

Getting Ready For <i>Health and Social Care</i>		
<b>Your Name:</b>		
CAMTEC Level 3 Health and Social Care Certificate	Introduction to Year 1 Health and Social Care	Summer 2023

**We are delighted you have chosen to study Health and Social Care at Haywards Heath College.**

**Instructions:** This pack will help you make the best possible start to studying this subject.

In this pack you will find:

1. Information about the course assessments
2. Resources of interest
3. A guide to the first year
4. Tasks to complete and bring to your first lesson.

The tasks in this pack:

- should take you **about 4 hours to complete.**
- are also available on the internet – follow the links in the document.

**If you need help:** The tasks are designed to get a bit more difficult as you work through them as they are preparing you for studying at a higher level and to become an effective independent learner. You should try to get as far as you can working on your own but if you do need help, please email us at [info@haywardsheath.ac.uk](mailto:info@haywardsheath.ac.uk) telling us which Getting Ready For pack you are working on and what help you need. Help is available throughout the summer holidays.

Skills Focus for this Getting Ready for Pack	
Researching Independent Learning Problem Solving Presentation	Written communication Note Taking Analysing Interpretation

## Year 1:

<u>Assessment Type</u>	<u>Date</u>	<u>Location</u>
Getting Ready For Pack	September 2023	FF23 – Health and Social Care Classroom
FPP1 – College Assessment	October 2023	FF23 – Health and Social Care Classroom
FPP2 - College Assessment	December 2023	FF23 – Health and Social Care Classroom
Unit 1 Internal Assessment – Building Positive Relationships	September 2023 until December 2023	Coursework – to be electronically submitted via Microsoft Teams
Unit 2 External Assessment – Equality, Diversity and Rights	January 2024	Exam – Sports Hall
Unit 3 External Assessment – Health, Safeguarding and Security	May 2024	Exam – Sports Hall

Your course will be assessed by combining the points you gain over all Units, to give you an overall grade. The equivalent A level grades:

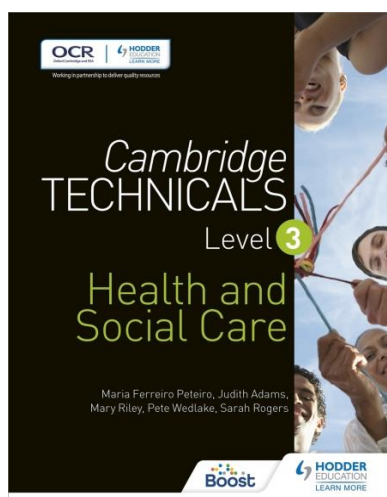
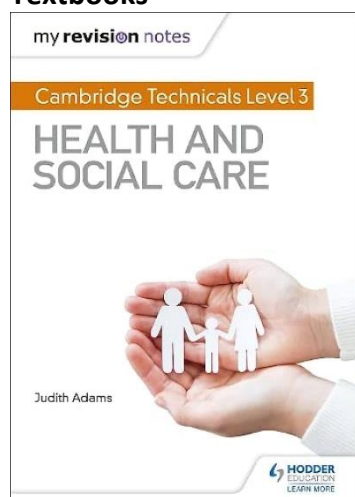
**Pass** - Grade E

**Merit** - Grade C

**Distinction** - Grade A

*You must Pass every unit in order to gain a Pass overall.*

## Textbooks



I recommend buying your own textbooks as this will aid you in your coursework and revision for exams. The revision guide (orange title) is particularly useful for our exam units as it goes into detail and provides revision activities and exam questions. We will have some available in the classroom, however you will not be able to take these home with you.

### A Guide to the First Year

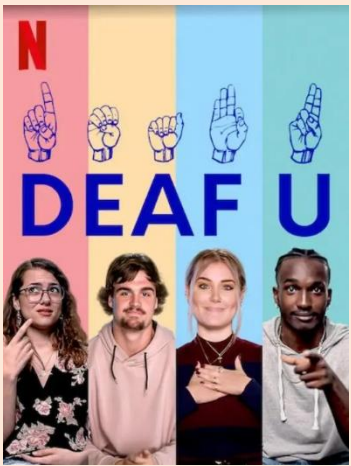
<p><b>Unit 1 - Building Positive Relationships</b></p>	<p>Professional relationships are paramount to the delivery of safe and effective care and support and an understanding of these relationships, and how they are formed, is essential if you are considering pursuing a career in the health and social care sector. This unit aims to introduce you to the many different relationships that you will encounter within the health and social care sector. By doing this unit you will apply communication and relationship building skills in a practical way, considering how different factors 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 your relationship building skills.</p>
<p><b>Unit 2 - Equality, Diversity and Rights</b></p>	<p>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, and prejudices can significantly affect the quality of care they provide. This unit will help you to understand the effects of discriminatory practice on individuals who require care or support. You will also examine the strategies used to promote equality and diversity. This will develop your judgement and decision-making skills and will provide you with knowledge on how to promote the equality, diversity, and rights of individuals in care settings.</p>
<p><b>Unit 3 - Health, Safeguarding and Security</b></p>	<p>Safety and being safe is a basic human need. 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. This unit introduces you to health, safety and security in health and social care. You will learn how to reduce risks in health and social care and the consequences of not following vital laws and regulations. You will also learn how to respond to different incidents and emergencies within health and social care settings.</p>

### A Guide to the Second Year

<p><b>Unit 4 – Anatomy and Physiology</b></p>	<p>This unit aims to introduce you to the basic structure and functions of the body systems involved in everyday activities and maintenance of health, including cardiovascular, respiratory, and digestive systems. You will also understand the part played by organs such as the pancreas, liver, and</p>
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	kidney. You will investigate the systems and organs involved in detecting and responding to change such as the nervous system as well as the eyes and ears.
<b>Unit 17 – Supporting People with Mental Health Conditions</b>	Despite the prevalence of mental health disorders in the population, there remain many barriers to inclusion for individuals who live with a mental illness. The aim of this unit is to enable you to support individuals with mental health conditions to plan their care and support suitable to their needs. The unit introduces themes of inclusion, human rights, and empowerment. It will teach you about the main types of mental health conditions, how these may affect the life of the individual, and different ways that the person may be supported to promote their mental well-being.
<b>Unit 24 – Public Health</b>	Health and wellbeing extends further than the individual and the implication of poor health has wider impacts on a community, area and even the country. Public health is concerned with protecting and improving the health of the population, rather than focusing on the health of the individual. 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.

### Documentaries and Films

	<p><b>Unit 1 – Building Positive Relationships</b></p> <p><b>Deaf U</b></p> <p>A tight-knit group of deaf students at Gallaudet University navigate the high, lows, and hook-ups of college life together; their stories offer an unprecedented, unfiltered, and often unexpected look inside the deaf community.</p> <p><b>Available on Netflix.</b></p>
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**Unit 1 – Building Positive Relationships**

**Ambulance**

Following the work of ambulance services around the UK, 'Ambulance' is a documentary series that delves into the dilemmas and pressures that British ambulance services face on a daily basis. With the ambulance service being overburdened with calls, the cameras capture the cases from the initial first call to the arrival of the ambulance to what happens after.

**Available on BBC iPlayer.**



**The Black Maternity Scandal**

**Unit 2 – Equality, Diversity and Rights**

**The Black Maternity Scandal: Dispatches**

Presenter Rochelle Humes explores the shocking fact that Black women are four times more likely than White women to die during pregnancy and childbirth.

**Available on Channel 4 On Demand.**



**Unit 2 – Equality, Diversity and Rights**

**A Special School**

For the first time, cameras capture the reality of life in Britain's biggest special school, pushing boundaries and challenging misconceptions. This observational documentary shows what is possible when boundaries are pushed while educating children and young people with additional learning and physical needs.

**Available on BBC iPlayer.**





**Unit 3 – Health, Safeguarding and Security**

**Undercover Hospital: Patients at Risk**

A Panorama undercover investigation has found evidence that a secure NHS psychiatric hospital is failing to protect some of its vulnerable patients. Secret filming reveals evidence of a toxic staff culture, patients being taunted and bullied, inappropriate use of restraint and falsification of important medical paperwork. Experts who have reviewed Panorama's findings have questioned the hospital's safety, saying the evidence suggests its core therapeutic mission is being corrupted. *Some scenes may be distressing, viewer discretion is advised.*

**Available on BBC iPlayer.**



**Unit 3 – Health, Safeguarding and Security**

**Maternity Scandal: Fighting for the Truth**

It's one of the biggest scandals in the history of the NHS - many babies died whilst others were left with life-changing injuries following repeated failures in maternity care at hospitals in Shropshire. Reporting for Panorama, the BBC's Michael Buchanan who first investigated the extent of this hidden tragedy, meets families who have never spoken out before and former insiders who describe a culture that contributed to the truth being buried for so long. *Some scenes may be distressing, viewer discretion is advised.*

**Available on YouTube.**

This independent work will take **approximately 4 hours to complete**. I will collect this in your first lesson. Please print this off ready for me to mark with a PASS / FAIL grade. Any issues or questions please send me an email – [bearde@haywardsheath.ac.uk](mailto:bearde@haywardsheath.ac.uk)

**ALL UNITS**

Before starting the course, you must have a good understanding of key vocabulary which you will be required to use in your coursework. For each keyword, write the definition. Ensure you are relating them to health and social care.

Key Term	Definition
Health and Social Care Advocate	
Service User	
Discrimination	
Legislation	
Professional	
Practitioner	
Person-Centred Care	

Reflective Practice	
Care Quality Commission	
Safeguarding	
Whistleblowing	

You must also have a good understanding of the 6 C's of the NHS throughout the course. Using the internet, find out what the 6 C's of the NHS are, and explain what each of them mean.

C's of the NHS	Meaning
C	
C	
C	
C	
C	
C	

### **Unit 1 – Building Positive Relationships**

Follow the link and complete the NHS Careers Quiz. Write up the roles and responsibilities of two different professionals within the NHS. It is vital you have a sound understanding of the responsibilities of health and social care professionals in preparation for your coursework.

Link:	Role and Responsibilities
<a href="https://www.healthcareers.nhs.uk/findyourcareer">https://www.healthcareers.nhs.uk/findyourcareer</a>	
<b>Professional 1</b>	
<b>Professional 2</b>	

Read through the following case studies. Explain how the professional can ensure the service user understands them and feels comfortable throughout the interaction. Aim for two different ways a professional can ensure this. You will be required to analyse case studies throughout the two-year course.

Case Studies	Explain one way the professional can ensure the service user understands them and feels comfortable.	Explain a second way the professional can ensure the service user understands them and feels comfortable.
Sophie has come into the hospital to receive an		

<p>update on her cancer diagnosis. Sophie was born deaf and has come to the hospital on her own. Sophie is experiencing anxiety and is concerned she won't be able to understand what the doctor has to say.</p>		
<p>Alistair has autism. He is starting college and feels nervous about meeting new classmates and teachers. He can find loud classes upsetting and struggles to adapt to new routines. He is meeting with his tutor to discuss how they can support him, but he can find it difficult to communicate as he is non-verbal.</p>		



**Unit 2 – Equality, Diversity and Rights**

Using the Equality and Human Rights Commission website, create a poster using the box below, on the different types of discrimination, protected characteristics and Human Rights. The following links may be useful:

<https://www.equalityhumanrights.com/en/advice-and-guidance/what-discrimination>

<https://www.equalityhumanrights.com/en/equality-act/protected-characteristics>

<https://www.equalityhumanrights.com/en/human-rights/human-rights-act>

A large, empty rectangular box with a thin black border, intended for students to create a poster based on the provided information and links.

**Unit 3 – Health, Safeguarding and Security**

It is important you understand how abuse can occur within health and social care settings. Using the internet, research a recent case of abuse that has occurred within the health and social care sector. Answer the following questions:

1. What type of abuse occurred?
2. How did this impact the victim(s)?
3. Who was involved in the case and how?
4. What was the outcome of the case?

**ALL UNITS**

It is key that you recognise how your own experiences and attributes will contribute to your success on the course. This is especially important when going out on placements. Write a minimum of 400 words about why you want to study Health and Social Care and what you can contribute to our cohort. You can use the following sentence starters to help:

I want to study Health and Social Care because ... (include career aspirations)

I have experience / knowledge that will help me with my Health and Social Care studies such as... (work experience, babysitting or childcare experience, voluntary work, part time employment, experience of caring in your family, related GCSEs or other L2 courses)

My personal attributes include... (consider what is important for someone interested in health or social care e.g., empathy, understanding...)