

Health and Social Care Bridging Project

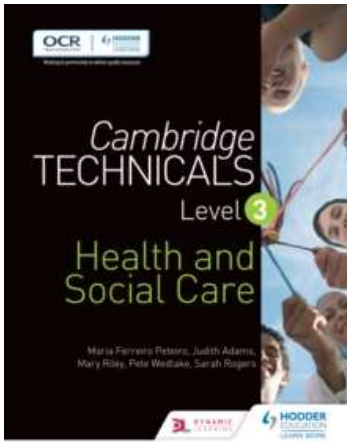


We are delighted you have chosen to study Health and Social Care at Lawnswood School!

The qualification we run here is the OCR Cambridge Technical Level 3 Diploma, if you want further information about the course, please head to: <https://www.ocr.org.uk/qualifications/cambridge-technical/health-and-social-care/qualifications-at-a-glance/#level-3>

Units we do at Lawnswood – at a glance!

Coursework units	Exam units
Unit 1 – Building positive relationships in health and social care	Unit 2 – Equality, diversity and rights in health and social care
Unit 5 – Infection control	Unit 3 – Health, safety and security in health and social care
Unit 10 – Nutrition	Unit 4 – Anatomy and physiology in health and social care
Unit 12 – Promote positive behaviour	Unit 6 – Personalisation and a person centred approach in care
Unit 13 – Sexual health, reproduction and early development stages	Unit 7 – Safeguarding
Unit 14 – The impact of long term physiological conditions	
Unit 15 – Promote health and wellbeing	



Recommended textbook

The textbook we use for both Year 12 and 13

OCR Cambridge Technicals Level 3 Health and Social Care

Maria Ferreira Peteiro

ISBN - 978-1471874765

Useful websites / articles

<https://ocr.org.uk/qualifications/cambridge-technicals/health-and-social-care/> (To research about the course and read unit specifications)

<https://www.nhs.uk/> (To research long term health conditions, their symptoms and causes etc)

<https://www.citizensadvice.org.uk/health/nhs-healthcare/nhs-patients-rights/> (A comprehensive list of all the rights that NHS patients are entitled to)

<https://www.healthcareers.nhs.uk/working-health/working-social-care> (Careers in Social Care)

<https://www.england.nhs.uk/coronavirus/primary-care/infection-control/> (Information on Coronavirus infection control – links to Unit 5 Infection Control)

<https://www.scie.org.uk/publications/guides/guide15/legislation/otherlegislation/healthandsafetylegislation.asp> (Health and safety legislation in care)

<https://www.cqc.org.uk/> (What is the care quality commission?)

<https://www.nhs.uk/live-well/> Useful links to healthy eating (Unit 10 – Nutrition) and sexual health (Unit 13 – Sexual Health, reproduction and early development stages)

<https://www.nmc.org.uk/education/becoming-a-nurse-midwife-nursing-associate/> (Guidance on how to become a nurse or midwife in the UK)

<https://www.healthcareers.nhs.uk/>

We look forward to meeting you in September, however if you have any questions about Health and Social Care at Lawnswood School please email us and we will get back to you!

Ms Maragh sophie.maragh@elawnswood.co.uk

Mrs Hartley deborah.hartley@elawnswood.co.uk

Unit 2 – Introduction to Equality and Diversity

Equality “We all have one thing in common we are all unique”
Equality is when all individuals are treated fairly; according to their needs and, given the same opportunities regardless of differences.



Find the definitions for the following terms (you will be required to know these for Unit 2 Equality Diversity and Rights)

Diversity:

Direct discrimination:

Indirect discrimination:

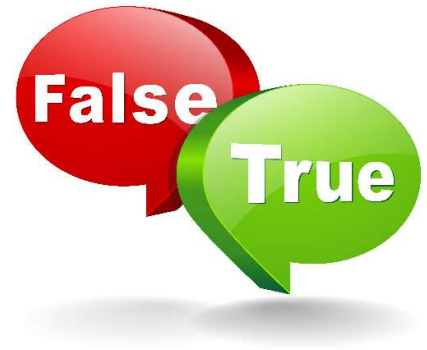
Empowerment:

Task - Collage Time

Collect images of the diverse society we live in the UK today from magazines, newspapers or online if you want to. Label the collage with the ways people are different.

Unit 4 - Anatomy and Physiology

True or False? Answers at the bottom of page 6



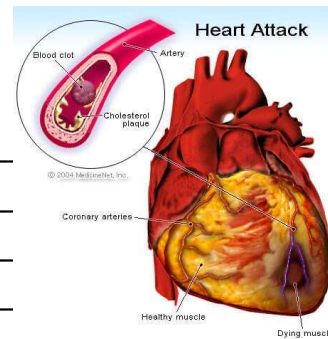
1. The human body's biggest organ is the skin
2. The adult human body has over 500 bones
3. Baby girls are born with 2 million eggs inside them
4. The name of the substance that gives skin and hair its' colour is called Iron
5. The ribs are the bones around your chest that protect organs such as the 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 24 hours for food to be fully digested

Cardiovascular system

Watch this video and explain design a flow chart to show what happens when you have a heart attack.

https://www.youtube.com/watch?v=3_PYnWVoUzM

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



Causes and risk factors

Symptoms

Diagnosis and Monitoring

Treatments

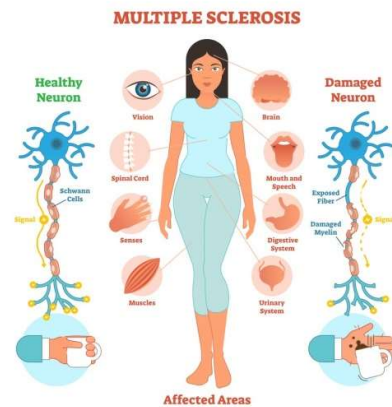
Effects: Categorise them into physical, emotional, social

Multiple sclerosis

www.youtube.com/watch?v=0yM36eEfuks

<https://www.msif.org/about-ms/causes/>

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.”



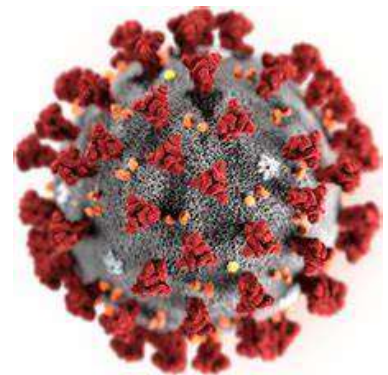
Produce a fact sheet on living with multiple sclerosis. This can now be in your own style, you can be as creative as you like, it could be a PowerPoint that you would use to teach someone else, or a vibrant poster!

You must include:

1. Causes and risk factors
 2. Signs and symptoms
 3. Treatment and monitoring
 4. Effects on individuals: your challenge is to divide these into PIES (physical, intellectual, emotional and social effects)
-

Unit 5 – Infection Control activity

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.



Produce a report on how ‘social distancing’ has helped reduce the spread of Covid-19. You should include knowledge of viruses and how they spread; as well as an explanation of how this will help our health services and health professionals.

<https://www.bbc.co.uk/news/science-environment-52522460> (Article on the science behind social distancing)

Anatomy and physiology answers 1T, 2F, 3T, 4F, 5T, 6F, 7T, 8F, 9F, 10T, 11T, 12F