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Health and Social Care

1. View our courses [here](#)
2. Exam board specification: <https://www.ocr.org.uk/Images/260585-cambridge-technical-health-and-social-care-summary-brochure.pdf>
3. Suggested reading list, websites, pod casts, films etc.

Course textbook: https://www.amazon.co.uk/Cambridge-Technical-Level-Health-Social/dp/1471874761/ref=sr_1_2?crid=2IBWGCI2V6PUP&dchild=1&keywords=ocr+cambridge+technical+level+3+health+and+social+care&qid=1587568300&srefix=ocr+cambridge+technical%2Caps%2C176&sr=8-2

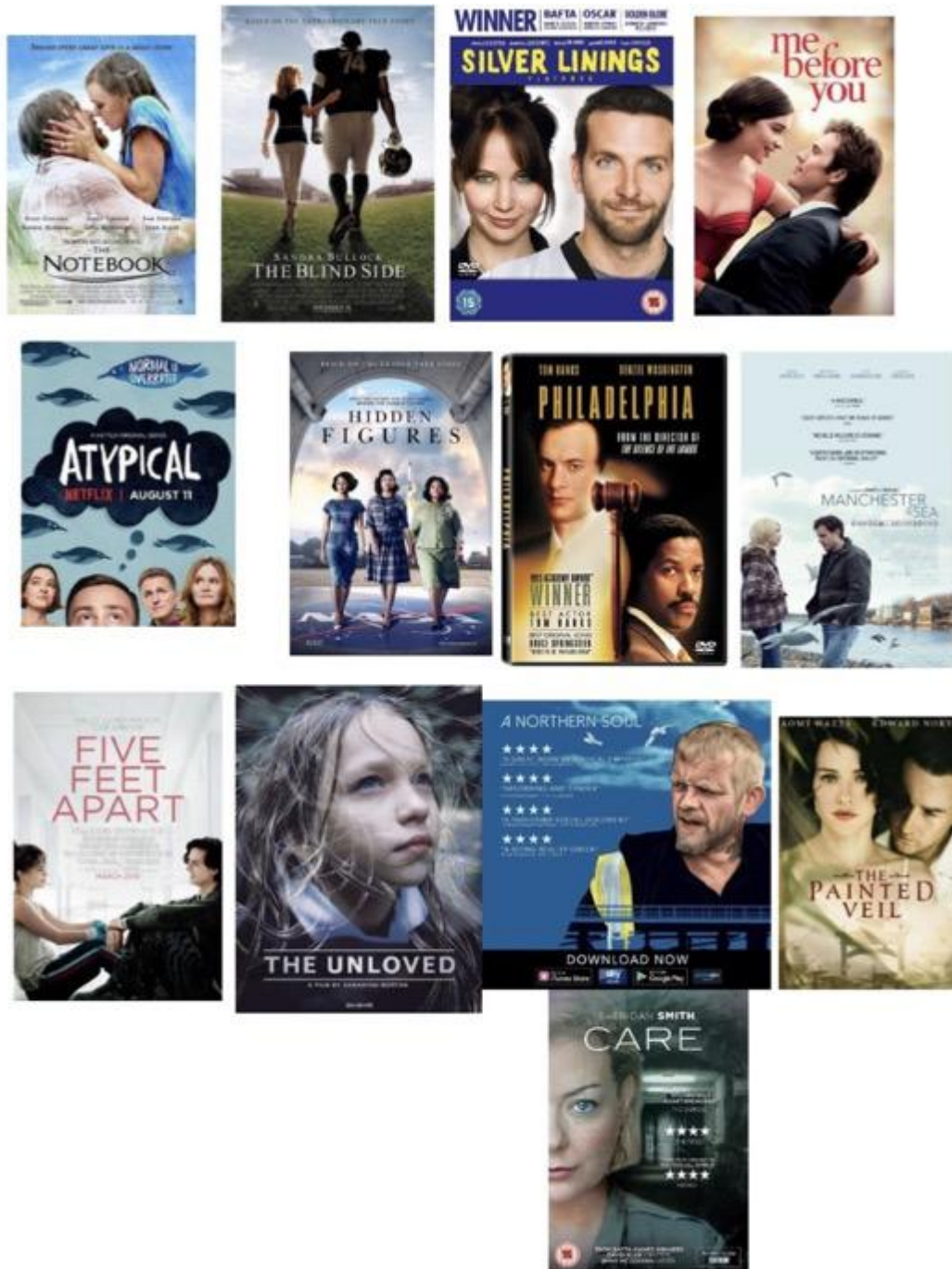
Course revision guide: https://www.amazon.co.uk/My-Revision-Notes-Cambridge-Technical/dp/1510442308/ref=sr_1_1?crid=2IBWGCI2V6PUP&dchild=1&keywords=ocr+camb+ridge+technical+level+3+health+and+social+care&qid=1587568320&srefix=ocr+cambridge+t+echnical%2Caps%2C176&sr=8-1



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FILMS



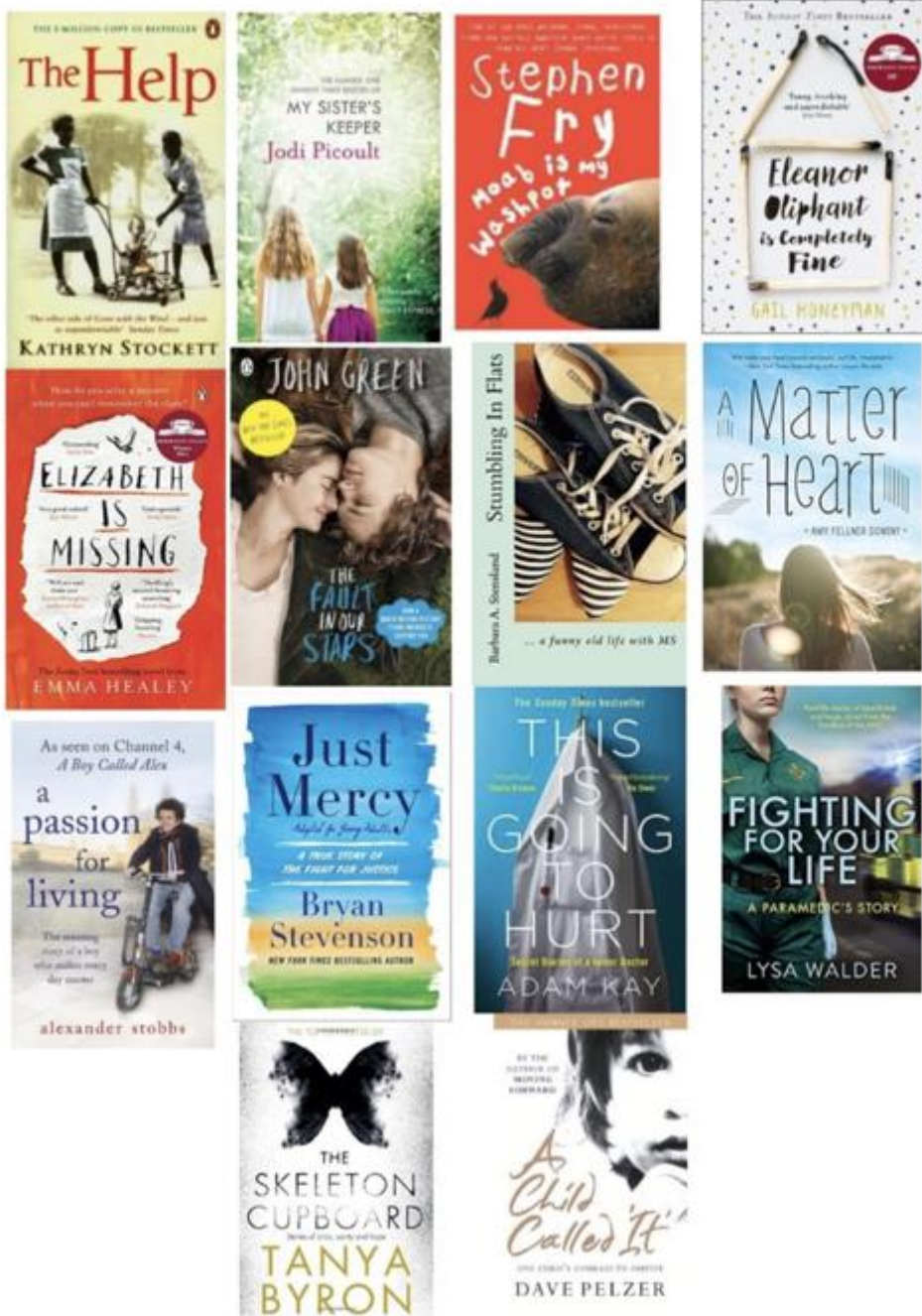


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BOOKS

BOOKS

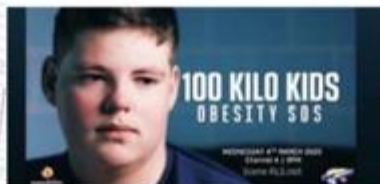
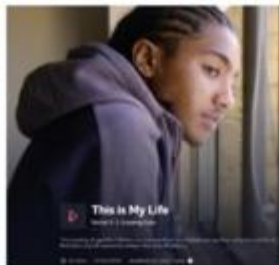




DOCUMENTARIES



- Britain's Toxic Air Scandal
- Born on the breadline
- Breast feeding uncovered
- Britain's Benefit crisis and Benefits Britain: Universal Credit
- The truth about your pay
- Wasting away
- Crisis on the wards
- How the rich live longer



Born to be different channel 4



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TV SHOWS

TV SHOWS



- Panorama 1 Player**
- Crisis in Care
 - Undercover hospital abuse
 - Failed by the NHS Callie's Story
 - Three Girls
 - Britain's Drink Problem





4. A summer learning activity/task

8 tasks to get you thinking and give you a taste of some of the units you will may be studying!

1. Building positive relationships in health and social care

Professional relationships are paramount to the delivery of safe and effective care and support and an understanding of these relationships, and how they are formed, is essential if you are considering pursuing a career in the health and social care sector

TASK: Discover how many different professionals a GP might have to interact with.

You should:

- List the professionals
- Briefly describe each job e.g. a Phlebotomist is a professional who...
- Explain the link between the GP and the professional e.g. A GP would work with a Phlebotomist when...

2. Equality, diversity and rights in health and social care

Everyone is different and everyone has rights. Promoting equality and respecting diversity and rights in health, social care and childcare environments is essential in today's very diverse society. Many individuals who use health, social care or childcare environments can be vulnerable and dependent on others; this means that practitioners' attitudes, values and prejudices can significantly affect the quality of care, individuals who require care or support experience.

TASK: "Everyone has Rights" but what are they? Use the Citizens Advice Bureau website to find out more.

You should:

- Choose 10 of the 30 links <https://www.citizensadvice.org.uk/health/nhs-healthcare/nhs-patients-rights/>
- Write a description of the 10 that you have chosen.

3. Health, safety and security in health and social care

What does it mean to be 'safe'? Safety and being safe is a basic human need. Consciously or subconsciously we all take practical steps to stay safe. All individuals have the right to work in a safe environment and individuals who require care or support also have a right to be safe in health and social care contexts. As a result, there are responsibilities that practitioners must actively promote in order to provide and maintain a safe environment for colleagues and the individuals who require care and support.

TASK: Read the following case study and explain what First Aid considerations need to be put in place.



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You should:

- Read the Case study below
- Write a list of things you think need to be in place in case of a first aid issue.
- Then check the HSE case studies document to see a summary of what they suggested. <https://www.hse.gov.uk/pubns/casestudy9.pdf> page 5
- Now create a second list including the things they mentioned – make sure you research anything you're not sure about. Is there anything you are surprised wasn't included?

CASE STUDY - Nursing home

A nursing home employs 26 staff and has 30 residents with good access to the emergency services. Typically, the workforce experience minor cuts, sprains and burns. There is at least one nurse, and there are four care assistants, a cleaner and two catering staff, on duty at any one time. The residents either suffer from dementia or have serious mobility, respiratory and cardiovascular conditions. For employees, the environment could be considered low-hazard. However, the age and disabilities of the residents means they should be considered in the needs assessment. For example, staff may have to manage situations where individuals suffer from a sudden collapse and require urgent medical intervention.

4. Anatomy and physiology for health and social care

We eat, we breathe, and we control our bodies, as well as responding to the external environment, but why and how? Organs and body systems interact to ensure that the body can provide the conditions necessary for thought, co-ordination, movement and growth. Unfortunately, things do go wrong, and each system has well-known diseases and disorders. Also, as individuals grow older, they are likely to be affected by malfunctions as a result of degeneration.

TASK: Carry out research on Coronary Heart Disease, create a factfile to show your findings.

You should include

- Symptoms
- Causes
- Diagnosis
- Treatment

**Diagrams should be included where relevant*



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5. Infection control

Infection and disease can kill; the human body is constantly exposed to vast amounts of germs, micro-organisms and disease. Infection control is of paramount importance in settings such as hospitals and residential homes, but equally it must be maintained when care is provided in other settings.

TASK: Produce a report on how 'social distancing' can 'flatten the curve' of Covid-19

You should

- Use reliable sources e.g. BMJ as well as one's that explain things well e.g. Washington Post and NHS/ department of health articles. Add a bibliography to show your range.
- Explain HOW this will help our health service and health professionals.

6. Personalisation and a person-centred approach to care

Freedom of choice is important to us all and is something we exercise on a daily basis. All individuals should now be equal partners in the planning and delivery of their care. Health and social care professionals aim to empower individuals who require care, and their families, to have the maximum choice and control over the services they receive.

TASK: Examine the diagram below; The House of Care. Explain what all the parts mean and how doing these things lead to a more 'person-centred approach' to care

You should:

- Use the following document for help
<https://www.england.nhs.uk/wp-content/uploads/2016/04/core-info-care-support-planning-1.pdf>
- Make sure you understand each word/phrase e.g. 'partnership working'





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7. Safeguarding

Safeguarding is everyone's business. People who require care and support are often at the forefront of media exposés about abuse, exploitation and neglect. As practitioners in the health and social care sector we must all be aware of safeguarding. Protecting people from harm is a core role for all workers in the health and social care sector.

TASK: Look into a case where abuse, exploitation or neglect occurred in a health or social care setting.

You should:

- Find a case study that has been in the news. You can find your own but if you struggle you can use one of the following:
 - Staffordshire Hospital care scandal
 - Winterbourne View care home
 - Castlebeck care home
- Find out What happened
- Discuss why you think it happened
- Find out what things have been put in place to stop scandals like this in the future. For example <https://www.england.nhs.uk/wp-content/uploads/2014/11/transforming-commissioning-services.pdf>

8. The Portrayal of COVID 19 and the NHS Within the Media A contemporary issue

It is important to make the public realise about the issues which are prevailing in society relating to health and social care. 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.

There has been a lot of media coverage regarding COVID 19 and the strain on the NHS.

Please watch the following videos:

<https://www.bbc.co.uk/programmes/w3ct0s1d>

<https://www.youtube.com/watch?v=jdDI2g7F4tU>

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

<https://www.youtube.com/watch?v=6P7zkVLbxWc>

<https://www.youtube.com/watch?v=BS0PhRAx2W8>



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In your opinion how do you think the media has portrayed the NHS throughout this pandemic? (positive or negative/ why?)

What difficulties have the NHS faced?