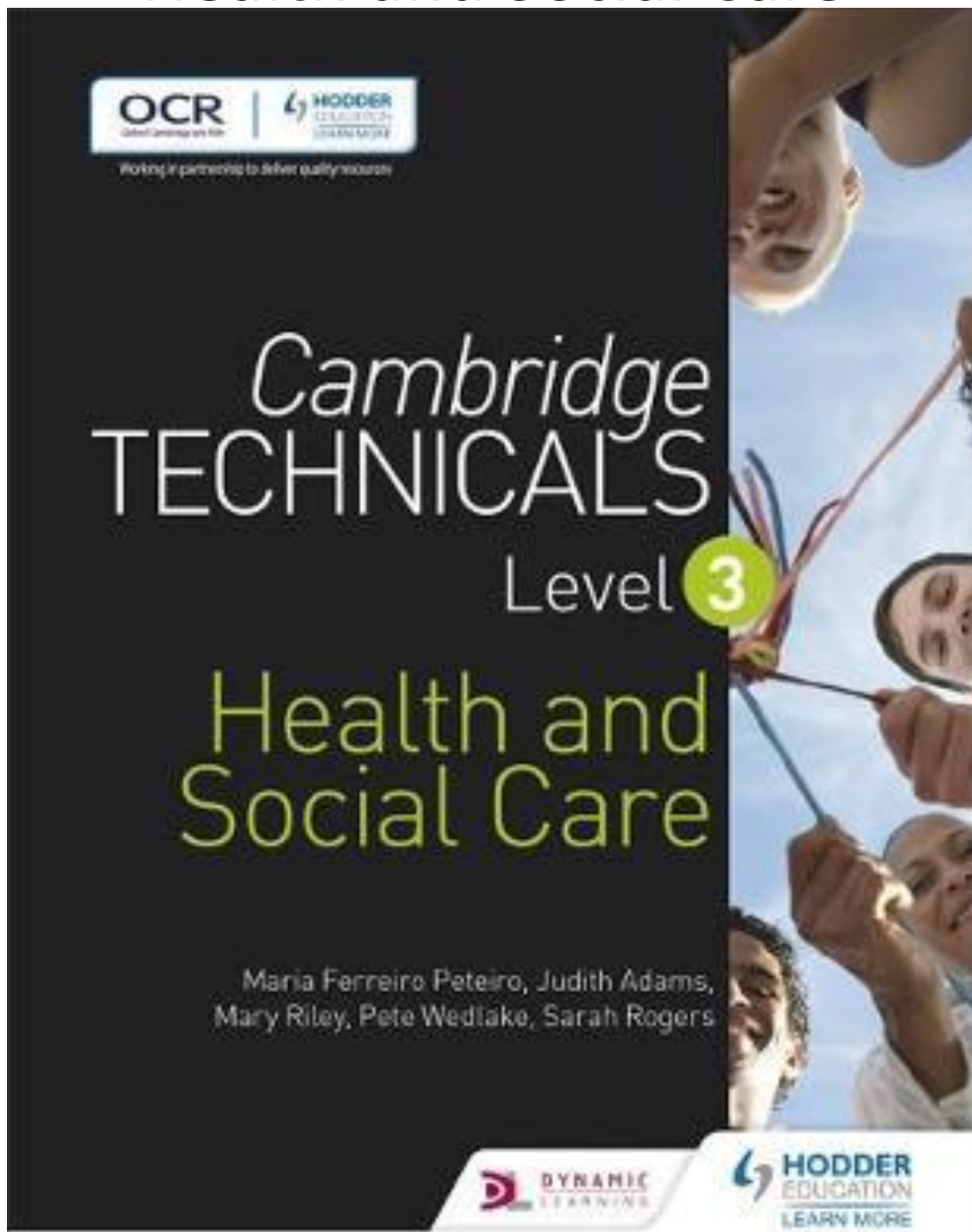


Level 3 CTEC Extended Certificate Health and Social Care



Passport to Sixth Form

Name: _____

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Introduction

This booklet is to aid you with the transition from GCSE to A Level.

Here at Ashlawn we offer the extended certificate which is equivalent to 1 A Level and the Diploma which is worth 2 A Levels. The course is graded as Pass, Merit and Distinction.

Health and Social Care is a popular course and covers a wide range of topics. As part of the course you will study several topics that will be examined both externally (exam) and internally (coursework). For coursework you will be required to carry out research and produce a written report.



HSC Single - What exams will I be studying?

This course allows you an insight in the many roles available within health and social care from nurses to social workers to child care assistants and beyond they have many key features that we shall explore and apply. You will be studying a range of units which will help you to gain skills that will be valuable in your chosen profession or future study. You will learn about the human body and mind alongside the changes across time. You will learn what it means to work in the sector and what skills and behaviours you will need to develop. We will study the following units; although the final one is subject to change and you may not study them in this order.

UNIT 2: Equality, diversity and rights in health and social care will focus on:

- Understanding concepts of equality, diversity and rights and how these are applied in the context of health, social care and child care environments.
- Understanding the impact of discriminatory practices on individuals in health, social care and child care environments .
- Understanding how current legislation and national initiatives promote anti-discriminatory practice in health, social care and child care environments
- Understanding how equality, diversity and rights in health, social care and child care environments are promoted.
- **How you will be assessed: this is a paper based exam, that lasts for 1 hour 30 minutes and is worth 80 marks. There will be four sections and include short- and long- answers. The questions are intended to assess your understanding of how health and care services , the people who need support and the equality and diversity issues arising. Each section will relate to a different service user group, for example the frail elderly, people with learning disabilities, people with mental health problems or people with long-term illnesses. You will be expected to apply knowledge of relevant legislation.**

UNIT 3: Health, safety and security in health and social care will focus on:

- Understanding potential hazards in health, social care and child care environments
- Understanding how legislation, policies and procedures promote health, safety and security in health, social care and child care environments
- Understanding the roles and responsibilities involved in health, safety and security in health, social care and child care environments
- Know how to respond to incidents and emergencies in a health, social care or child care environment
- **How you will assessed: : this is a paper based exam, that lasts for 1 hour 30 minutes and is worth 80 marks. There will be four sections and include short- and long- answers. Questions will be Scenario based and you will need to demonstrate an understanding of legislation, Health and safety and Safeguarding as well as First Aid.**

UNIT 4: Anatomy and physiology for health and social care will focus on:

- Understanding the cardiovascular system, malfunctions and their impact on individuals
- Understanding the respiratory system, malfunctions and their impact on individuals
- Understanding the digestive system, malfunctions and their impact on individuals
- Understanding the musculoskeletal system, malfunctions and their impact on individuals
- Understanding the control and regulatory systems, malfunctions and their impact on individuals
- Understanding the sensory systems, malfunctions and their impact on individuals
- **How you will be assessed: this is a paper based exam, lasting 2 hours .All questions are mandatory with no optional questions. You may be presented with scenarios as part of a question. Questions will be set on the topics indicated. Diagrams may be used for testing purposes but again they will only feature points preceded by an i.e. Learners will not be expected to draw diagrams themselves.**
- **YOU WILL REUIRE A COMPREHENSICE SCIENTIIC KNOWLEDGE IN THIS UNIT.**

HSC Single - What coursework will I be studying?

UNIT 1: Building positive relationships in health and social care will focus on:

- Understanding relationships in health, social care or child care environments
- Understanding the factors that influence the building of relationships
- Understanding how a person-centred approach builds positive relationships in health, social care or child care environments
- Being able to use communication skills effectively to build positive relationships in a health, social care or child care environment
- **How you will be assessed: this a coursework based unit which will be graded at Pass, Merit or Distinction. The tasks are designed to test your knowledge on types of relationships, the factors that affect this and the theories that explain this. You will undertake 2 practical communication activities which will be assessed.**

UNIT 10: Nutrition for health is a 30 credit unit which will finish up the year

and focusses on nutritional health and the components of good nutrition. You will have the opportunity to scrutinise different foods, consider their health benefits and investigate how to support other people to impact their health and well-being.

How you will be assessed: this a coursework based unit which will be graded at Pass, Merit or Distinction. You will develop a plan for an individual's diet.

- **UNIT 13: Sexual health, reproduction and early development stages** will focus on
- Understanding sexual health and contraception
- Understanding the importance of pre-natal health and the process of conception
- Knowing the factors which could affect health in pregnancy and the success of the birth
- Understanding the stages of pregnancy and birth and the post-natal care of the mother
- Understanding the care and development of the baby in the first year of life
- **How you will be assessed: this a coursework based unit which will be graded at Pass, Merit or Distinction. The tasks are designed to test your knowledge on types development that occur and the many factors which impact. You will be expected to have a sound knowledge of legislation, services and needs of the family, children and the pregnant woman.**

HSC Double - What exams will I be studying?

This course allows you an insight in the many roles available within health and social care from nurses to social workers to child care assistants and beyond they have many key features that we shall explore and apply. You will be studying a range of units which will help you to gain skills that will be valuable in your chosen profession or future study. You will learn about the human body and mind alongside the changes across time. You will learn what it means to work in the sector and what skills and behaviours you will need to develop. We will study the following units; although the final one is subject to change and you may not study them in this order.

UNIT 6: Personalisation and a person-centred approach to care will focus on:

- Understand personalisation in health and social care.
- Understand what is meant by a person-centred approach to care.
- Understand methods used to implement a personcentred approach
- Know how to plan and conduct review meetings using a person-centred approach
- **How you will be assessed: this is a paper based exam, that lasts for 1 hour 30 minutes and is worth 60 marks. There will be four sections and include short- and long- answers. Learners will have to apply their knowledge of personalisation and a person-centred approach to care to a given scenario context to produce a response relevant to that setting. An example would be a short case study of an individual living with a particular condition and their work and/or social circumstances and how they would benefit from a person-centred approach to their care**

UNIT 7: Safeguarding in health and social care will focus on:

- Understand types and signs of abuse
- Understand factors which may lead to abusive situations
- Understand legislation, regulatory requirements and guidance which govern the safeguarding of adults, young people and children
- Understand how to deal with suspected abuse and disclosures of abuse
- Understand working strategies and procedures for the safeguarding and protection of adults, young people and children
- Understand how workers within health, social care and child care environments can minimise the risk of abuse
- **How you will assessed: : this is a paper based exam, that lasts for 1 hour 30 minutes and is worth 60 marks. There will be four sections and include short- and long- answers. Learners will have to apply their knowledge of safeguarding to a given scenario context to produce a response relevant to that setting. An example would be a short case study of an individual who discloses abuse to a worker in a health and social care environment and the appropriate action to take in the given situation.**

HSC Double - What coursework will I be studying?

UNIT 5: Infection control in health and social care will focus on:

- Understand infection control in health and social care
- Know the chain of infection
- Be able to control the spread of infection
- Understand the role of the health and social care worker in controlling infection
- **How you will be assessed: this a coursework based unit which will be graded at Pass, Merit or Distinction.**

UNIT 14: The impact of long-term physiological conditions will focus on:

- Know what long-term physiological conditions are; their causes and symptoms
- Understand effects of long-term physiological conditions
- Be able to support individuals with long-term physiological conditions to plan their care and support
- Know about end of life care
- **How you will be assessed: this a coursework based unit which will be graded at Pass, Merit or Distinction.**

And two of:

UNIT 8: Creativity and activity for children and young people will focus on:

- Understand the importance of creativity for children and young people
- Understand how creativity develops in children and young people
- Understand the role of adults in promoting creativity for children and young people
- Be able to design and plan an activity/creative activity for use with a group of children or young people
- Be able to deliver and evaluate an activity/creative activity to a group of children or young people
- **How you will be assessed: this a coursework based unit which will be graded at Pass, Merit or Distinction.**

UNIT 17: Supporting people with mental health conditions will focus on:

- Know the main concepts, types, causes and effects of mental health conditions
- Be able to support individuals with mental health conditions to plan their care, treatment and support
- **How you will be assessed: this a coursework based unit which will be graded at Pass, Merit or Distinction.**

UNIT 18: Caring for older people will focus on

- Understand the ageing process
- Be able to support older people to plan their care and support
- Understand the potential vulnerability of older people
- **How you will be assessed: this a coursework based unit which will be graded at Pass, Merit or Distinction.**

NETFLIX

Babies



Marriage Story



Louis Theroux: Extreme love, Dementia



Five Feet Apart



Brain on Fire



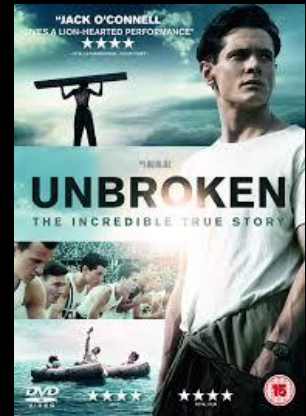
Theory of Everything



What to expect when you're expecting



Unbroken



Girl, interrupted



Call the Midwife



13 Reasons Why



Pandemic: How to prevent an outbreak



Recommended Watching for Health and Social Care

Beyond NETFLIX

Elizabeth is Missing

Rio & Kate: Becoming
a Step family

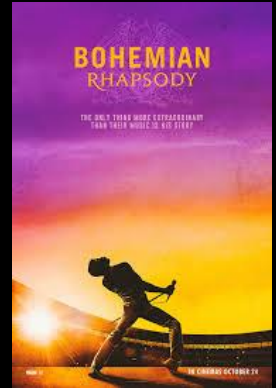
Jesy Nelson: Odd
one out

Bohemian Rhapsody

BBC iPlayer



DVD



Confessions of a
Junior Doctor

Born to be
different

Secret life of... Year
Olds

Still Alice

4 On Demand



DVD



The Children Act

The Upside

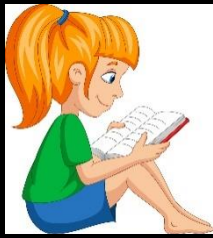
Beautiful Boy

Miss you Already

Amazon Prime

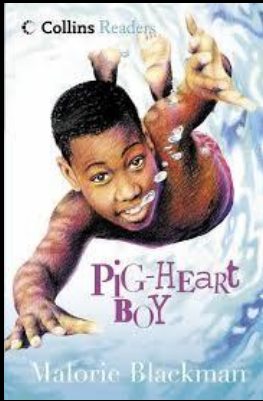


Beyond

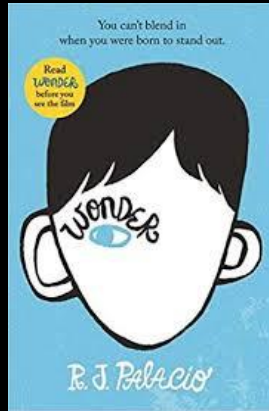


Further Reading

Pig Heart Boy by Malorie Blackman



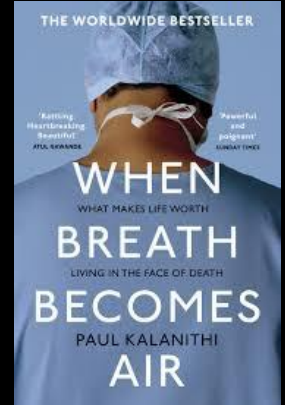
Wonder by R.J. Palacio



This is Going to Hurt by Adam Kay



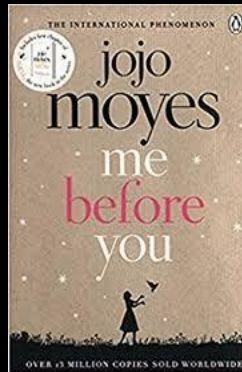
When Breathe becomes Air by Paul Kalanithi



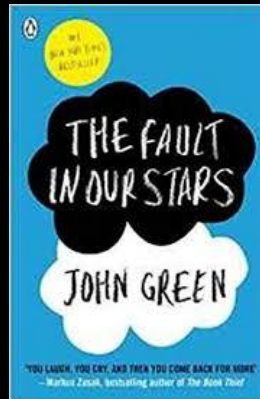
The Hate U Give by Angie Thomas



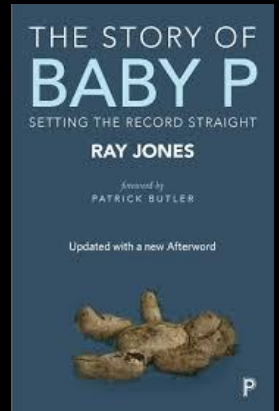
Me Before you by Jojo Moyes



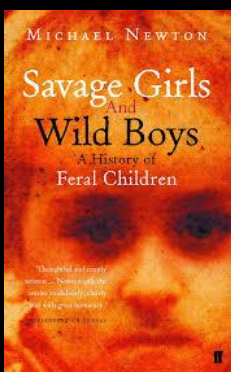
The Fault in Our Stars by John Green



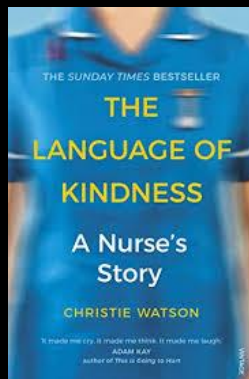
The Story of Baby P by Ray James



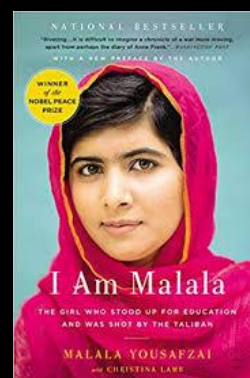
Savage Girls and Wild Boys by Michael Newton



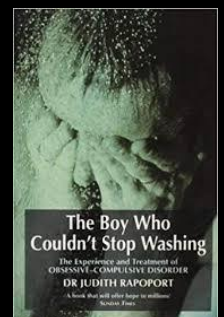
The Language of Kindness by Christie Watson



I am Malala by Malala Yousafzai



The Boy Who Couldn't Stop Washing by Dr Judith Rapaport



Recommended Reading for Health and Social Care

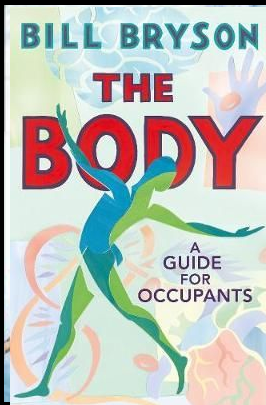
Yes some of these are also films, if you prefer!



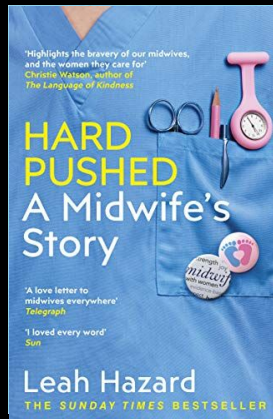
Beyond

Further Reading

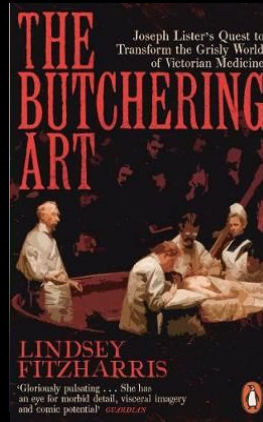
Bill Bryson- a guide for occupants



Hard Pushed- Leah Hazard



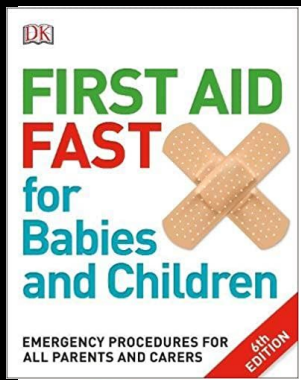
The Butchering Art- Lindsey Fitzharris



First Aid Made Easy- Nigel Barraclough



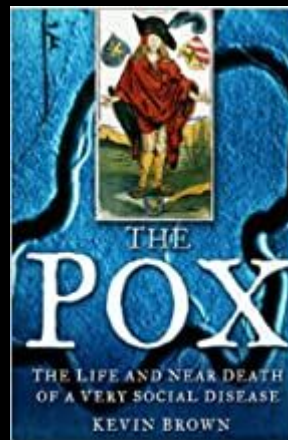
First Aid for babies and children



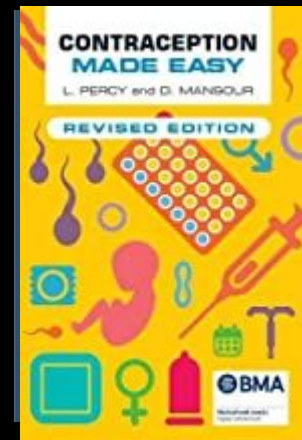
Understanding diabetes- Dr Carl Russell



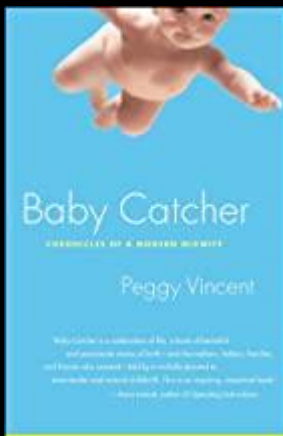
The Pox Kevin Brown



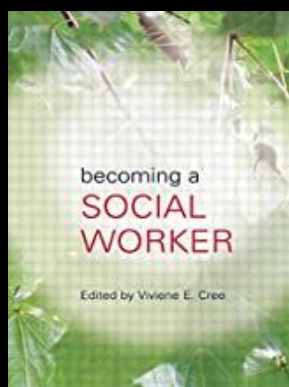
Contraception made easy Percy and Mansour



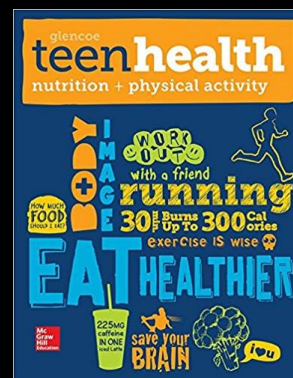
Baby Catcher- Peggy Vincent



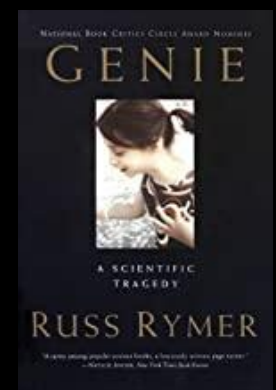
Becoming a Social worker- Vivienne Cree



Teen Health- McGraw Hill



Genie Russ Rymer



Recommended Reading for Health and Social Care

Yes some of these are also films, if you prefer!

Health and Social Care in the Media



The role played by health and social care providers is key in a healthy society- something we have learned about recently ! One way in which public awareness is raised about health and social care in general and issues that exist within the health and social care sector is through the media.

Your task is to pick...

- x2 Films
- x1 Book
- x2 Documentaries

You will then be asked to write an essay with the following title: **'Discuss the portrayal of Health and Social Care within the media'**

You must watch/read the some of the examples on the previous slides you have picked and create notes to help with your essay. Consider the following:

- What issues, if any, are being raised in the stimulus?
- How does the stimulus present H&SC?

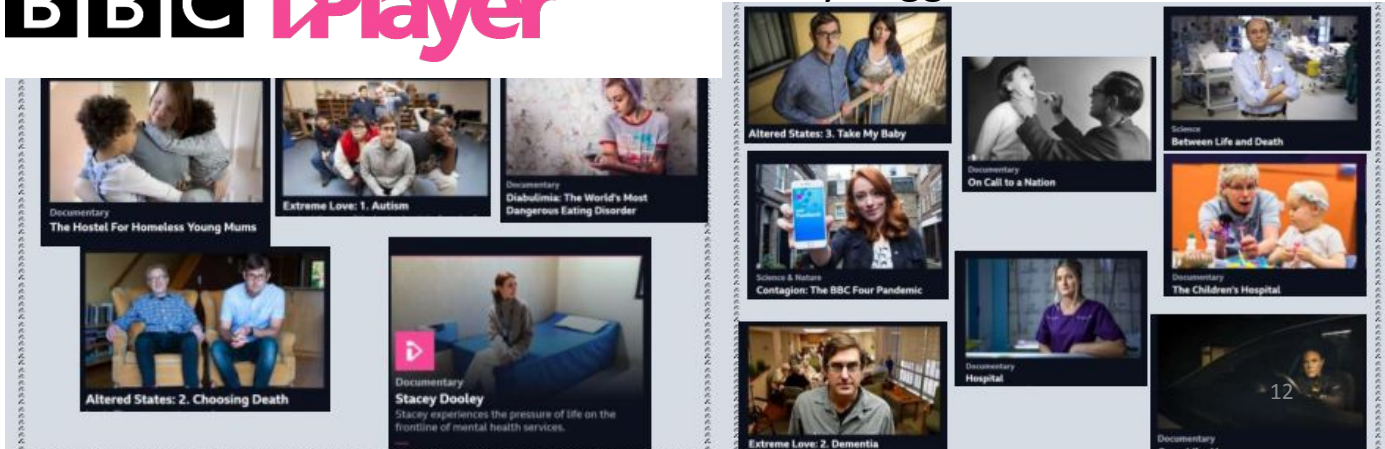
Is the stimulus informative/helpful and why?

- Are there any quotes/scenes etc that stand out to you and why?
- How effective is the stimulus in raising public awareness about H&SC/Issues?

This list is NOT exhaustive there may be other questions/ideas you wish to consider as you watch or read.




Documentary Suggestions:



GLOSSARY

Task: Research and define the following words which are central to the Modern Britain unit. Then, draw a symbol to summarise the term and help you remember it.

Term	Definition	Symbol
Adolescence	An important status change following the onset of puberty during which a young person develops from a child into a adult.	
Advocate		
Attachment		
Care package		
Clinical Commissioning Groups (CCGs)		
Development		
Discrimination		
Diversity		
Empathy		
Ethical		



GLOSSARY

Term	Definition	Symbol
Fine Motor Skills		
Growth		
Holistic Approach		
Milestone		
Nature		
Nurture		
Risk Assessment		
Safeguarding		
Self-Concept		
Self-Esteem		15

Research a list of Health and Social Care jobs/ medical terms for each letter of the alphabet



A B C D E F G H

I J K L M N O P

Q R S T U V W

X Y Z ! ?



A

B

C

D

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Z

Health and social care OCR Technical level 3 Extended certificate (1 A Level equivalent)

Unit 1 Building positive relationships in health and social care

Key environments

A **health** environment is where practitioners and organisations that provide diagnostic, preventative, remedial and therapeutic services in different settings.

A **social** environment is where practitioners and organisations that provide care, support and protection to adults, young people and children at risk, or with needs arising from illness, disability, old age or other circumstances that place people at a disadvantage in society.

A **child care** environment is where practitioners and organisations that work with children from birth - 13 years in their own homes, in nursery or pre-school settings, schools, out-of-school clubs and activity clubs.

Assignment 1 - LO1 Understanding Relationships in Health, Social Care and Child Care

Specification -

<https://www.ocr.org.uk/Images/258654-building-positive-relationships-in-health-and-social-care.pdf>

Carry out research of the local area to find out about three care environments. One must be related to health care, one to social care and one to childcare. For each environment, identify the different types of relationships that exist there and provide an explanation of what these involve.

You need to provide an explanation - detailed information about the different types of relationships and their context.

Provide detailed evidence about each care environment.

Task 1

You must find 3 care environments within your local area. You must find one from each sector.

1. Health
2. Social care
Child care



Task 2

Identify a health care environment. e.g. a hospital
Explain the environment

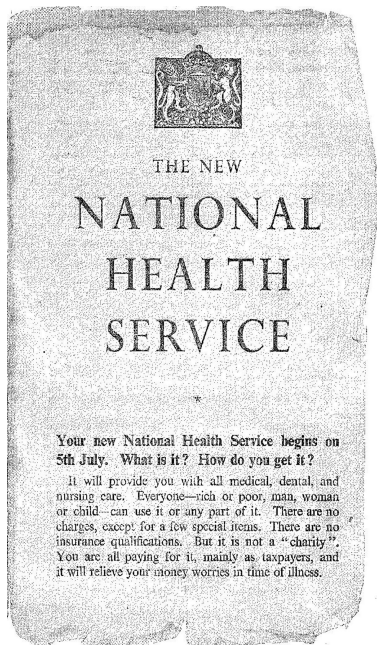
State and explain the relationship contexts.

- i. Doctor/nurse to Patient
- ii. Senior worker to colleague,
- iii. Patient and therapist,
- iv. Family of patient with doctor/nurse
- v. Family and patient

Task 3

For each one in task 2:

- i. Why and what is the impact of having a one to one or/and group conversations.
- ii. How does it make the individual feel?
- iii. State and explain whether the relationships are formal or informal.
- iv. Why and what is the impact of having a formal or informal relationship.
- v. How does this make the individual feel?
- vi. Identify and explain the different types of relationships.
- vii. Provide an explanation of what the relationship involves.



History of the NHS

Make a leaflet outlining the history of the NHS

- Include sections on:
- Healthcare before the NHS
 - When/ why the NHS was produced
 - What the NHS does
 - Significance of the NHS
 - How is the NHS different in other countries



The Beveridge Report, 1942

In 1942, a plan had been presented by William Beveridge, a senior civil servant, detailing key areas for post-war reconstruction, aimed at establishing a national system of welfare for the people. It identified 'five giants' that were to be overcome: want, disease, ignorance, squalor and idleness.

When the Beveridge Report first appeared, it was welcomed by all the parties. There was broad agreement that protection needed to be provided for all members of society, and so when Labour came to power in 1945, they implemented the proposals in this report, thereby establishing the welfare state, a system which all governments after 1951 accepted in its essentials. This common acceptance became known as **consensus**.

Giant	The 1945 Labour Government's Solution
Want	To be ended by National Insurance. The National Insurance Act created a system whereby the government, employers and employees all paid for insurance which would pay out in the event of unemployment, sickness, maternity and retirement.
Disease	To be ended by a comprehensive health service. The National Health Service Act provided free medical and hospital treatment for all (the NHS).
Ignorance	To be ended by an effective education system. The Labour Party continued to support the Conservative's 1944 Butler Education Act which provided free education within grammar schools, technical schools or secondary schools.
Squalor	To be ended by slum clearance and rehousing
Idleness	To be ended by full employment

The idealism that inspired the government's welfare programme came at a heavy financial cost, which added to the financial burdens it inherited in 1945.



Research task



Chose a professional from the following:

- Midwife
- Paramedic
- Paediatric nurse
 - Nutritionist
- Physiotherapist

You could choose your own idea from health and social care roles if you prefer.

Create a fact file for your chosen job role

You could include:

- A day in the life of.....
- General roles and responsibilities
- Routes into the role/ qualifications required
 - Skills & qualities
 - Average pay
 - Where they work
 - Who they work with

And anything else you think may be suitable



On 'The front line'.....

- What does it mean when people talk about being 'on the front line'?

Government declares a 'pandemic'.....

- What does it mean when people talk about the situation as a pandemic?

Job Role	Definition	Roles and Responsibilities	How do they respond in a pandemic?
District Nurse			
Auxiliary Nurse			
Palliative Care			
Phlebotomist			
Domiciliary Carer			
Adult Social Worker			



True or False?

Colour code the statements in order to show if they are true or false.

True

False

A district nurse will only work with the elderly.

A palliative care nurse will get involved with everyone who gets coronavirus.

Adult social workers support people with poor mental health.

Domiciliary carers provide care in the home.

Only phlebotomists are allowed to take blood.

Auxiliary nurses help support other nurses to do their roles.

TASK: The importance of promoting good health in children's care

Making sure young children develop and grow to the best of their ability is a key role for Parents and HSC Early years workers. Building on your previous research work, investigate the services and staff available to support the child in the first year of life.

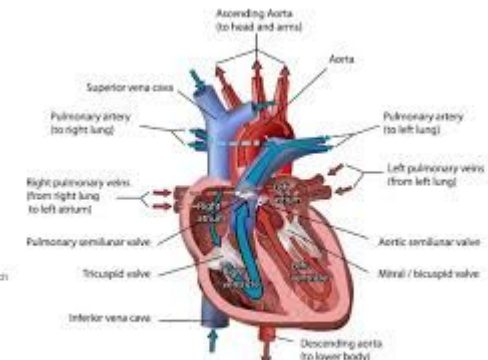
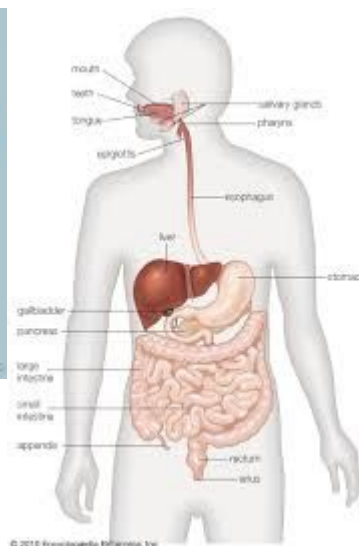
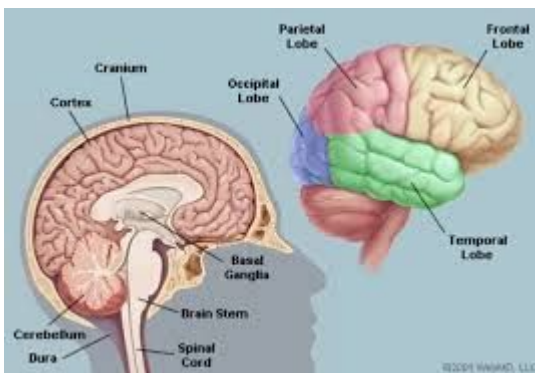
- Produce a brief presentation to explain FOR 3 services
- Job role carried out
- Agency responsible
- Any relevant legislation which offers control or guidance in the work done.
- Impact on child's Physical, Intellectual, Emotional and Social (P.I.E.S.) health
- Support available in general to parent



Unit 4 Anatomy and Physiology

Sample Task:

- The body comprise a range of organs and systems. Each of these has the potential to malfunction.
- Choose one of the following:
 - The Heart
 - The Brain
 - The Digestive system
- For the organ or system of your choice: Investigate malfunctions affecting it
- Choose one malfunction
- Describe the impact of the malfunction on the system
- Describe the typical effects on the individual experiencing the malfunction
- Describe the range of treatments which may be available to support them.



Optional Extension Task:

Health and Social Care in a Pandemic.

At the moment, we are living through a time when health and social care services are needed more than ever! Those who have chosen this as a profession have stepped up to look after those affected by the COVID-19 pandemic. You will be seeing on the news constant stories about the amazing work that is going on in the British NHS and Care system and this task is your opportunity to find out more about pandemic control in the area and also the work of the World Health Organisation (WHO) in organising a global response. This will require you to research and understand why the steps have been taken around us and how this fits into the global picture.

As this is an extension task you can complete as much of this as you like or are able to but this level of thinking and also detail will help build the skill required for distinction or distinction in your level 3 course.*

Task 1 – What is the role of health promoters?

You will need to read through the following information and complete some research in order to explain the roles of the following organisations in maintaining the health of the population:

World Health Organisation (WHO).

Department of Health

Public Health Agency

Clinical Commissioning Groups (CCGs)

Health professionals

Find out about the organisation of public health promotion within MK.



The role of Health Promoters

Aims

Health promoters aim to improve the health of individuals and the population and reduce health inequalities globally, nationally and locally.

Global health promotion

The World Health Organization, within the United Nations promotes and protects good health worldwide, by providing information about disease outbreaks, co-ordinating crisis intervention and the response to humanitarian emergencies; establishing International Health Regulations and an international system of classifying diseases.

National, regional and local health structures in England include the

- Department of Health
- Public Health Agency
- Clinical Commissioning Groups (CCGs)
- Health professionals

In England, the Department of Health (DH) leads, shapes and funds health and care while Public Health England protects and improves the nation's health and well-being, and reduces health inequalities. Local authorities are responsible for public health and do this through health and well-being boards which include representatives for all CCGs in the area, among others. Health and well-being boards assess the needs of their local community through Joint Strategic Needs Assessments (JSNAs) then agree priorities in Joint Health and Well-Being Strategies (JHWSs). Together JSNAs and JHWSs form the basis of commissioning plans for public health for CCGs.

Task 2: Why do you think is necessary for local authorities to have control over the needs of the people in their area? For instance, think about the people living in Milton Keynes and then compare that to the population living in Exeter; do they have the same needs? What would their focus for health be on?

Have a look at Somerset CCG, they are having a funding crisis due to the high proportion of elderly residents needing care.



World Health
Organization



Department
of Health

NHS

Milton Keynes

Clinical Commissioning Group

HSC Roles

Choose 2 of the following to research:

- Nurse
- Nursery / crèche worker
- Respite care worker
- Occupational therapist
- Counsellor/Social worker.
- Youth worker.
- Audiologist
- Dental Assistant
- Dietician / Nutritionist
- Physiotherapist/Occupational Therapist

For each one, describe:

1. What the job is.
2. Conditions of work - indoors? Outdoors? Office? In the community? Is uniform worn?
3. The qualifications/training needed.
4. If possible, find out about the pay for doing this job.

Useful resources links:

<https://www.food-hygiene-certificate.co.uk/food-allergy-awareness-training-course.aspx>

1. HACCP – Understanding HACCP. View demo and keep clicking NEXT
2. Food Hygiene Level 1 Food safety & Hygiene. Launch demo and work through.
3. Health & Safety – Manual handling. Click on the blue box and work through
4. Fire Safety - Click on the peach box and work through
5. COSHH - Click on the pink box and work through
6. 1st Aid - Click on the blue box and work through
7. Resources – Quiz. Have a go.

Films and TV programmes:

- Billy Elliott for Equality Act
- Rhod Gilberts work experience – series 9, care worker
- https://www.youtube.com/watch?v=VSG_FCQ10fA children in care homes

Useful websites

https://www.carehome.co.uk/care_search_results.cfm/searchunitary/Rugby/searchctype/carehomenursing

https://www.daynurseries.co.uk/day_nursery_search_results.cfm/searchtown/Rugby

<https://www.mencap.org.uk/welcome-our-website>

<https://www.changepeople.org/>

<https://www.nhs.uk/conditions/learning-disabilities/>

<https://learningally.org/>

<https://dyslexiaida.org/>

<https://www.mentalhealth.org.uk/learning-disabilities/a-to-z/l/learning-disabilities>

<https://www.england.nhs.uk/learning-disabilities/>

<https://www.gov.uk/government/publications/learning-disability-applying-all-our-health/learning-disabilities-applying-all-our-health>

<https://www.gov.uk/disabled-students-allowances-dsas>

<https://www.dementiafriends.org.uk/>

<https://www.nhs.uk/conditions/dementia/about/>

<https://www.alzheimers.org.uk/get-involved/dementia-friendly-communities/dementia-friends>

<https://www.ocr.org.uk/qualifications/cambridge-technicals/health-and-social-care/moving-to-ocr/#level-3>