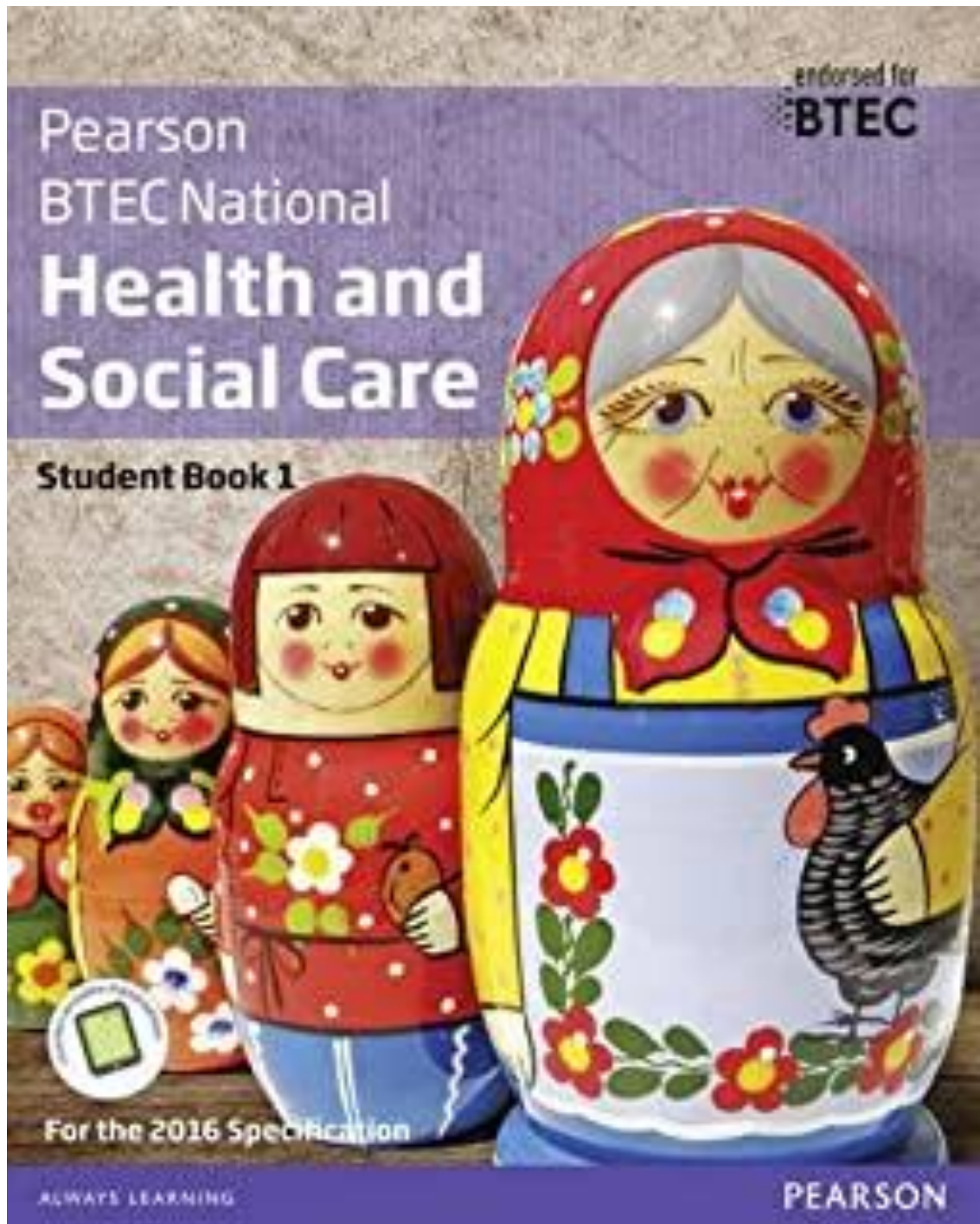


Level 3 BTEC Extended Certificate Health and Social Care



Bridging Resource Booklet

Name: _____



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Kimberley's Expectations

- When we have been through a theory lesson, I will expect that you will then make a start to your **assignments**.
- Each assignment is broken down into manageable tasks.
- **Our expectations are high and missing deadlines is not acceptable.**
- This resource will support you in the summer term to get yourself ready to study Level 3 Health and Social Care in September. It is aimed to be used by you to brush up your knowledge and develop your skills further in preparation.

What will I be studying?

This course allows you an insight in the many roles available within health and social care from nurses to social workers to child care assistants and beyond they have many key features that we shall explore and apply. You will be studying a range of units which will help you to gain skills that will be valuable in your chosen profession or future study. You will learn about the human body and mind alongside the changes across time. You will learn what it means to work in the sector and what skills and behaviours you will need to develop. We will study the following units; although the final one is subject to change and you may not study them in this order.

During unit one, **Human Lifespan Development**, you will focus on:

- Understand the different influences on an individual's development and how this relates to their care needs.
- You will be introduced to the biological, psychological and sociological theories associated with human lifespan development.
- You will explore the physical effects of ageing and the theories that help to explain psychological changes.
- **How you will be assessed: this is a paper based exam, that lasts for 1 hour 30 minutes, that is worth 90 marks. There is a variety of short- and long- answers. The questions are designed to test your knowledge on individual's development, the factors that affect this and the theories that explain this.**

During unit two, **Working in Health and Social Care**, you will focus on:

- You will be introduced to the roles and responsibilities of health and social care practitioners and the organisations they work for.
- You will see how a wide range of roles, including doctors, nurses, physiotherapists, occupational therapists, social workers, youth workers, care workers and other professionals, work together to ensure that the individual needs of vulnerable people are met.
- **How you will be assessed: this is a paper based exam, that lasts for 1 hour 30 minutes and worth 80 marks. There will be four sections and include short- and long- answers. The questions are intended to assess your understanding of how health and care services who need professional support. Each section will relate to a different service user group, for example the frail elderly, people with learning disabilities, people with mental health problems or people with long-term illnesses.**

During unit five, **Meeting Individual Care and Support Needs**, you will focus on:

- You apply knowledge in order to provide the care and support that meets the needs of an individual in a health and social care environment, for this you need to understand the principles and practicalities that are the foundation of all the care disciplines.
- You will need to consider ethical issues that may arise and challenges the individual may face in order to provide personalised care.
- You will reflect on the different methods used by professionals working together in a multi-agency team to provide a package of care and support that meets individual needs.
- **How you will assessed: by a series of assignments set at school. You will provide practice assignments to help you prepare for the final assessment. You will need to check that your work first meets all the pass criteria before moving on to merit and then finally distinction criteria.**

The final unit will also be a series of assignments based on in class work exploring a specific aspect of health e.g. physiological or psychological care. You will need to look at case studies as you did in unit five and use your knowledge to explain their behaviour or condition leading to treatment plans.

Assignment Task 1 -

Induction: Public Health Bridging Project **(Week 1 – 2) Assignment Task 1 - Tackling Obesity – Change4Life**

Pass: Explain the how Change4Life uses technology to help to tackle obesity in the UK.

Merit: Analyse how successful these technologies could be in tackling obesity in the UK.

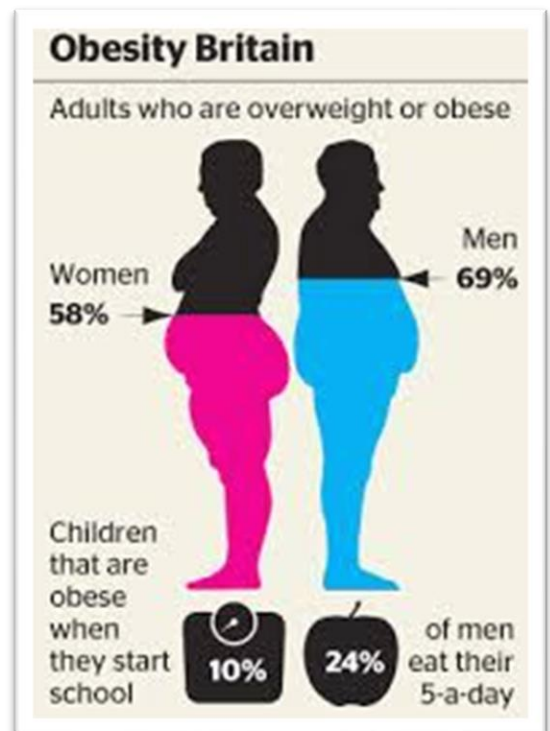
Distinction: Evaluate the effectiveness of a range of different technologies on tackling obesity in the UK.

Induction to Health Promotion & Public Health

Obesity is becoming an epidemic in the UK and the government are taking action to address this to reduce the impacts on society.

Lets look into what the Department of Health has done so far to address obesity.

What is the biggest health promotion campaign you know about?

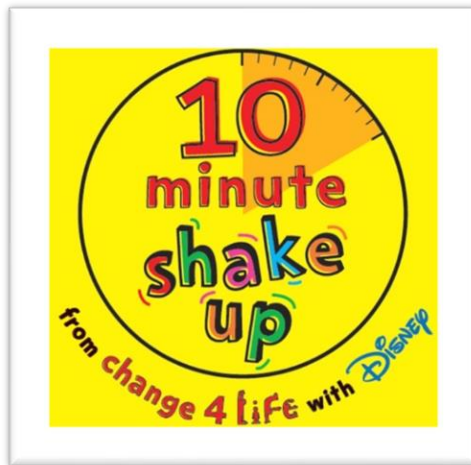




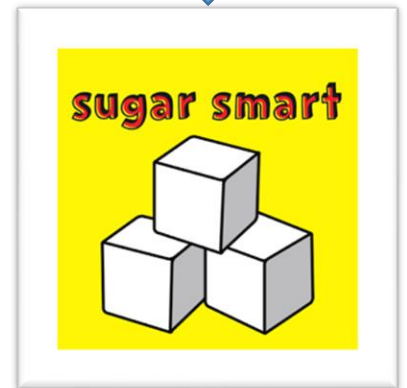
Change4Life

What ways has Change4Life tried to tackle obesity?

Who could this target?



What could this help tackle?



What do you think this could be?



Drinks Tracker Task

Using the app calculate the following for each case study:

- *Units consumed*
- *Calories consumed*
- *Average cost*

1. How many recommended units should **females** have a week?

2. How many recommended units should **males** have a week?

3. List as many **health impacts** you can think of linked to alcohol

4. What current **legal laws** do you know about alcohol?

Connor is 48 years old and is recently divorced and has started to drink heavily. On average Connor drinks 3 pints of Strongbow (Cider) **every** night and on a Saturday he drinks a bottle of red wine.

Jodie is 18 years old and has an older boyfriend who likes to go out every weekend. Jodie has started drinking to fit in with the group. On a average Saturday night Jodie will have 2 shots of vodka, 2 glasses of rose, 3 Smirnoff ice (alochopops) and 2 gin and lemonade.



Sugar Smart Task

For each of the items on your table, guess how many sugar cubes you think are in them and then use the app to compare the actual figures.

1. What is **the recommended sugar allowance** for the below ages (hint they are based on the amount of sugar cubes)

4-6 years _____

7-10 years _____

11+ years _____

2. List as many **health impacts** you can think of linked to sugar consumption

3. Are you aware of any new laws being introduced to tackle sugar consumption?

Item	Guess	Actual
Bottle of coke		
Heinz beans		
Dairy milk		
Coco pops		
Salad dressing		
Tinned soup		
Ketchup		

Assignment Task 2

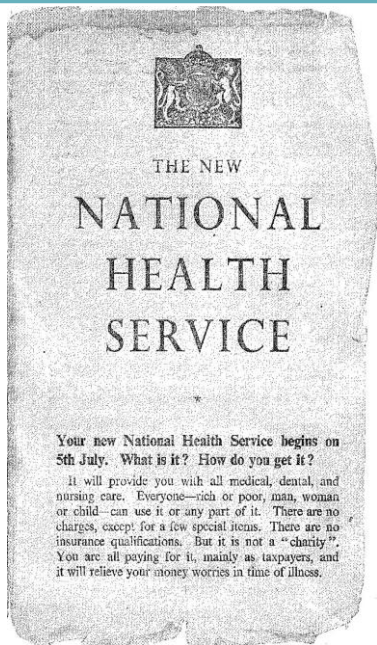
Induction: Public Health Bridging Project **(Week 3-4) Task 2 - History of the NHS**

Pass: Explain the how and what the purpose of the NHS in the UK.

Merit: Analyse how successful the NHS is in tackling and assisting Public Health in the UK.

Distinction: Evaluate the significance of the NHS and discuss similar and or different healthcare systems in other countries.

Completed



History of the NHS

Make an informative and detailed leaflet outlining the history of the NHS

Include sections on:

- Healthcare before the NHS
- When/ why the NHS was produced
 - What the NHS does
- Significance of the NHS
- How is the NHS different in other countries



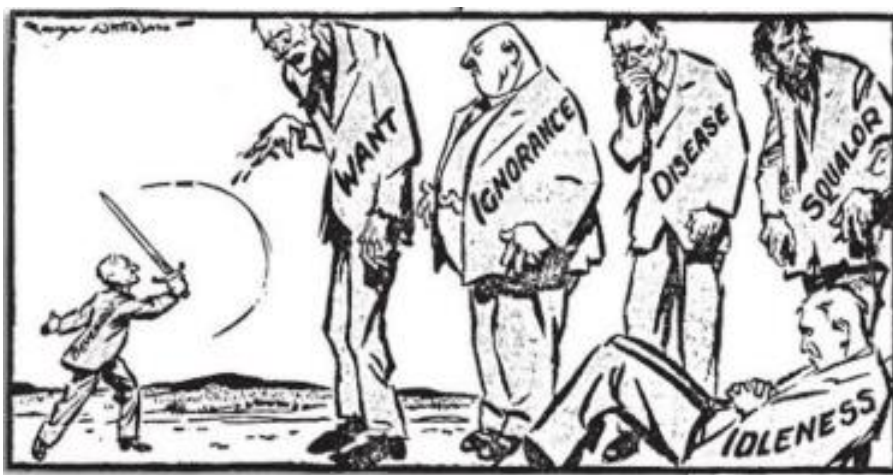
The Beveridge Report, 1942

In 1942, a plan had been presented by William Beveridge, a senior civil servant, detailing key areas for post-war reconstruction, aimed at establishing a national system of welfare for the people. It identified 'five giants' that were to be overcome: want, disease, ignorance, squalor and idleness.

When the Beveridge Report first appeared, it was welcomed by all the parties. There was broad agreement that protection needed to be provided for all members of society, and so when Labour came to power in 1945, they implemented the proposals in this report, thereby establishing the welfare state, a system which all governments after 1951 accepted in its essentials. This common acceptance became known as **consensus**.

Giant	The 1945 Labour Government's Solution
Want	To be ended by National Insurance. The National Insurance Act created a system whereby the government, employers and employees all paid for insurance which would pay out in the event of unemployment, sickness, maternity and retirement.
Disease	To be ended by a comprehensive health service. The National Health Service Act provided free medical and hospital treatment for all (the NHS).
Ignorance	To be ended by an effective education system. The Labour Party continued to support the Conservative's 1944 Butler Education Act which provided free education within grammar schools, technical schools or secondary schools.
Squalor	To be ended by slum clearance and rehousing
Idleness	To be ended by full employment

The idealism that inspired the government's welfare programme came at a heavy financial cost, which added to the financial burdens it inherited in 1945.



Assignment Task 3

Induction: Public Health Bridging Project **(Week 5-6) Task 3 - Health and Social Care in a Pandemic**

Pass: Explain the role of health promoters by conducting research into key HSC organisations. TASK 3 A

Merit: Analyse how health promoters aim to improve the health of individuals and the population to reduce health inequalities' globally, nationally and locally. – TASK 3 B

Distinction: Evaluate the Effectiveness of current research to improve public health and wellbeing in the UK. TASK 3 C & D

Health and Social Care in a Pandemic.

At the moment, we are living through a time when health and social care services are needed more than ever! Those who have chosen this as a profession have stepped up to look after those affected by the COVID-19 pandemic. You will have been seeing on the news constant stories about the amazing work that is going on in the British NHS and Care system and this task is your opportunity to find out more about pandemic control in the area and also the work of the World Health Organisation (WHO) in organising a global response. This will require you to research and understand why the steps have been taken around us and how this fits into the global picture.

As this is an extension task you can complete as much of this as you like or are able to but this level of thinking and also detail will help build the skill required for distinction or distinction in your level 3 course.*

Task A – What is the role of health promoters?

You will need to read through the following information and complete some research in order to explain the roles of the following organisations in maintaining the health of the population:

World Health Organisation (WHO).

Department of Health

Public Health Agency

Clinical Commissioning Groups (CCGs)

Health professionals

Find out about the organisation of public health promotion within MK.



The role of Health Promoters

Aims

Health promoters aim to improve the health of individuals and the population and reduce health inequalities globally, nationally and locally.

Global health promotion

The World Health Organization, within the United Nations promotes and protects good health worldwide, by providing information about disease outbreaks, co-ordinating crisis intervention and the response to humanitarian emergencies; establishing International Health Regulations and an international system of classifying diseases.

National, regional and local health structures in England include the

- Department of Health
- Public Health Agency
- Clinical Commissioning Groups (CCGs)
- Health professionals

In England, the Department of Health (DH) leads, shapes and funds health and care while Public Health England protects and improves the nation's health and well-being, and reduces health inequalities. Local authorities are responsible for public health and do this through health and well-being boards which include representatives for all CCGs in the area, among others. Health and well-being boards assess the needs of their local community through Joint Strategic Needs Assessments (JSNAs) then agree priorities in Joint Health and Well-Being Strategies (JHWSs). Together JSNAs and JHWSs form the basis of commissioning plans for public health for CCGs.

Task B: Why do you think is necessary for local authorities to have control over the needs of the people in their area? For instance, think about the people living in Milton Keynes and then compare that to the population living in Exeter; do they have the same needs? What would their focus for health be on?

Have a look at Somerset CCG, they are having a funding crisis due to the high proportion of elderly residents needing care.

Approaches to promoting public health and well-being

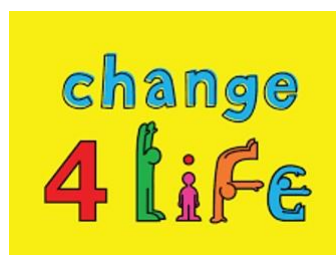
Promoting public health and well-being includes:

1. Monitoring the health status of the community and identifying those most at risk, e.g. children, unemployed, older people, minority ethnic groups.
2. Health surveillance programmes.
3. Targeted education and health awareness and health promotion programmes.
4. Socio-economic support to reduce health inequality between individuals and communities, e.g. winter fuel payments, free school meals, housing support.
5. Improving access to health and care services.
6. Co-ordinating national and local services.
7. Disease registration to inform of health trends and for strategic health planning.
8. Statutory duty to notify certain communicable diseases e.g. measles, tuberculosis (in this case COVID-19).

Task C – Find examples of the British Government and relevant agencies putting these measures into practice; e.g. what have they done for those receiving free school meals? How have they identified those most at risk and supported them?

Task D: Compare Britain's response to at least one other country and its response to the pandemic. Assess the strengths and weaknesses in each approach to looking after public health.


Challenge: Look at least 3 news articles from a variety of sources and consider what they say about the British approach to the pandemic. Do you think it could have been improved? Justify your suggestions.



The following pages are additional tasks that should be completed over the summer in preparation for September.

GLOSSARY

Task: Research and define the following words which are central to the Modern Britain unit. Then, draw a symbol to summarise the term and help you remember it.

Term	Definition	Symbol
Adolescence	An important status change following the onset of puberty during which a young person develops from a child into a adult.	
Advocate		
Attachment		
Care package		
Clinical Commissioning Groups (CCGs)		
Development		
Discrimination		
Diversity		
Empathy		
Ethical		18



GLOSSARY

Term	Definition	Symbol
Fine Motor Skills		
Growth		
Holistic Approach		
Milestone		
Nature		
Nurture		
Risk Assessment		
Safeguarding		
Self-Concept		
Self-Esteem		19

Research a list of Health and Social Care jobs/ medical terms for each letter of the 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 ! ?



A

B

C

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NETFLIX

Babies



Marriage Story



Louis Theroux: Extreme love, Dementia



Five Feet Apart



Brain on Fire



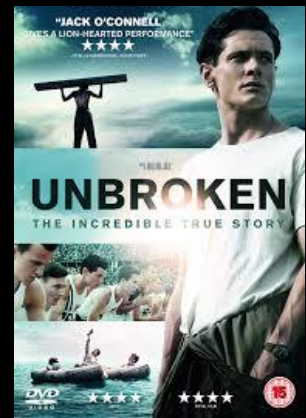
Theory of Everything



What to expect when you're expecting



Unbroken



Girl, interrupted



Call the Midwife



13 Reasons Why



Pandemic: How to prevent an outbreak



Recommended Watching for Health and Social Care

Beyond NETFLIX

Elizabeth is Missing

Rio & Kate: Becoming
a Step family

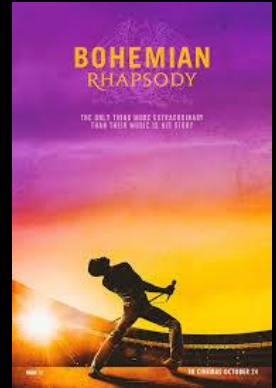
Jesy Nelson: Odd
one out

Bohemian Rhapsody

BBC iPlayer



DVD



Confessions of a
Junior Doctor

Born to be
different

Secret life of... Year
Olds

Still Alice

4 On Demand



DVD



The Children Act

The Upside

Beautiful Boy

Miss you Already

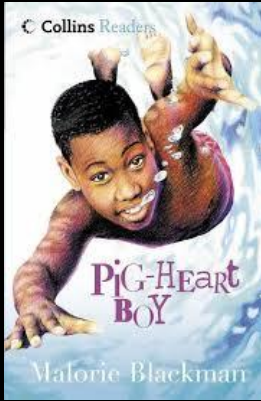
Amazon Prime



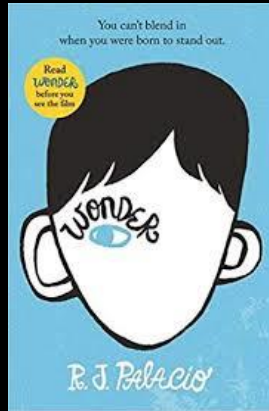


Beyond NETFLIX

Pig Heart Boy by Malorie Blackman



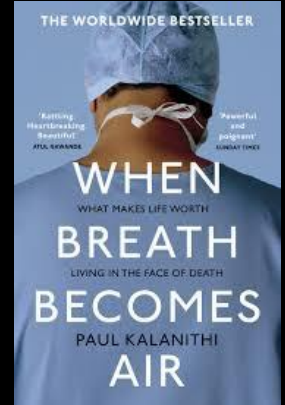
Wonder by R.J. Palacio



This is Going to Hurt by Adam Kay



When Breathe becomes Air by Paul Kalanithi

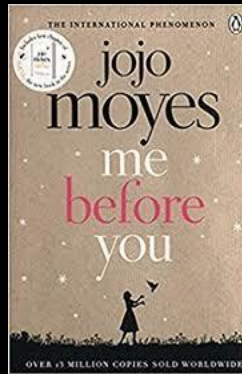


Further Reading

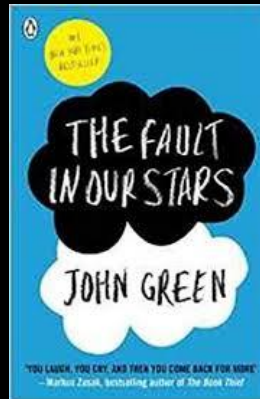
The Hate U Give by Angie Thomas



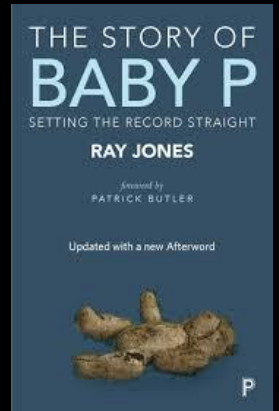
Me Before you by Jojo Moyes



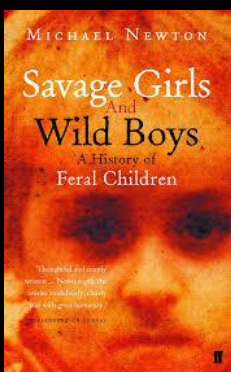
The Fault in Our Stars by John Green



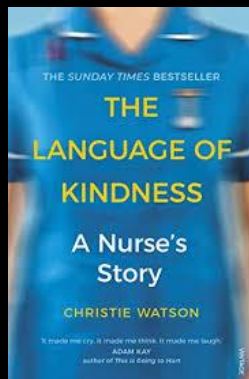
The Story of Baby P by Ray James



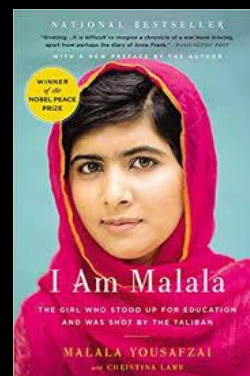
Savage Girls and Wild Boys by Michael Newton



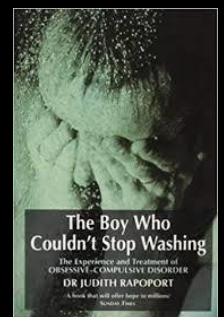
The Language of Kindness by Christie Watson



I am Malala by Malala Yousafzai



The Boy Who Couldn't Stop Washing by Dr Judith Rapoport



Recommended Reading for Health and Social Care

Yes some of these are also films, if you prefer!

Check List

Use this list to make sure you have everything you need for September in order to start your Level 3 BTEC in Health and Social Care.

Tackling Obesity- Change4Life Assignment Task 1,
Pages 6-10.

Create an informative and detailed leaflet Task 2,
on the History of the NHS, Pages 11-12.

Complete Task 3 ; A,B,C &D
on Health & Social Care in a Pandemic, Pages 13-16.

Before September -

Completed glossary of key terms, pages 18-19.

Complete at least 6 sections of the learning log, page 21.