

QE KS4

Induction Pack for Cambridge National Health and Social Care Level 1 / 2

A guide to help you get ready for
HSC @ QE

Name: _____



Welcome to Health and Social Care

What will I study?

R032: Principles of care in health and social care settings

This unit is assessed by an exam. In this unit you will learn about the key topics that are important when caring for and protecting people in health and social care. Topics include:

Topic Area 1: The rights of service users in health and social care settings

Topic Area 2: Person-centred values

Topic Area 3: Effective communication in health and social care settings

Topic Area 4: Protecting service users and service providers in health and social care settings



R033: Supporting individuals through life events

This unit is assessed by a Set Assignment. In this unit you will learn about growth and development through the life stages. You will also learn how to understand the needs of individuals who have been affected by life events and how to recommend support to meet their needs. Topics include:

Topic Area 1: Life stages

Topic Area 2: Impacts of life events

Topic Area: 3 Sources of support

LIFE STAGES



Show me, Lord - the number of my days - let me know how fleeting my life is - Ps 39:4

R035: Health promotion campaigns

This unit is assessed by a Set Assignment. In this unit you will research health promotion campaigns and learn about their benefits to society. You will also plan and deliver your own health promotion campaign.

Topics include:

Topic Area 1: Current public health issues and the impact on society

Topic Area 2: Factors influencing health

Topic Area 3: Plan and create a health promotion campaign

Topic Area 4: Deliver and evaluate a health promotion campaign



Introduction

Firstly make a copy of the booklet and save it in your work area with your name on it. You can type directly into your copy of the booklet so in September you can use the research you have done to help with your assignment work.

This pack contains a programme of activities and resources to prepare you to start Cambridge National Health and Social Care in September. It is aimed to be used before you start in KS4 throughout the remainder of the Summer term and over the Summer Holidays to ensure you are ready to start your course in September.

Research Activities

Research, reading and note making are essential skills for studying any subject at KS4. In health and social care we use a variety of sources in order to complete our research - books, websites, leaflets, video clips and investigations. There are some activities below that will help you to improve some of the skills you will need as part of the Health and Social Care course but at the same time increasing your knowledge so we are able to get started quickly with the course in September.

The unit we start with is RO23 - Understanding Body Systems and Disorders. This will feel very much like you are doing a biology lesson. But for those of you who wish to go into nursing or midwifery, it will be very useful. There will also be some activities for the communication unit we do and the child development unit.

There are one or two activities a week. I've split it up for you to make it easier to plan your work. If you have any problems then please email me: aleach@queenelizabeths.com

Week 1

Activity 1 - Health and Social Care Settings

What is a health care setting?

What is a Social Care setting?

Complete the table below with examples of health care settings and social care settings:

Health Care Settings	Social Care Settings

Week 2

Activity 2 - What are hazards and risks?

Watch the video and answer the following questions:

<https://www.youtube.com/watch?v=ToaVW4nSdBA>

What's the difference between a hazard and a risk?

A hazard is.....

A risk is.....

Write down some examples from the videos of different risks and hazards. Can you think of any of your own?

Here are some Games you can play, to identify some hazards (a little easy but it will give you an idea): <http://www.essex-fire.gov.uk/homesafety/>

Week 3

Activity 3 - Identifying hazards

1. In the picture below find the hazards and record them in the table.
2. What is the risk associated with the hazard? *Write your answers in the table*



[illegible]

Week 4

Activity 4 - Understand the Job: Different Ways People Communicate Feelings

Effective communication is vital in health and social care.

Did you know? Care work is all about feelings. As care workers, we need to pay close attention to how the person we are caring for is feeling – particularly when that person can't tell us in words.

Human beings express their feelings in lots of different ways. **Facial expressions** are one of the most important. We can often tell how someone we know well is feeling just by looking at their face. With people we don't know well, it's harder and we should be careful not to jump to conclusions. What are they feeling? Look at these people. What do you think they are feeling? What is it about their face that makes you think this?



Week 5

Activity 5 - Special Methods of Communication

Practitioners working in health, social care and early years settings have many different interactions with individuals who have a diverse range of needs. Knowledge of specialist communications and how to use these may at times be required to enable effective interactions. Two important methods are Braille and British sign language.

- 1) Can you make your name in Braille?

BRAILLE 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	
.	,	?	!	'	-	CAPITAL	#	0
1	2	3	4	5	6	7	8	9






Make your name in Braille


○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○

- 2) **Sign language** is another special method of communication - research the British Sign language and learn to spell your name?
- 3) Can you introduce yourself in British sign language? Here's a clip to help: <https://www.youtube.com/watch?v=dPRHENBO5ag>
- 4) Can you learn to spell the alphabet in British sign language?

BRITISH SIGN LANGUAGE - GREETINGS





 **british-sign.co.uk** ONLINE COURSE - Learn BSL online from the comfort of your home or office.

Week 6

Activity 6 - Qualities of a Care Worker

Research the important qualities that are needed to be a care worker. Complete the table below. It is important that care workers are able to apply their qualities within their job role. Can you think of any examples where you might see these qualities being used in different types of settings - **health care settings** eg GP or hospital, **social care settings** such as a care home or supported housing for people with learning disabilities. Finally **early years settings** such as a nursery or a child minders.

[illegible]

Activity 7- Research a career in Health care, social care or early years.

Create an A4 poster about a career in health care, social care or early years care that you are interested in. Here are some questions to help:

What is the job title?

What does the job involve?

What is the qualification route - start with GCSE's.....?

What is the salary?

Can you progress within the career?

Can you give some fun facts?

Here are some websites that may help with your research:

<https://www.medicalmavericks.co.uk/>

<https://nationalcareers.service.gov.uk/>

<https://www.prospects.ac.uk/>

I hope you've enjoyed your first experience of Health and Social Care
I look forward to meeting you all in September

