



L-Università
ta' Malta

MATSEC
Examinations Board



Specimen Paper
SEC 36 Health and Social Care

2027

Table of Contents

Specimen Assessment: Sample Controlled Paper.....	3
Specimen Assessment: Sample Marking Scheme for Controlled Paper.....	16

Specimen Assessment: Sample Controlled Paper



L-Università
ta' Malta

MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
SAMPLE CONTROLLED PAPER**

SUBJECT: **Health and Social Care**

PAPER: **Level 1 – 2 – 3**

DATE:

TIME: **2 Hours**

Directions to Candidates

Answer **ALL** questions in the space provided.

This paper carries a total of 100 marks.

**THIS PAPER SHOULD BE RETURNED TO THE INVIGILATOR
AFTER THE EXAMINATION**

For examiners' use only:

Question	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	Total	
Score																						
Maximum	4	6	2	4	3	8	6	4	4	8	4	4	4	8	4	5	6	4	6	6	6	100

1. List **FOUR** different contexts for communication.

Context 1: _____ (1)

Context 2: _____ (1)

Context 3: _____ (1)

Context 4: _____ (1)

(Total: 4 marks)

2. The first two stages of the communication cycle are outlined below. Outline the remaining **THREE** stages.

Stage 1: The communication cycle begins when an idea occurs in the sender's mind which one can send to a receiver.

Stage 2: These ideas are then encoded into a message. This means that the sender is deciding about the best way to send a message.

Stage 3: _____
_____ (2)

Stage 4: _____
_____ (2)

Stage 5: _____
_____ (2)

(Total: 6 marks)

3. Define the following terms:

- a. One-way communication

_____ (1)

- b. Two-way communication

_____ (1)

(Total: 2 marks)

4. Match the following examples with their correct form of communication by ticking. The first one is provided as an example.

	Forms of communication			
	Non-verbal	Verbal	Written	Alternative
Examples				
Forms			✓	
Eye-contact				
Probing				
Checking for understanding				
Braille				

(Total: 4 marks)

5. Mention **THREE** benefits for effective group communication.

Benefit 1: _____ (1)

Benefit 2: _____ (1)

Benefit 3: _____ (1)

(Total: 3 marks)

6. In Table 1, below list a sign/symptom that might be present when the readings of each vital sign is outside the acceptable range.

Table 2: Developmental changes and corresponding life stages

Vital signs	Outside Range	Sign or Symptom
Blood Pressure	High	
Blood Pressure	Low	
Temperature	High	
Temperature	Low	
Breathing Rate	High	
Breathing Rate	Low	
Pulse	High	
Pulse	Low	

(Total: 8 marks)

7. Describe **TWO** most common physiological reasons why vital signs might not be within the acceptable range.

Common Reason 1: _____

_____ (3)

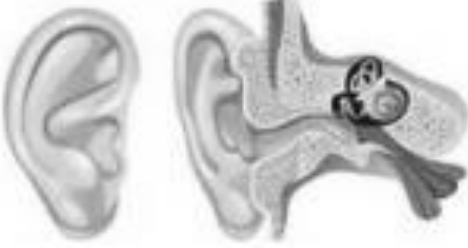

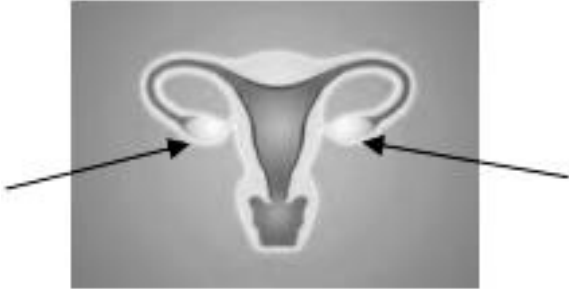

Common Reason 2: _____

_____ (3)

(Total: 6 marks)

8. Label the **FOUR** key organs of the human body given in Table 1.

Table 1: Key organs

	Key organ	Name
a.	 <p>(Source: https://www.okoa.org/articles/)</p>	<hr/> <p>(1)</p>
b.	 <p>(Source: https://www.freseniusmedicalcare.com/)</p>	<hr/> <p>(1)</p>
	 <p>(Source: https://www.everlywell.com/)</p>	<hr/> <p>(1)</p>
	 <p>(Source: https://www.twinkl.com/mt/)</p>	<hr/> <p>(1)</p>

(Total: 4 marks)

- 9.
- Alexander, 17, spends most of his time in front of the TV, snacking on junk food.
 - Sitting around a lot makes him feel slow, tired, and moody.
 - Despite parental concern, he does not want to change his lifestyle.
 - A health scare leads him to start eating better and exercising.

Identify **FOUR** components of a healthy lifestyle that Alexander is neglecting.

Component 1: _____ (1)

Component 2: _____ (1)

Component 3: _____ (1)

Component 4: _____ (1)

(Total: 4 marks)

- 10.
- Nurse Emily, a caring nurse in the hospital was helping Mr. Vassallo.
 - Mr. Vassallo is an elderly man who just had an operation.
 - Nurse Emily rushed into his room, forgot to wash her hands and wear gloves before tending to his wound.
 - After attending to Mr. Vassallo she moved to another client without cleaning her hands.

Discuss **TWO** consequences of not following infection control measures when meeting the physical needs of Mr Vassallo.

Consequence 1: _____

_____ (4)

12. • New carers were being employed and sent to work in wards.
• Their duties were to help patients get out from bed every morning and start their daily routine.
• Some patients were heavier than others and needed equipment to be lifted.
• There were instructions as how to use this equipment.
• One day the patient was not transferred well.

Identify **TWO** responsibilities of the employer and **TWO** responsibilities of the employees from the above scenario.

Employer Responsibility 1:

_____ (1)

Employer Responsibility 2:

_____ (1)

Employees Responsibility 1:

_____ (1)

Employees Responsibility 2:

_____ (1)

(Total: 4 marks)

13. Name **TWO** Health and Safety legislation related to Health and Social Care.

a. Health and Safety Legislation 1:

_____ (2)

b. Health and Safety Legislation 2:

_____ (2)

(Total: 4 marks)

17. Outline the following potential consequences resulting from discriminatory practices:

a. Anger/Aggressiveness

(2)

b. Stress

(2)

c. Poor Mental Health

(2)

(Total: 6 marks)

18. Outline how the following **TWO** current articles in the Constitution of Malta promote anti-discriminatory practices.

Article 14: Equal rights of men and women

(2)

Article 40: Protection of freedom of conscience and worship

(2)

(Total: 4 marks)

Specimen Assessment: Sample Marking Scheme for Controlled Paper



MATRICULATION AND SECONDARY EDUCATION CERTIFICATE
EXAMINATIONS BOARD

**SECONDARY EDUCATION CERTIFICATE LEVEL
SAMPLE MARKING SCHEME FOR CONTROLLED PAPER**

SUBJECT: **Health and Social Care**

PAPER: **Level 1 – 2 – 3**

DATE:

TIME: **2 Hours**

Question No.	Total Marks	Allocation of Marks	Example of Expected Answer
1	4	1 mark for each context of communication correctly listed.	Different contexts for communication: one-to-one; group; formal; informal.
2	6	1 mark for each stage correctly mentioned but not outlined	The following THREE stages: Message sent; message received and decoded; feedback to sender. Stage 4: Message is decoded and received. <i>Accept other valid wording.</i>
		2 marks for each stage correctly outlined.	Stage 4: Upon receiving the message, the receiver decodes it, interpreting its meaning based on their understanding and then the receiver provides feedback to the sender; Order of the stages is not important. <i>Accept other valid wording.</i>

Question No.	Total Marks	Allocation of Marks	Example of Expected Answer
3	2	1 mark for each correct definition.	In one-way communication, information flows from sender to receiver without feedback. <i>Accept other valid wording.</i>
4	4	1 mark for each correct match.	Verbal: Probing, Checking for understanding Alternative: Braille Non-Verbal: Eye-Contact
5	3	1 mark for each correct benefit mentioned.	Any THREE of the following: Recognising when using formal and informal communication; active listening; turn taking; decoding appropriately non-verbal skills; respecting others' opinions and being assertive. <i>Accept any other valid answer.</i>
6	8	1 mark for each sign or symptom correctly listed.	Any sign/symptom that might be present when the reading of EACH vital sign is above and below the normal range. (Symptoms may be repeated).
7	6	2 marks for each reason correctly outlined but not described.	Age can be a reason why the readings of the vital signs will not be within the acceptable range. This can be due to narrowing of the arteries. <i>Accept any other valid answer.</i>
		3 marks for each reason correctly described.	Age can cause a difference in readings of the vital signs. Anatomically, arteries start to get slightly blocked due to any cholesterol that has formed over the years. This will result in different pulse readings as well as blood pressure. Accumulation of salt will also increase the blood pressure reading. Age may also contribute to increase in weight meaning that the person will end up short of breath quicker than when they were fit. <i>Accept any other valid answer.</i>

Question No.	Total Marks	Allocation of Marks	Example of Expected Answer
8	4	1 mark for each organ correctly labelled.	<p>a) Ear</p> <p>b) Kidneys</p> <p>c) Ovaries</p> <p>d) stomach</p>
9	4	1 mark for each neglected component of a healthy lifestyle correctly identified.	<p>The following FOUR components</p> <p>Physical fitness; a balanced diet; intellectual stimulation; emotional and social wellbeing.</p> <p><i>Accept any other wording.</i></p>
10	8	2 marks for each consequence correctly outlined but not discussed.	<p>Infecting Oneself – Since nurse Emily didn't wash her hands/wear gloves, she might infect herself and get sick.</p> <p><i>Accept any other valid answer.</i></p>
		4 marks for each consequence correctly discussed.	<p>Infecting Oneself – Nurse Emily didn't follow important rules to stop germs from spreading when she was helping Mr. Vassallo. This led to some serious problems, and sadly, she could end up getting sick herself. By not washing her hands, keeping things clean, and wearing gloves when needed, Nurse Emily put herself at risk of catching infections. These infections can make someone feel sick and cause all sorts of problems. Some infections might not be too bad, but others can be serious and affect a person's health a lot. That's why it's super important for everyone, especially healthcare workers like Nurse Emily, to follow these rules to stop germs from spreading and stay healthy.</p> <p><i>Accept any other valid answer.</i></p>

Question No.	Total Marks	Allocation of Marks	Example of Expected Answer
11	4	2 marks if the interaction is correctly outlined but not described.	<p>The heart pumps blood to the lung, where gas exchange occurs. The blood is taken back to the heart which pumps it to the rest of the body. This is returned to the heart and the cycle starts again. The more the person breathes the more the heart pumps to supply the body with enough oxygen.</p> <p><i>Accept any other valid answer.</i></p>
		4 marks if the interaction correctly described.	<p>The heart, which is the main organ of the cardiovascular system pumps blood towards the lungs and towards the rest of the body. The blood going towards the lungs, which are the main organ of the respiratory system, is de-oxygenated blood which is transformed into oxygenated blood once it reaches the lung and gas exchange occurs. The oxygenated blood then passes back to the heart which is pumped towards the rest of the body. The oxygen is used and the blood becomes de-oxygenated again, carrying carbon dioxide back to the heart. When more oxygen is needed by the body, the person starts breathing faster so the lungs are filled with more oxygen in order to supply the need.</p> <p><i>Accept any other valid description.</i></p>
12	4	1 mark for each employer and employee responsibility correctly identified from the scenario.	<p>Correct identification:</p> <p>Employer responsibilities:</p> <ol style="list-style-type: none"> 1. the provision and maintenance of adequate equipment; 2. the training of employees <p>Employee responsibilities:</p> <ol style="list-style-type: none"> 1. attending training provided by the employer 2. using equipment in an adequate manner <p><i>Accept any other valid wording.</i></p>

Question No.	Total Marks	Allocation of Marks	Example of Expected Answer
13	4	2 marks for each legislation correctly named.	<p>LN 35 of 2003: Protection against Risks of Back Injury at Work Placement Regulations. LN 121 of 2003: Minimum Requirements for the use of Personal Protective Equipment at Work Regulations. LN 199 of 2015: Work Place (Provision of Health and/or Safety Signs Amendment) Regulations. LN 293 of 2016: Work Equipment (Minimum Safety and Health Requirement) Regulations.</p> <p>No LN numbers are expected / If numbers are given and name of legislation is not, marks are to be awarded just the same.</p> <p><i>Accept any other wording, and any other legislation that is correct.</i></p>
14	8	1 mark for each support/ equipment correctly identified but not outlined.	<p>A physiotherapist will be able to support John.</p> <p><i>Accept any other valid answers.</i></p>
		2 marks for each support/equipment correctly outlined.	<p>A Physiotherapist will be able to support John by giving him the right exercises for his affected arm and leg as well as giving him a walking aid so that he will be able to walk,</p> <p><i>Accept any other valid outlines.</i></p>
15	4	2 marks if the procedure is stated in the correct order but not outlined. If all points are not mentioned, no marks are to be awarded.	<p>Procedure to include the following points:</p> <ul style="list-style-type: none"> • Remove jewellery or any constraining items • The area of skin needs to be cooled down for 10 minutes under running water • Cover in cling film to prevent any infection. <p><i>Accept any other valid answer.</i></p>
		4 marks if the procedure is properly outlined in the correct order. If all points are not mentioned, no marks are to be awarded.	<p>The area of skin needs to be cooled down for 10 minutes. This can be done under running water, immersing the affected area in cool water.</p> <p><i>Accept any other valid outlines.</i></p>

Question No.	Total Marks	Allocation of Marks	Example of Expected Answer
16	5	1 mark for each practitioner correctly identified.	Occupational Therapist, Physiotherapist, Doctor, Nurse, Social Worker. <i>Accept any other valid answer</i>
17	6	2 marks for each consequence correctly outlined.	Poor Mental Health: Discrimination may make a person feel less worthy and valuable, thus affecting their overall mental well-being. <i>Accept any other valid answer.</i>
18	4	2 marks for each article correctly outlined.	Article 14: Equal Rights of Men and Women: This article states that men and women should enjoy all economic, social, cultural, civil, political and employment rights. <i>Accept any other valid answer.</i>

Question No.	Total Marks	Allocation of Marks	Example of Expected Answer
19	6	1 mark for each negative impact correctly referred to only.	<p>TWO of the following:</p> <p>Individual needs of service users are not met, discriminatory practice, rights of individuals are not upheld, individuals might be at risk of harm.</p> <p>Individual needs are not met: If healthcare professionals fail to adhere to principles of health and social care, it will lead to a poor healthcare system with the needs of patients not met.</p> <p><i>Accept any other valid answer.</i></p>
		2 marks for each negative impact poorly discussed.	<p>If a professional does not follow Health and Social Principles, the quality of care is reduced. This means that patient satisfaction goes down and health outcomes may be compromised. When individual needs are not met, the individual might suffer from mental health problems as well.</p> <p><i>Accept any other valid answer.</i></p>
		3 marks for each negative impact correctly discussed.	<p>Each person has unique requirements, preferences, and circumstances that must be considered to deliver effective and personalised care. If a professional does not follow Health and Social Principles, the quality of care is reduced. When individuals feel that their needs are not being met, it can lead to dissatisfaction with the healthcare system. This could create barriers in communication between healthcare professionals and service users. Moreover, neglecting the patients emotional and psychological needs can have a significant impact on their mental health. A lack of support or understanding can contribute to stress, anxiety, and other mental health issues.</p> <p><i>Accept any other valid answer.</i></p>

Question No.	Total Marks	Allocation of Marks	Example of Expected Answer
20	6	2 marks for each quality correctly outlined but not described.	<p>TWO of the following:</p> <p>Care, compassion, competence, communication, courage, commitment.</p> <p>Communication: Effective communication is important for building trust between Robert and Martha. This will help Martha express her emotions, understand them and make the necessary changes in her life.</p> <p><i>Accept any other valid answer.</i></p>
		3 marks for each quality correctly described.	<p>Communication: Communication is important to build trust between Robert and Martha. This will help create a safe space for Martha to express and understand what she is going through, hence it will help her accept and embrace the changes she needs to make in her life. Robert should empathise and show understanding towards Martha. He also needs to pay attention to all her nonverbal cues.</p> <p><i>Accept any other valid answer.</i></p>