

Health & Social Care



Expanding opportunities
Enhancing futures

Progression to Health & Social Care at Prior Pursglove College

In terms of preparation for September the first mandatory coursework unit in health across all our courses is **'building positive relationships in health, social care or childcare environments'**.

There is lots of current evidence of how this is happening across the country at this moment in time.

- Students could find media articles showing how professionals are managing to meet the needs of patients across the health services or clients benefiting from social care services or childcare services.
- Students could write about how they are involved in helping out in their family or local community.
- Create a list of 20 key words you would associate with building positive relationships e.g. reliable, respectful. (this will be helpful for including in coursework)
- How is technology helping overcome the current barriers people might be facing in self-isolation?

Initial Research Task: UNIT 1 (Care settings/practitioners)

Bridging the Gap-Care settings

The aim of this task is to increase your knowledge of different health, social care & childcare settings. E.g. look at a website for a residential home and name some of the key features they offer and who would be involved in the care of the service user.

- Find out the role and aim of each setting.
- Which client group does each setting provide for?
- Identify key practitioners who may work or visit these settings.

Residential home	
Day centre	
Nursery	
Primary school	
Special needs school	
Maternity Unit	
Hospital Ward (any of your choice)	
Accident &Emergency Department	

Children's homes	
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Client groups

- children and young people
- people with specific learning difficulties
- people with sensory, speech or other communication impairments
- people with other disabilities
- people (including client's relatives) attending an accident and emergency unit
- people resident in a hospital ward
- people in consultation with a practitioner
- people in later adulthood

Practitioners

For the professionals I would like you to describe what their job is and name any important skills they need – use websites such as NHS careers to find out more information (the first one has been done for you)

Physiotherapist	<i>Physiotherapists help and treat people with physical problems caused by illness, accident or ageing. It sees human movement as central to the health and well-being of individuals and identify and maximise movement through health promotion, preventive healthcare, treatment and rehabilitation. Many physiotherapists work in hospitals where they are needed in virtually every department. In intensive care, for example, they are needed for round-the-clock chest physiotherapy to keep unconscious patients breathing.</i>
Midwife	
Health visitor	
Domiciliary Care Worker	
Nurses	
Occupational therapist	
Teacher	
Social Worker	
Radiographer	
Health Care Assistant	
GP	

Anaesthetist	
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Web links

<http://www.babycentre.co.uk/baby/workandchildcare/nurseries/#2>

[http://en.wikipedia.org/wiki/Reception_\(school\)](http://en.wikipedia.org/wiki/Reception_(school))

http://www.bupa.co.uk/individuals/care-homes/types-of-care/nursing-care?cmpid=ppc-jk_43700003494538372_20111015

http://www.bupa.co.uk/individuals/care-homes/types-of-care/residential-care?cmpid=ppc-jk_43700003494538389_20111015

<http://www.nhs.uk/NHSEngland/AboutNHSservices/Emergencyandurgentcareservices/Pages/AE.aspx>

<http://www.iow.nhs.uk/index.asp?record=713>

<http://www.thefreedictionary.com/hospital+ward>

<http://openlearn.open.ac.uk/mod/oucontent/view.php?id=398004§ion=2>

<http://www.thewhocarestrust.org.uk/pages/childrens-homes.html> Children's homes

<http://www.nationalcarestandards.org/198.html> Some facts about children's homes

<http://www.dvh.nhs.uk/our-services-specialists/a-to-z-of-services/maternity-services/virtual-tour/people/> - maternity practitioners

OCR Cambridge Technical Level 3 in Health and Social care

Unit 10: Nutrition for Health

Nutrition can have a massive impact on both our physical and mental health, making simple changes to the foods we eat can improve your mental health and help to prevent many health complications.

Looking at your diet should be one of the first things a person does if they feel unwell, for example drinking more water/juice could reduce the amounts of headaches a person gets or eating foods that have a slow release energy will help to reduce mood swings and improve concentration.

I know and believe that changing the way people eat will have positive impact therefore we need to get the message out.

Please produce a leaflet, PowerPoint, Poster or video that will help to educate people. It must include information and advice on the following:

- What is a health balanced diet (think eat well plate).
- The 7 nutrients and their function
- The glycemic index :<https://www.gisymbol.com/about-glycemic-index/>
- The impact of eating 5 a day:
 - <https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/>
 - <https://www.nhs.uk/live-well/eat-well/why-5-a-day/>
- The impact of sugary drinks
- The impact of takeaways
- Why is eating at home better



Please use these weblinks to help:

1. <https://www.who.int/health-topics/nutrition>
2. https://www.nutrition.org.uk/healthyliving/healthydiet/healthybalanceddiet.html?_cf_chl_jschl_tk_=9d2b167f73dc723cbcd19abbaff584ef164149ac-1585220604-0-Afi3nQ7ZinKWw4W6s0amhWluEDHyPCgYWDDOBuWp5pJ6htSxJkvDiM8tFgMIKWyS65Gvc9HY-Vd8mnNer4TTBTufOuSwdKoflSwg93tnK-Y2oi539UVCbA6LQ8Y6SOqhSQut8mKHrJVaasy2JcXoxqfLJ2x-bYntna35RNkd75OhE0gG05PzKwRCy448Tiy_bVgkxdwce4WNx7YIOWa-arlHTUwRKcJ53Cmb_5JAuDKhUYbolv0d7LmeFwJ5o8TjQoT7FdtkqKBVb6YMiHBsS3612fR1-gZsvfVEOVAabL2rLTtz9RZOrU-rjACoBiUD2SlbLsV0dAGyFLj7b5OgK2WmGEIPCn3qso6UdNT4EeOvaruz8-x1weDC11iU2Aagag4LNZsqsGu9Ss6Ju1bkiQ
3. <https://www.healthline.com/nutrition/27-health-and-nutrition-tips>
4. <https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/sugar-salt-and-fat/sugary-drinks>
5. https://www.bbc.co.uk/food/articles/truth_about_takeaways
6. <https://nutrino.co/cooking-vs-eating-great-health-debate/>

Try watching a few of these videos:

<https://www.bbc.co.uk/iplayer/episode/m000fs5n/the-truth-about-takeaways>

<https://www.bbc.co.uk/iplayer/episode/b07dxmyk/the-truth-about-9-healthy-eating>

<https://www.bbc.co.uk/iplayer/episode/b05psf4l/the-truth-about-3-fat>

An extract from one of our current students:

Ollie Thrower extract

I have volunteered alongside nurses, doctors, health care assistants, general practitioners, physiotherapists, occupational therapists, midwives and ward sisters. I have volunteered on the stroke ward, the spinal injuries unit, the renal ward, the hip ward, infectious diseases, the postnatal and transitional care unit, the paediatric wards, and many more. This is such a varied role and it gives you an opportunity to find out what health care is really all about. I've had patients who I've visited up to four weeks in a row who I've built incredible relationships with, patients I've played games with, had meaningful chats with, I've heard stories of the war times and countless tales of how husband's met wives. I've sat with patients on end of life care and seen a new born baby be cradled by her mother. I've observed nurse rounds, been taught about maternity notes, shadowed professionals and comforted confused patients at a time of need. I've worn aprons, gloves, full body protection suits and handed out dinners to hundreds

of patients. I've been a visitor and a listening ear to patients who have no family to visit them, and this is what the role is all about. To be a Therapeutic Care Volunteer, you have to be caring. You have to be compassionate and have empathy for people you know so little about. You have to be professional and recognise the importance of your role.

Having volunteered for over three months at James Cook I am now carrying out a six-month placement in maternity services and will spend four weeks in each maternity ward.

Not only is therapeutic care a rewarding role that allows you to learn independence and confidence, it's a role that opens up new doors and provides you with experience that is invaluable when applying for a health-related degree.