RSPH
ROYAL SOCIETY FOR PUBLIC HEALTH
VISION, VOICE AND PRACTICE

Level 2 Award in Understanding the Delivery of an NHS Health Check

INSTRUCTIONS TO CANDIDATES

1   Attempt to answer every question

2   Enter your answer on the accompanying answer sheet. Each question has only **ONE** correct answer

3   You have **45 MINUTES** to complete the examination. When you have finished give your question paper and answer sheet to the person in charge

4   The Pass mark for this examination is 17/25.

Examination Paper: Specimen

1. **NHS Health Check risk assessments should be offered to adults who are:**
   A   over 40 and known to be at increased risk of cardiovascular disease
   B   aged 40 – 74 and do not meet any of the exclusion criteria at all
   C   aged 65 – 74 and have not had a heart attack or stroke in the last five years
   D   aged 45 – 75 and are not being treated for any existing cardiovascular conditions

2. **Signposting at the end of an NHS Health Check is:**
   A   Directing individuals to practical lifestyle help.
   B   Giving people a map indicating local GP surgeries .
   C   Sending health information through the post.
   D   Telling people what they need to do in their lives

3. **Which of the following is true about cardiovascular disease?**
   A   Peripheral arterial disease is not a cardiovascular disease
   B   Cardiovascular disease affects the same number of people across all social groups
   C   Cardiovascular disease is disease which affect the heart and circulatory system
   D   More people die as a result of cardiovascular disease than ten years ago

4. **Which of the following lists contains ONLY non-modifiable risk factors for cardiovascular disease (CVD)?**
   A   Family History, Weight, Occupation
   B   Age, Gender, Ethnicity, Family History
   C   Lifestyle, Age, Gender, Occupation
   D   Gender, Ethnicity, Cholesterol ratio, Age

5. **When assessing an individual during a Health Check which of the following would you include?**
   A   If their neighbour or any of their friends has had angina
   B   If a close relative of their spouse or partner has had a heart attack
   C   If their mother, father or sibling has had a history of physical inactivity
   D   If either parents or a sibling under 60 has a cardiovascular disease

6. **Which of the following groups are reported to have the highest rate of cardiovascular disease (CVD)?**
   A   White middle class males
   B   Individuals from Southern Asia
   C   Individuals from China
   D   White working class females

7. **High blood pressure (BP) affects the risk of developing cardiovascular disease (CVD) by increasing:**
   A   LDL cholesterol
   B   The risk of artherosclerosis
   C   The risk of having a heart attack
   D   The risk of stroke

8. **Lack of physical activity and being overweight increase the chance of an individual getting:**
   A   Heart disease
   B   Infections
   C   Mental illness
   D   Liver cancer

9. **Which ONE of the following can be used as a referral threshold for blood pressure?'**
   A   ≥140/80 mmHg
   B   ≥120/80 mmHg
   C   ≥130 /85mmHg
   D   ≥140/90 mmHg

10. **Which ONE of the following is correct regarding an NHS Health Check?**
    A   Health trainers are the only people who should do NHS Health Checks
    B   People undergoing an NHS Health Check must be told what will happen with their data
    C   People must sign a consent form before having an NHS Health Check
    D   NHS Health Checks must be done by people who have been trained to carry out point of care testing

11. **The regular use of and recording of quality control checks on your point of care testing equipment is to ensure:**
    A   Readings and patient results are accurate
    B   Infection control procedures are covered
    C   There is a method to report errors in the meter
    D   NICE guidance is fully complied with

12. **Which of the following is correct regarding what happens to an individual's results after an NHS Health Check?**
    A   People should always be asked if they want their results sent to their GP
    B   If results are normal and no follow up is required, GPs do not need to be sent information
    C   There is a legal duty for certain information to be forwarded to the person's GP
    D   People should be given their results in writing so they can refer to them later

13. **What is the key listening skill used with a client during their health check?**
    A   Sympathetic listening
    B   Active listening
    C   Critical listening
    D   Passive listening

14. **All of the following tests and measurements are used as part of the NHS Health Check, apart from:**
    A   HDL and cholesterol ratios
    B   Physical activity levels
    C   Peak flow readings
    D   Height and weight

15. **A client, aged 74, has presented for their NHS Health Check. What additional element is included as part of the NHS Health Check due to the client's age?**
    A   Raising their awareness of the signs and symptoms of the dementia
    B   Raising awareness of the impact that age has on the risk of a heart attack.
    C   Discussing the importance of maintaining social contacts as people age.
    D   Discussing the importance of seeking medical advice promptly when unwell.

16. **A risk calculator applies statistical analysis to factors known to increase cardiovascular disease (CVD) risk. Which of the following information is added to the risk calculator?**
    A   The result of the GPPAQ
    B   The Audit–C result
    C   Family history (first degree relative) of dementia
    D   Family history (first degree relative) of heart disease or stroke

17. The filters used in the NHS Health Check to identify who is at risk of developing or having undiagnosed diabetes, and who should have their blood sugar tested, are:
A   BMI (adjusted for gender) and alcohol consumption
B   BMI (adjusted for ethnicity) and blood pressure
C   BMI (adjusted for age) and blood pressure
D   BMI (adjusted for ethnicity) and blood cholesterol

18. A client has a Qrisk 2 score of 25% . His score means he:
A   Will need to start statins and may need to start medication for his BP.
B   Has a 1 in 10 chance of developing cardiovascular disease within the next 10 years.
C   Is low risk but should be re-assessed in 5 years time to check for diabetes
D   Should make lifestyle changes and be seen by his GP to reduce his risk

19. Brief advice about Lifestyle factors that increase a client's risk of developing CVD should be given:
A   Only if the client is interested in hearing and reading about it.
B   Whether or not the advice is relevant to the clients lifestyle behaviours,.
C   Even if no changes to their lifestyle behaviours are indicated.
D   Only if you do not have any leaflets to give them

20. The term 'Brief intervention' refers to a:
A   Short chat on a health issue
B   Time in which the client must change
C   Measure to stop a fight
D   Programme of helping in a crisis

21. What would you do to enable a client to understand how making changes could reduce their 10 year cardiovascular disease (CVD) risk?
A   Use the QRISK2 CVD risk information to identify the impact of the modifiable risks
B   Give clients leaflets on the benefits of losing weight, and stopping smoking,.
C   Tell clients about others that you know who have made changes to improve their health
D   Warn them that they have a good chance of dying within 10 years unless they make changes

NHS Health Check Scenario

Questions 22 – 25 should be answered after reading the following scenario.

The following results were obtained during an NHS Health Check for a 44 year old male:

Ethnicity	Chinese
Moderate smoker	10-19
Cholesterol/HDL ratio	6
Angina or heart attack in 1st degree relative < 60?	Yes
Systolic blood pressure	139mmHg
BMI	29.8
Score of typical person of same age, sex and ethnicity	1.8%
10 year risk score	10.3%
Relative risk	5.6
Heart age	64

22. **Does this client need to be referred for further testing and if so which threshold has he exceeded?**
   A   No, because his total risk score is only 10.3%
   B   Yes, because his total cholesterol is over 5
   C   No, because it looks like the problems could be hereditary
   D   Yes because he has exceeded the BMI threshold

23. **The risk engines used for the NHS Health Check are set to calculate a client's 10 year risk of a cardiovascular disease (CVD) event as a percentage. What does this mean for this client?**
   A   He is low risk and unlikely to have a cardio-vascular event in the next 10 years
   B   He has a one in ten chance of having cardiovascular disease within the next 10 years
   C   He is 10% more likely to have a cardiovascular event than anyone else their age
   D   He has a heart age about 10 years older than he should but that may be due to their age

24. **On the Qrisk engine the following sections under clinical information are not ticked: chronic kidney disease; atrial fibrillation; on blood pressure treatment. This will be because:**
   A   This client doesn't have these conditions at this moment in time
   B   Anyone with these would not be invited for an NHS Health Check assessment
   C   It will only be known if he has any of them if he goes for further testing
   D   Chronic kidney disease has nothing to do with cardiovascular disease

25. **How you offer support to this client will take account of the modifiable risk factors and the non-modifiable risk factors. What are the non-modifiable risk factors for this client?**
   A   Blood pressure, cholesterol ratio, ethnicity, height
   B   Smoking behaviour, BMI, blood cholesterol ratio
   C   Height, sex, postcode, age
   D   Age, sex, ethnicity, 1st degree relative

END OF PAPER