

# GET READY TO STUDY HEALTH AND SOCIAL CARE

If you are planning to study Health and Social Care with us in September, please review this document and complete the required activities. Please bring the completed activities with you at induction.

## FAQ

### **What specification will I study?**

You will be studying OCR Cambridge Technical Extended Certificate in Health and Social Care.

- In Year 12 you will develop your understanding of building positive relationships in Health and Social Care. You will also study Equality, Diversity and Rights in Health and social care and Health safety and security in health and social care.
- In Year 13 you will study Anatomy and Physiology, how to support people with mental health conditions and develop your understanding of public health issues in society.

Health and Social care is assessed through a mixture of coursework and examinations. The exams are split across the 2 years, with the opportunity to sit exams in both January and May.

### **How many lessons will I have a week?**

- You'll have 4 lessons a week, each lesson is 1 hours and 5 minutes

### **Who can I contact if I have a question about this subject?**

- Katie Wood, [k.wood@barnsley.ac.uk](mailto:k.wood@barnsley.ac.uk)
- Humairaa Rajub, [h.rajub@barnsley.ac.uk](mailto:h.rajub@barnsley.ac.uk)

## **What subjects go well with Health and Social Care?**

- Psychology, Sociology, Biology, English Language, English Literature.

## **What grades should I have?**

We ask for a GCSE point score of 5 or above to study an A Level programme. This will include a 5 or above in English Language and Maths. A GCSE point score of between 4.75 and 5 will require a discussion with a Curriculum Manager.

# WHAT WILL I STUDY?

## **In Year 1, you will study the following topics:**

### *Unit 1 - Building Positive Relationships in Health and Social Care*

- This unit aims to introduce you to the many different relationships that they will encounter within the Health and Social Care sector, whether with colleagues, senior members of staff, other professionals within the sector and individuals who require care and support. You will apply communication and relationship building skills in a practical way, considering how different factors, including context, can impact on the building of positive relationships. You will also be introduced to the concept of the person-centred approach which will help with their relationship building.

### *Unit 2 - Equality, Diversity and Rights in Health and Social Care*

- This unit will help you to understand the implications of diversity on practice and also the effects of discriminatory practice on individuals who require care or support. You will also gain an appreciation of how legislation and national initiatives can support anti-discriminatory practice. Strategies used to promote equality, respect diversity and support individuals' rights will be examined. You will develop the ability to recognise both good practice, and discriminatory practice in care situations.

### *Unit 3 - Health, Safety and Security in Health and Social Care*

- This unit introduces you to health, safety and security in health and social care. You will acquire the necessary knowledge and skills to equip you in maintaining a safe working environment for yourself, your colleagues and individuals who require care and support. You will learn how legislation, policies and procedures work to reduce risks in health and social care and the consequences of not following them. You will also learn how to respond to different incidents and emergencies within health and social care settings.

## **In Year 2, you will study the following topics:**

### *Unit 4 – Anatomy and Physiology in Health and Social Care*

- In this unit, you will learn about the structure and function of some of the tissues, organs and bodily systems that enable healthy bodily processes to take place in a coordinated way. You will learn about some of the conditions that are the result of bodily parts malfunctioning.

### *Unit 17 – Supporting people with Mental Health Conditions*

- The aim of this unit is to enable you to support individuals with mental health conditions to plan their own care and support suitable to their needs. It does this through exploring the meaning of mental health and mental health needs, and considering issues closely linked with mental health promotion and support.

### *Unit 24 – Public Health*

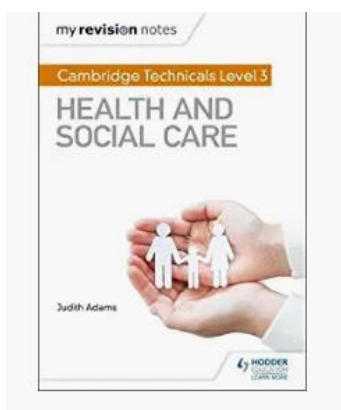
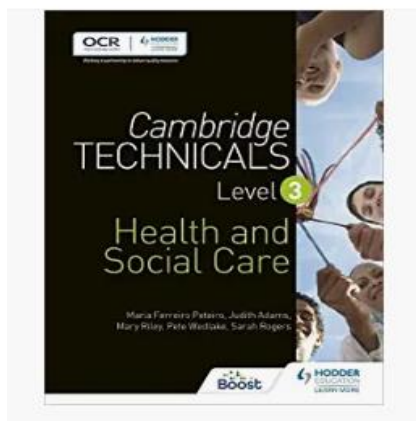
- Through this unit you will develop an understanding of the ways public health and wellbeing is promoted in order to benefit society as a whole and to reduce health inequalities. You will gain an understanding of current public health strategies and initiatives and consider the effectiveness and the implications of health policy for the wider population

# WHAT WILL I NEED?

To study the course you will need the following equipment:





- A folder with dividers
- Lined paper
- Pens and pencils
- Highlighters
- Mini whiteboard and a whiteboard pen

We recommend all students buy one textbook. Financial support is available for those who are eligible. Both can be found on Amazon.



# FIND OUT MORE

These activities are to help broaden your understanding of the subject in preparation for studying this subject at an advanced level.

Careers	<p><a href="#">We are allied health professionals   Health Careers</a></p>  <p><a href="#">Health Careers  </a></p>  <p><a href="#">Job roles in social care (skillsforcare.org.uk)</a></p> 
Documentaries to Watch	<p><a href="#">24 Hours in A&amp;E - All 4 (channel4.com)</a></p>  <p><a href="#">999: What's Your Emergency?: Series 2 Episode 3 - All 4 (channel4.com)</a> – Series 2, episode 3.</p>

	
Further Reading / Useful websites	<p data-bbox="644 450 1270 477"><a href="http://www.gov.uk">Equality Act 2010: guidance - GOV.UK (www.gov.uk)</a></p>  <p data-bbox="644 808 1134 835"><a href="http://www.nhs.uk">Mental Capacity Act - NHS (www.nhs.uk)</a></p> 

# REQUIRED ACTIVITIES

It is important that all the required activities are completed in preparation for starting your course. Please bring these completed activities with you at induction.

Choosing your A Levels can be a challenge for some learners therefore if you are undecided around which subjects you are planning to study completing these activities will give yourself greater insight into the course to help ensure you have made the right choice.

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## *Health and Social Care Activity – Settings*

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Please read the instructions and complete the activities.

Email [k.wood@barnsley.ac.uk](mailto:k.wood@barnsley.ac.uk) if you have any questions

You should spend around 1 hour on these activities.

### Task 1

To be successful on this course you need a good understanding of different health and social care settings. Settings include –

- Hospitals
- Care Homes
- Nurseries
- Day care centres for adults
- Respite care
- Children's home
- Hospice
- GP surgery

Choose **2** settings from the list above. Use the internet to find information on the 2 settings chosen and complete the activity below.

Setting one \_\_\_\_\_

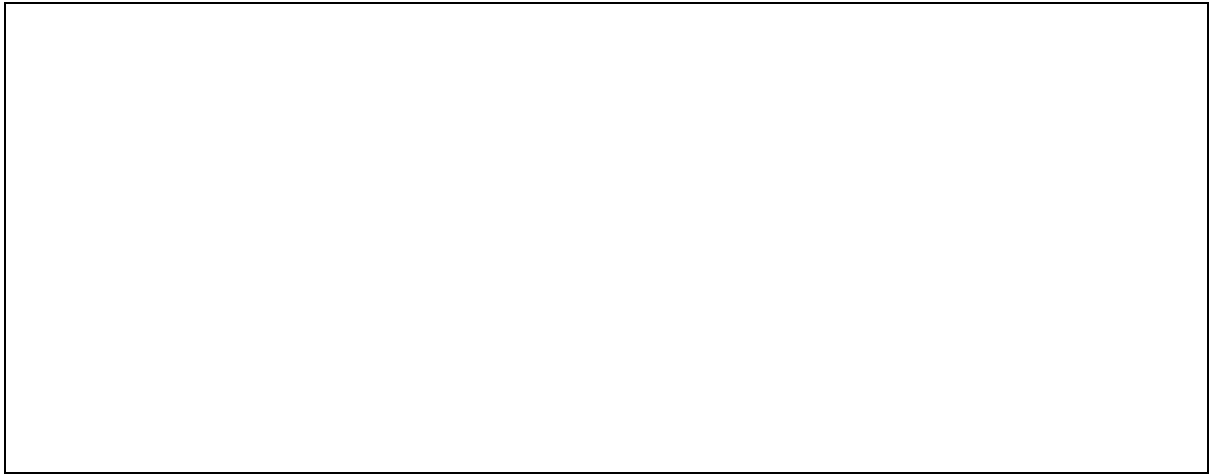
Who works in this setting? Provide a brief outline of what their job role is.

How does the setting help people?

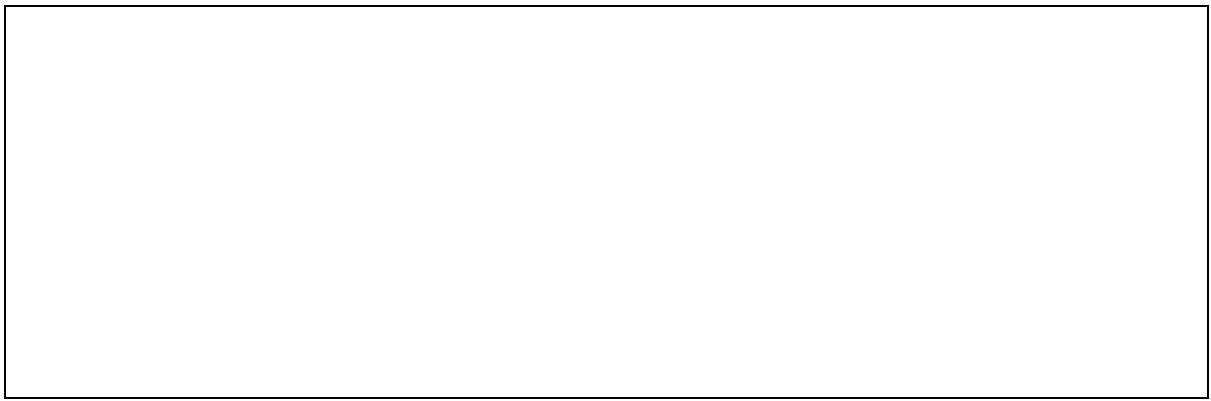
Who uses the services?

Setting two - \_\_\_\_\_

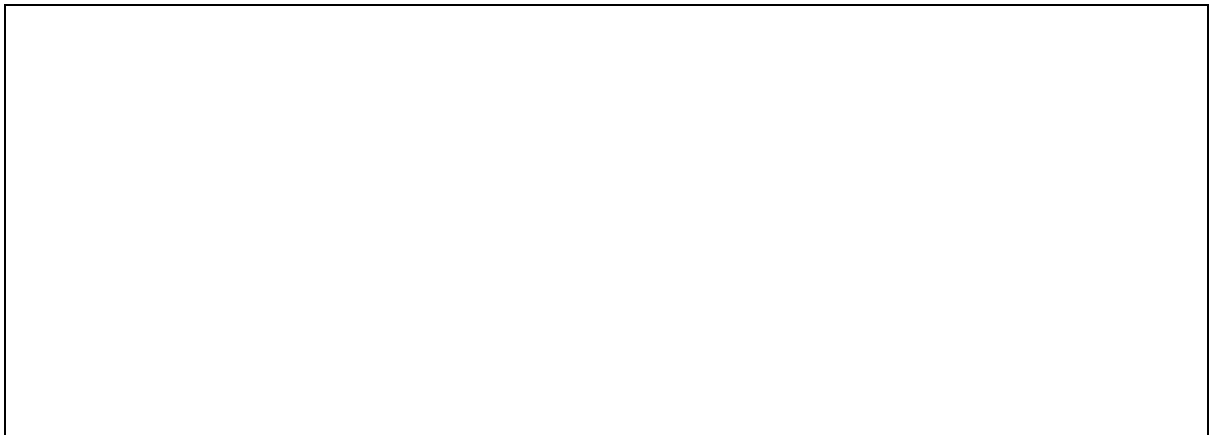
Who works in this setting? Provide a brief outline of what their job role is.



How does the setting help people?



Who uses the services?





## Task 2

Health and social care services can also be provided in the community. For example, someone may need a carer to come to their home to support them with preparing meals.

Use the internet to find out about 3 forms of care identified.

Complete the activity below.

Type of care	Briefly outline the job role	Who might need this type of support?
1. Home visits from Midwives and Health Visitors		
2. Home visits from Occupational therapists		
3. Home visits from social workers.		

# Practitioners in Health and Social Care

Use the internet to gather research and complete the table below. This activity will help you to develop your understanding of the different job roles in health and social care. Email [k.wood@barnsley.ac.uk](mailto:k.wood@barnsley.ac.uk) if you have any questions.

Practitioner	Where do these practitioners work?	Who do they support and what do they do to support people? What tasks do they do?
GP		
Mental Health Nurse		
Social Worker		
Children's nurse		
Midwife		
Paramedic		
Occupational Therapist		
Counsellor		
Health Visitor		
Speech and Language therapist		
Dietitian		
Health Care Assistant		
Physiotherapist		
Radiologist		

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