
RIPH Level 2 Award in Understanding Health Improvement

SAMPLE QUESTIONS

Please note this is not a full sample examination paper but a selection of representative questions. The correct answers appear at the back and the questions have been cross referenced with the syllabus for teaching and learning purposes. The actual examination papers will not contain either of these markings.

The format of the examination will be a 30 question Multiple Choice Examination Paper. The time allowed to complete this paper is **45 minutes** and candidates should answer all the questions and each question is worth **ONE** mark.

Candidate details and selected answers will be marked on the separate answer sheet provided with the examination paper.

1. **Please select the correct definition of the term 'health' as defined by the World Health Organisation.**
 - a) A state of complete physical, mental and social wellbeing, not merely the absence of disease and infirmity
 - b) Not being ill, inactive, overweight and exercising regularly
 - c) Never having time off work due to health related conditions
 - d) Never having suffered from disease or stress that has caused time off work

Syllabus Ref: 1.1.1

2. **In the Dimensions of Health model 'Environmental Health' refers to?**
 - a) The physical conditions in which people live
 - b) The population mix in a specific area
 - c) The level of unemployment in a community
 - d) The make-up of a typical family in a locality

Syllabus Ref: 1.1.2

3. **The Basic Concepts of Health are?**
 - a) Fitness, strength, agility
 - b) Mental, physical, social
 - c) Awareness, health, wellbeing
 - d) Happiness, wealth, disease free

Syllabus Ref: 1.1

4. **Social class, gender, ethnicity are terms that describe which of the following?**
 - a) Descriptions of communities
 - b) Factors influencing health
 - c) Government target areas for increasing welfare
 - d) Factors for NHS treatment targets

Syllabus Ref: 2.1

5. **Active listening is?**
 - a) Not interrupting the client whilst they are talking
 - b) Hearing and understanding what the client is saying
 - c) Writing down everything that the client says
 - d) Telling the client the questions you'd like answers to

Syllabus Ref: 2.2.1

6. **You can help people change their habits and behaviour by?**
 - a) Setting goals and planning how to achieve them
 - b) Giving them vouchers to spend on healthy food
 - c) Having regular checkups at the doctor's
 - d) Increasing income benefits

Syllabus Ref: 3.1

7. **"SMART" principles should be used when helping people to set goals to change their lifestyle behaviour. What does the acronym "SMART" stand for?**
- a) Suitable, meaningful, acceptable, realistic, technical
 - b) specific, measurable, achievable, relevant, time-bound
 - c) strenuous, measurable, acceptable, recorded, temporary
 - d) swimming, marathon running, athletics, temporary
- Syllabus Ref: 3.3*
8. **Confidential information given to you by a client must be?**
- a) Shared with anyone you wish
 - b) Never put onto a computer
 - c) Always given in a non private room with others present
 - d) Kept secure and only be accessible by authorised persons
- Syllabus Ref: 4.1*
9. **In order to share client information you must?**
- a) Only put the information onto a CD without the client's name
 - b) Always obtain consent first from the client to do so
 - c) Ask permission from your line manager
 - d) Only use paper copies signed by the client
- Syllabus Ref: 4.1*
10. **A client's lifestyle changes can best be recorded by the use of?**
- a) Video recorder
 - b) Personal achievement diaries
 - c) Fitness checks
 - d) Regular visits to the GP
- Syllabus Ref: 5.1*
11. **It is important that a client keeps a measure and record of their progress in order to?**
- a) Motivate them when they see that they are succeeding
 - b) Enable you to evaluate your own success as a health adviser
 - c) So they can show their GP
 - d) Get praised by friends and family
- Syllabus Ref: 5.3*

ANSWERS

- | | |
|----|---|
| 1 | a |
| 2 | a |
| 3 | b |
| 4 | b |
| 5 | b |
| 6 | a |
| 7 | b |
| 8 | d |
| 9 | b |
| 10 | b |
| 11 | a |

SAMPLE