell Lucy to stop fighting in line with house procedures.
- d) Arrange a meeting with family/carers.

50 What is the role of an independent advocate where there is a safeguarding concern related to a young person who lives in a residential care setting?

- a) To decide the best outcome for the young person.
- b) To state their view on the young person's situation.
- c) To prioritise the young person's family or carers views and needs.
- d) To support the young person's voice and represent their interests.

51 What is the **main** reason for using child centred practice in safeguarding?

- a) To make sure policies and procedures are followed.
- b) To make sure child wishes are always met.
- c) To make sure the child is the focus when making decisions.
- d) To make sure that all professionals involved are supported.

52 Which of the following describes a **grooming behaviour** that a potential abuser might use?

- a) Regularly updating their social media accounts.
- b) Reporting the use of illegal substances and alcohol.
- c) Using secrets to control and frighten others.
- d) Spending excessive amounts of time on gaming consoles.

- 53 Which of the following factors is **most likely** to make a child or young person at risk from harm, abuse or neglect?
- a) Disability.
 - b) Age.
 - c) Gender.
 - d) Health.
- 54 What should be **avoided** if potential harm or abuse is suspected?
- a) Reporting concerns.
 - b) Use of active listening.
 - c) Use of leading questions.
 - d) Recording details of disclosure.
- 55 Which is the **most likely potential** barrier to health and social care workers raising concerns about suspected abuse?
- a) The increase in paperwork.
 - b) Not having enough funds to raise a case.
 - c) Lack of understanding of policies and processes.
 - d) Reduced time available for providing services.
- 56 Which one of the following would be raised by a 'whistleblower'?
- a) A personal family problem.
 - b) An incident of unsafe practice.
 - c) A change to a policy or procedure.
 - d) An argument between work colleagues.

57 A visitor arrives at a children's care setting and says that he is from the local authority. When asked for identification, he is unable to provide any.

What is the **most** appropriate course of action to take in this scenario?

- a) Refuse to let him in, close the door and find the manager.
- b) Refuse to let him in unless he shows his driving licence.
- c) Allow him in and tell him to go and contact the manager.
- d) Allow him in but make a note of his name and contact details.

58 Which of the following is the **main** reason for maintaining clear entrances at all times?

- a) So the service does not get fined for breaking legislation.
- b) So people can leave the building in the event of a fire.
- c) So there is enough space for deliveries of equipment.
- d) So the service appears tidy to visitors.

59 What is the **first** step when preparing to move a large object?

- a) Seek help from others.
- b) Put on personal protective equipment.
- c) Source manual handling equipment.
- d) Consider the task to be completed.

60 Which of the following is caused by bacteria?

- a) Impetigo.
- b) Measles.
- c) Scabies.
- d) Athlete's foot.

- 61 Which of the following factors will make it **more likely** for infection to occur?
- a) Time and dryness.
 - b) Nutrients and dryness.
 - c) Time and coldness.
 - d) Warmth and moisture.
- 62 Anthony has been asked to change his uniform after a young person has vomited on him.
What is the **most** important reason for this?
- a) To reduce the unpleasant smell.
 - b) To prevent the risk of complaints.
 - c) To prevent others feeling upset.
 - d) To reduce the risk of infection.
- 63 Which is the **best** way to store food waste in a kitchen?
- a) In a recycled plastic carrier bag.
 - b) In a plastic container on the floor.
 - c) In a lined bin with a tight-fitting lid.
 - d) In a metal open-topped recycling bin.
- 64 Which of the following is a definition of the term 'Control of Hazardous Substances'?
- a) Regular risk assessments in the workplace.
 - b) Daily checks on all equipment and resources.
 - c) Carrying out regular evacuation procedures.
 - d) Reducing exposure to materials affecting health.

- 65 Freddie notices that his colleague Lucia doesn't seem herself. She is very irritable and has been snapping at other colleagues at work.

What is the **first** action Freddie should take in this scenario?

- a) Tell Lucia to go home and pull herself together.
- b) Tell Lucia that it will be okay and that things will work out.
- c) Chat to Lucia to find out what is wrong to see if he can help.
- d) Arrange a formal meeting to express his concerns to Lucia's manager.

MARK SCHEME - Level 2 Health and Social Care: Core Qualification (Children and Young People)

The following table shows the correct answer key per question within the test; plus the unit and assessment criteria reference that each question relates to.

Question	Correct key Answer	Unit	Assessment criteria
1	C	002	1.1
2	C	002	1.3
3	B	002	2.2
4	C	002	2.4
5	B	002	3.1
6	B	002	3.2
7	A	002	3.3
8	C	002	3.12
9	D	002	4.1d
10	B	002	4.4
11	D	002	5.4
12	C	002	5.1
13	C	002	6.2
14	D	002	7.3
15	B	002	7.6
16	B	002	8.3
17	A	002	9.3
18	B	002	10.1
19	C	002	11.1
20	B	004	1.1a
21	B	004	1.3
22	C	004	2.1
23	D	004	2.8b
24	B	004	2.10
25	A	004	2.2
26	A	004	2.5
27	C	004	3.1
28	B	004	3.6
29	D	004	3.2
30	D	004	4.2a
31	B	004	4.7
32	A	004	5.1
33	C	004	6.2
34	B	004	8.2
35	A	004	9.1
36	D	004	10.4
37	A	005	1.10
38	B	005	1.1
39	C	005	1.8
40	D	005	2.1a
41	D	005	3.2
42	C	005	4.2
43	A	005	4.8
44	D	005	5.1
45	A	005	6.10
46	D	006	1.3
47	C	006	1.2
48	B	006	1.6
49	B	006	2.1
50	D	006	2.2

51	C	006	2.4
52	C	006	3.4
53	A	006	3.1
54	C	006	4.3
55	C	006	4.7
56	B	006	4.5
57	A	007	8.2
58	B	007	3.5
59	D	007	4.3
60	A	007	5.2a
61	D	007	5.6
62	D	007	5.10
63	C	007	6.8
64	D	007	7.2
65	C	007	9.3
		Total : 65 marks	
Pass mark 47/65.			