

Health and Social Care

Essential Work



Health and Social Care is a vocational subject offering you an insight into one of the most important areas of work.

Interesting facts and figures

- The NHS in England employs 1.5 million people, making it one of the largest employers in the world
- There are around 150,000 full-time equivalent doctors, and over 300,000 nurses in the NHS
- In 2018 the social care sector employed 1.62 million people

What you will study:

Extended Certificate (equivalent to 1 A-Levels)

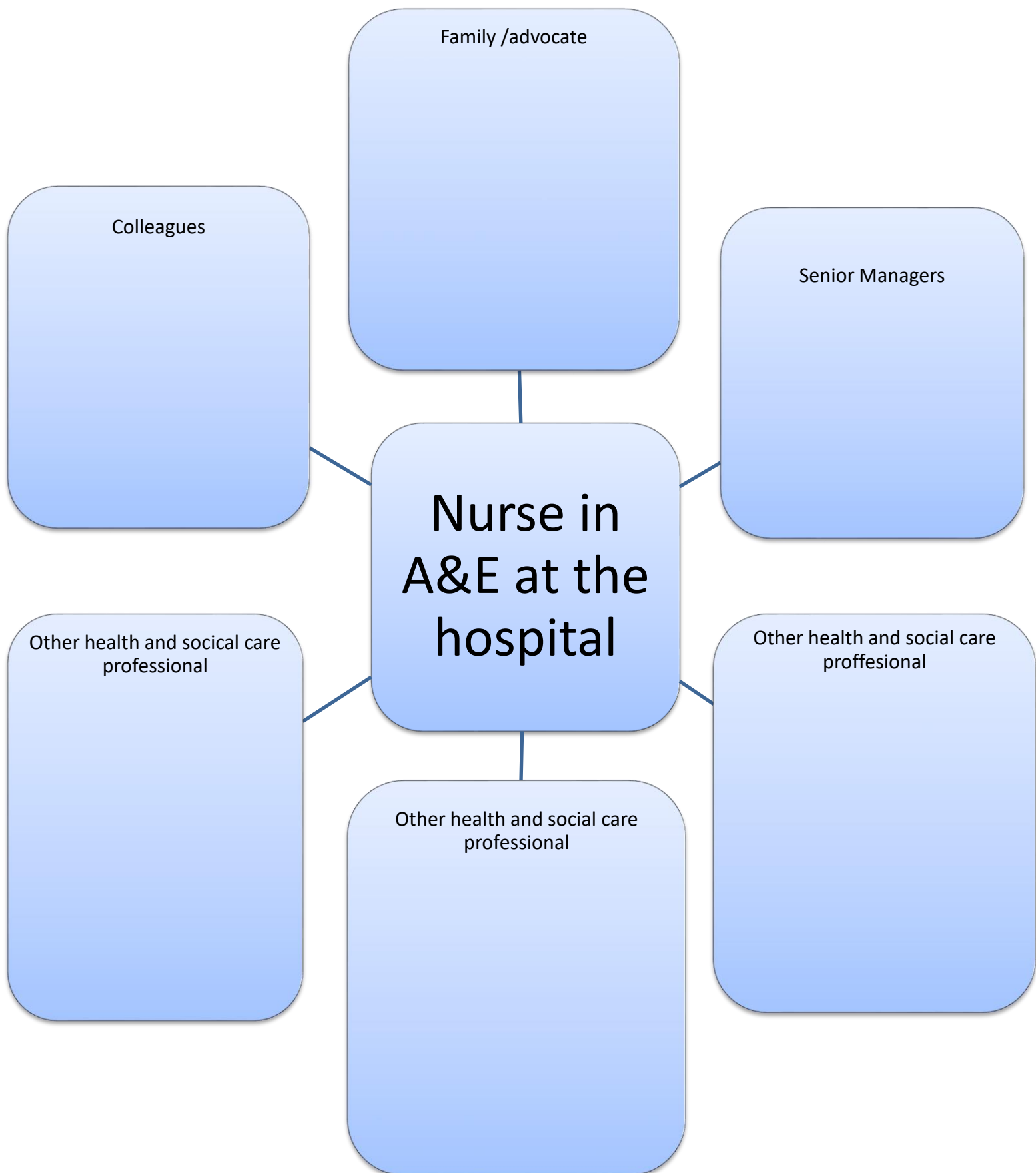
You will study the following units;

- Building positive relationships in health and social care
- Equality, diversity and rights in health and social care
- Health, safety and security in health and social care
- Anatomy and physiology for health and social care
- Supporting people with mental health conditions
- Sociology for health and social care

Diploma (equivalent to 2 A-levels)

You will study the following units;

- Building positive relationships in health and social care
- Equality, diversity and rights in health and social care
- Health, safety and security in health and social care
- Anatomy and physiology for health and social care
- Infection control
- Personalisation and a person-centred approach to care
- Safeguarding
- Promote positive behaviour
- Sexual health, reproduction and early development stages
- Supporting people with mental health conditions
- Caring for older people
- Sociology for health and social care



B Communication skills. When building positive relationships effective communication skills are vital. Explain what each of these skills involves.

Skill	Definition
Tone and pitch	
Pace	
Eye contact	
Facial expressions	
Gestures	
Volume	
Posture	

Imagine you are a nursery nurse working with young children. You are going to perform for them a popular children’s rhyme or song such as incy wincy spider, twinkle twinkle little star, 5 little ducks or even Peter Rabbit had a fly upon his nose (it can be any of your choice.)

- Firstly perform the song / rhyme using no communication skills whatsoever.
- Next perform the song/rhyme using the skills you have defined in your table

What difference does using communication skills have on your performance? Why do you think it is so important for professional such as nursery nurses to use effective communication skills?

GP behind closed doors <https://www.my5.tv/gps-behind-closed-doors>



Watch an episode of this program and analyse the strategies the doctors use to build up positive relationships with their patients and deliver the best possible care. Challenge explain the impact of the strategies. Consider;

- a) The verbal communication skills such as tone, pitch, pace, volume, choice of language/words
- b) The non-verbal communication skills such as eye contact, facial expressions, gestures and posture
- c) The management of environmental factors such as how they construct a supportive and positive environment

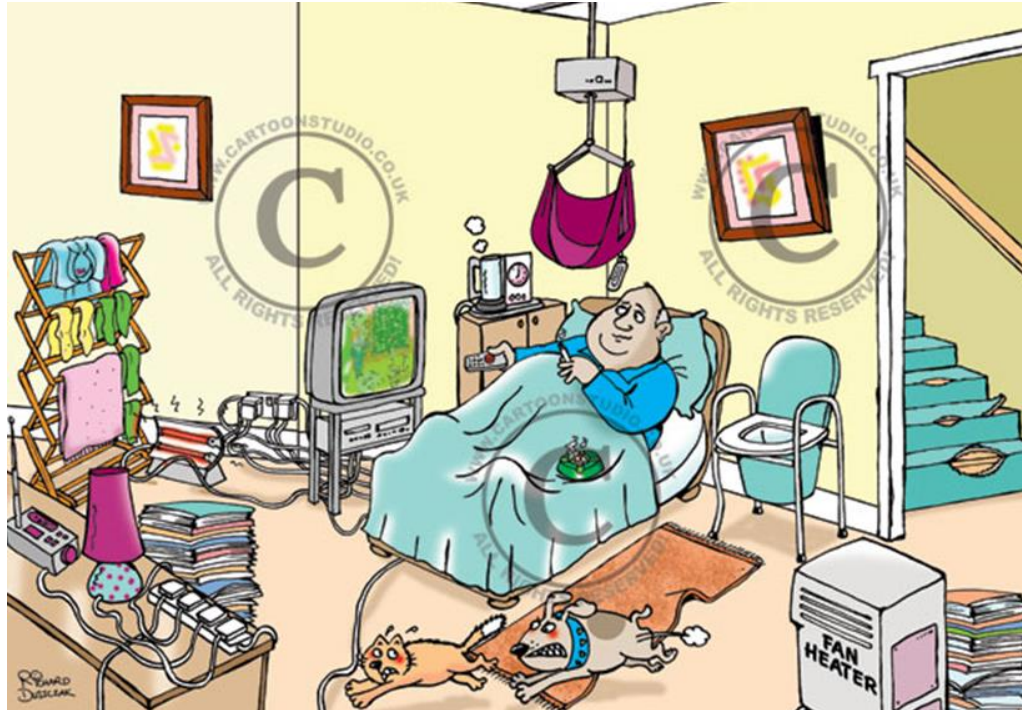
Category	Strategy	Impact
Verbal communication skills		
Non-verbal communication skills		
Environmental factors		

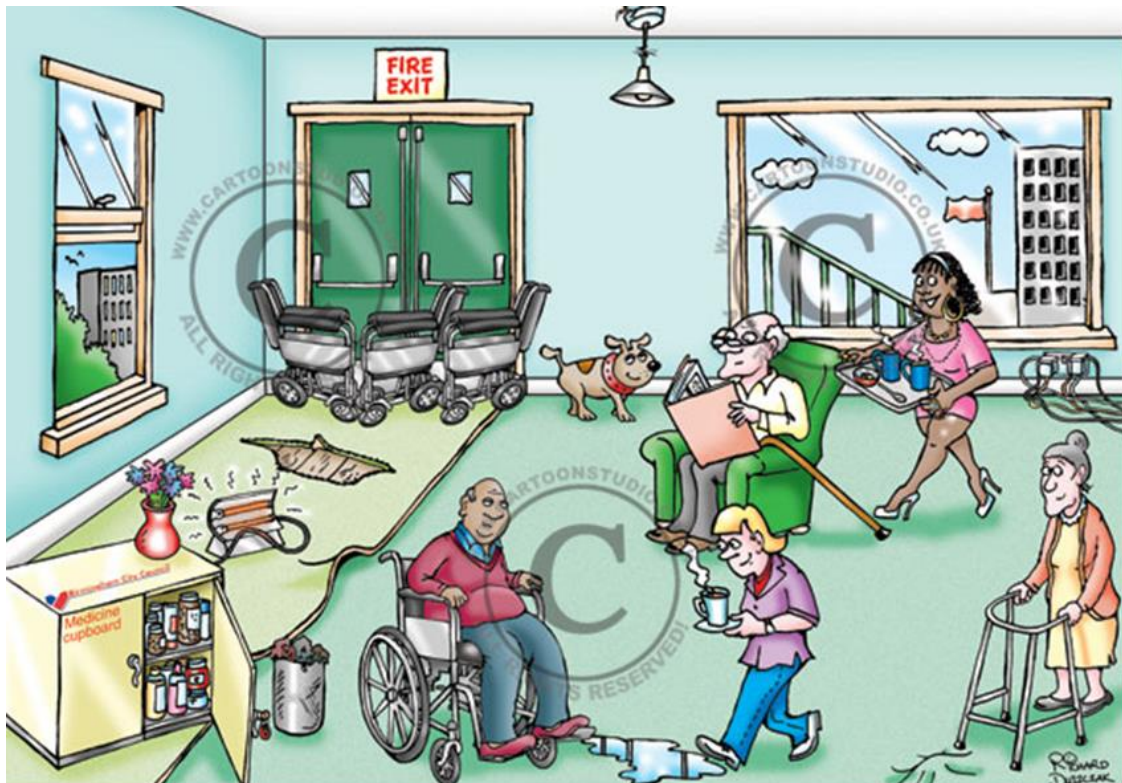
Unit 3 Health and Safety

Hazards are things which have the potential to cause harm. We study the hazards identified in this table. You have one example, add more.

Hazard	Definition	Examples
Environmental	Things in the area around you that may not have been maintained well	Slipping on a wet floor in a care home bathroom
Biological	Natural waste products and bodily fluids that can spread infections	Vomit from a child in a nursery play area
Chemical	Where there is the potential for exposure to Chemicals such as cleaning agents and medication	An unlocked medicine trolley in a hospital
Psychological	Things which has the potential to harm a person's mental health and well-being	Tiredness caused by high workload
Musculoskeletal	Things which have the potential to injure the musculoskeletal system and effect the body's movement	Moving heavy people in and out of bed without the winch/equipment
Working conditions and practices	Conditions refer to the environment a person is expected to work in. Practices include policies that particular workplaces put into place	People working double shifts when there are staff shortages in a hospital
Lack of security systems	Equipment and strategies to prevent unauthorised access or harm to the individuals receiving care the settings themselves and the equipment/resources within them.	Faulty smoke alarms in a crèche

Annotate the pictures below by identifying the hazards and where possible labelling which type of hazard it is.





Response to hazards

Once a hazard has caused harm and someone has become ill or injured a 1st aider will be called upon. Using the following link give advice to a new 1st aider what they would do in the following situation. www.sja.org.uk/get-advice/i-need-to-know/the-role-of-the-first-aid/

Three Children in a care home were making a meal for themselves and their care worker without supervision. One of the children cut themselves severely with a knife while chopping vegetables. Their friend turned to look and in shock dropped a pan of boiling water on the floor, which splashed up over their feet. When the 1st aider arrives what should they do?



Step 1

Step 2

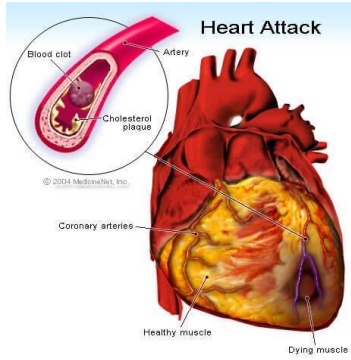
Step 3

Step 4

Unit 4 Anatomy and Physiology

True or False?

1. The human body's biggest organ is the skin
2. The adult human body has over 500 bones:
3. Baby girls are born with 2 millions eggs inside them:
4. The name of the substance that gives skin and hair its' colour is called Iron
5. The ribs are the bones around your chest that protect organs such as the heart
6. Eyes are usually the same size
7. It is estimated that the human body have 60,000 miles of blood vessels:
8. Men's hearts beat faster than women's
9. The appendix has no purpose in the human body:
10. You only need one kidney to stay alive and live a normal life:
11. 60% of The human body is made up of water:
12. It takes a maximum of 24hours for food to be fully digested:
13. Lungs can clean and heal themselves:



Produce a fact sheet on heart attacks www.nhs.uk/conditions/heart-attack/

Causes and risk factors

Symptoms

Diagnosis and Monitoring

Treatments

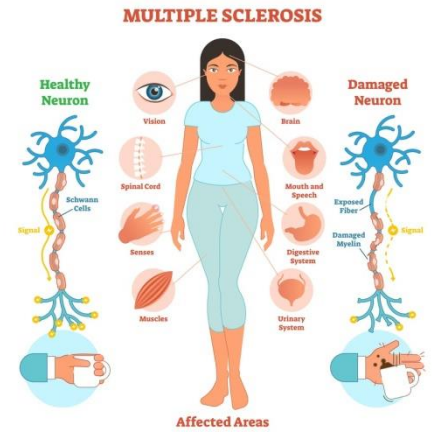
Effects: Challenge categorise them into physical, emotional, social

Multiple sclerosis

According to the NHS “Multiple sclerosis (MS) is a condition that can affect the brain and spinal cord, causing a wide range of potential symptoms, including problems with vision, arm or leg movement, sensation or balance. It's a lifelong condition that can sometimes cause serious disability, although it can occasionally be mild.

Produce a fact sheet on living with multiple sclerosis include:

1. Causes and risk factors
2. Signs and symptoms
3. Treatment and monitoring
4. Effects on individuals: challenge divide into PIES and compare between individuals



Unit 17 Supporting People with Mental Health Conditions

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. (WHO).

Quiz

1. How many people in the UK will experience a mental health problem each year?

One in 8 people one in 4 people one in 2 people

2. What proportion of people with severe mental health problems have been victims of crime in the previous year?

45% 28% 12%

3. How long do the majority of people with a mental health problem wait before telling their closest family and friends about it?

Over a year 7 months 2 months

4. What percentage of health problems are established by the age of 14

10% 25% 50%

5. Which of these UK prime ministers experience to mental health problems?

Tony Blair Margaret Thatcher Winston Churchill

6. Depression and anxiety of the most common mental health conditions

True False

7. Experiencing mental health conditions increases the risk of which long-lasting conditions

Heart disease Strokes Cancer All of the above

8. You can help someone experiencing a mental health condition by doing what

*Taking their mind off it Helping them access mental health services
Advising them to rest at home*

9. What percentage of people who commit suicide have a mental health condition?

30% 60% 90%

10. what proportion of people with mental health conditions say they have been dismissed or forced to resign from their jobs?

1/8 1/4 1/3 1/2

Types, causes, treatments, support and effects

Types of conditions

- a) depression and post-natal depression
- b) anxiety
- c) bipolar
- d) schizophrenia,
- e) psychosis
- f) obsessive-compulsive disorder
- g) phobias
- h) body dysmorphia
- i) eating disorders

Research 2 mental health conditions, using reputable sites eg. NHS and Mind.

- Describe the disorder?
- Explain the treatment options for the disorder?



