

## HEALTH AND SOCIAL CARE - LEVEL 3

### COURSE STRUCTURE:

#### YEAR 1 UNITS

- Equality, Diversity and Rights in Health & Social Care
- Human Growth and Development Safeguarding in Health & Social Care Communication in Health & Social Care
- Infection Prevention and Control Psychological Perspectives
- Sociological Perspectives Working in Health & Social Care Reflective Practice Placement (100 hours)

#### YEAR 2 UNITS

- Anatomy and Physiology
- Empowerment in Health & Social Care
- Protection of Children, Young People and Adults in Health & Social Care
- Research Skills for Health & Social Care
- Personal and Professional Development
- Dementia Awareness
- Health Education
- Nutrition for Health & Social Care
- Partnership Working in Health & Social Care Placement (100 hours)

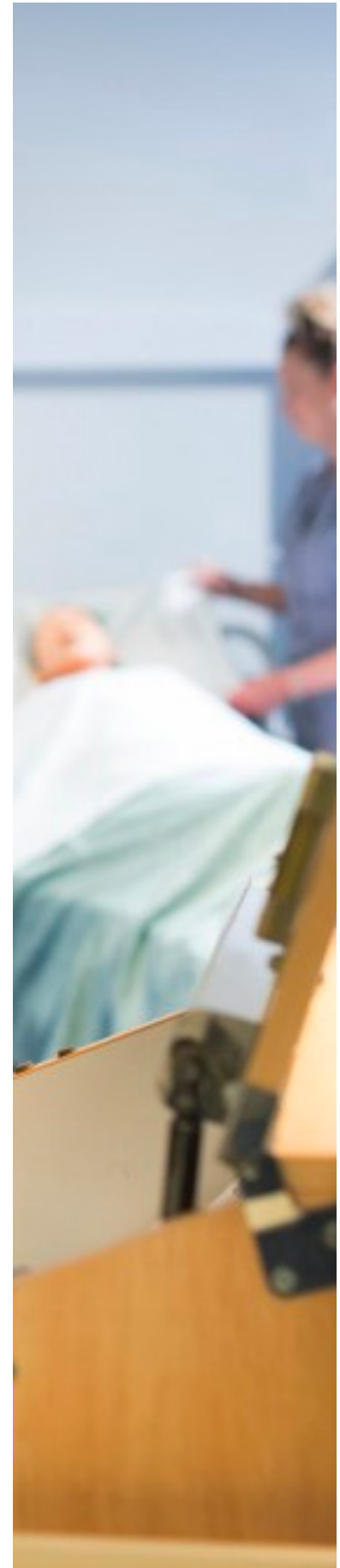
#### ASSESSMENT METHODS

Most units are assessed by a coursework portfolio which will demonstrate your understanding of the topic.

The Anatomy and Physiology unit is assessed by a written examination.

Placement is assessed by your workplace tutor who will assess your competence in the workplace.

In addition, each year you will undertake a controlled assessment, which is a piece of written coursework which must be done at College in the presence of a teacher.



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### USING THIS GUIDE

This guide is designed to help you prepare for enrolling on the Level 3 Health & Social Care course.

The tasks included in this guide will help you to be ready to start your studies and help boost your chances of success. None of the tasks are compulsory, but they will give you an excellent foundation of the knowledge which will underpin your College studies.

Each section relates to a different unit of the course and gives a range of suggested activities which will help to develop your knowledge and awareness of the important issues in Health & Social Care.

### PREPARING FOR WORK PLACEMENT

Work placement is a mandatory part of the Level 3 Health & Social Care course. You will be required to complete a minimum of one day per week in a Health & Social Care setting.

Appropriate placements are:

- CARE HOME
- NURSING HOME
- DAY CENTRE
- HOSPITALS
- GP/ MEDICAL CENTRE
- PHARMACY
- SEN SCHOOL/ DEPARTMENT

Please note that mainstream schools and nurseries are classed as education/early years not Health & Social Care so they do not meet the criteria of the course.

It is your responsibility to find your own placement, and ideally you will find one in a setting that interests you and is linked to your future career aspirations.

### TASKS TO HELP YOU FIND AND SECURE A PLACEMENT

Write a letter which you can send, email or hand deliver to the manager of the placement providers you are interested in. In your letter explain that you will be studying the Level 3 Health & Social Care in September and that you would like to do a work placement in their setting, lasting at least one day every week (excluding College holidays).

Outline your skills and qualities and explain why you think you would be suited to a work placement in that setting. Use the Internet to search for Health & Social Care providers within your local area. Look on their websites or social media to see what kind of services they offer.

Can you apply online for their volunteering scheme? Walk around your local area to see what there is, are there any day centres, care homes, GP practices, pharmacies or special schools who may be able to offer you a placement?

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### DBS APPLICATION

You are required to complete a DBS before starting your placement. To get ready for this, you need to have 4 appropriate pieces of identification. Use this time to get your ID ready for enrolment.

- Passport – valid and in date
- Birth Certificate – original if possible
- National Insurance - letter
- Bank Account - opening Letter
- Bank Statement – dated in the last 3 months
- Tax Credit – a letter where your name has to be clearly stated
- Letter from your High School – They need to confirm your name, address and date of birth

The DBS application can take from 10 days to 6 weeks to process so it is important to have your proof of identification ready for enrolment. This will be supported by the placement officers who will verify your identification and complete the application for your DBS. Your certificate will then be sent to your home address and you will need to keep safe.

Placement Officers are here to support this process:

Sarah Hale- Placement Officer [shale@halesowen.ac.uk](mailto:shale@halesowen.ac.uk)

Liz Ohren- Placement Officer [ehoren@halesowen.ac.uk](mailto:ehoren@halesowen.ac.uk)

Jenna Cross- Placement Officer [jcross@halesowen.ac.uk](mailto:jcross@halesowen.ac.uk)

### CAREERS IN HEALTH AND SOCIAL CARE

The Level 3 in Health & Social Care can lead to a wide range of careers. You may go on to study at university for some of these, do an apprenticeship or go directly into employment.

Research some of the careers below, find out what each of the professionals do, where they work, their salary and the qualifications needed. This website might help...

This website might help... <https://nationalcareers.service.gov.uk/job-categories/healthcare>

AMBULANCE CARE ASSISTANT	HEALTHCARE ASSISTANT	PHARMACY ASSISTANT
CARE WORKER	HOSPITAL PORTER	PHLEBOTOMIST
CHILDREN'S NURSE	LEARNING DISABILITY NURSE	PHYSIOTHERAPIST
CLINICAL PSYCHOLOGIST	MENTAL HEALTH NURSE	PODIATRIST
COUNSELLOR	MIDWIFE	PRACTICE NURSE
DENTAL NURSE	NURSING ASSOCIATE	RADIOGRAPHER
DIETITIAN	OCCUPATIONAL THERAPIST	SEXUAL HEALTH ADVISOR
EMERGENCY CARE ASSISTANT	OSTEOPATH	SPEECH AND LANGUAGE THERAPIST
HEALTH VISITOR	PALLIATIVE CARE ASSISTANT	PARAMEDIC

## HEALTH AND SOCIAL CARE - LEVEL 3

### EQUALITY, DIVERSITY AND RIGHTS IN HEALTH AND SOCIAL CARE

Promoting EQUALITY, DIVERSITY and HUMAN RIGHTS is essential for preventing DISCRIMINATION when accessing health and social care services. Creating an INCLUSIVE environment for individuals is integral to providing high-quality and effective care and support. In this unit, you will learn about equality, diversity, inclusion and discrimination in relation to Health & Social Care.

Having an awareness of these terms is not enough; you must also know and understand how these can be put into practice on a day-to-day basis, across a variety of settings where care and support are provided. You will also, therefore, learn more about how equality, diversity, inclusion and rights can be promoted and discrimination prevented in health and social care services.

An understanding of relevant LEGISLATION and CODES OF PRACTICE that underpin the promotion of equality, diversity and inclusion, will help you to further develop knowledge and understanding of inclusive practice and the role of the Health & Social Care practitioner in meeting individuals' unique and diverse needs.

### KEY TERMINOLOGY

You need to understand what the terms in bold mean as you will need to explain them in relation to Health & Social Care. Research these and note down their definitions.

### **EQUALITY, DIVERSITY, HUMAN RIGHTS, DISCRIMINATION, INCLUSIVE/INCLUSION LEGISLATION & CODES OF PRACTICE**

### DEVELOP YOUR KNOWLEDGE

Take a look at some of these programmes. Consider how the key aspects of equality, diversity and rights are being applied in the settings.

Teachers TV- More than a Special School <https://www.youtube.com/watch?v=PPpyqwEMKm0>

PPersonalisation- Promoting independence in Care Homes <https://www.youtube.com/watch?v=2qUclQvnBC0>

Dementia- Barbara, The whole story. [https://www.youtube.com/watch?v=DtA2sMAjU\\_Y](https://www.youtube.com/watch?v=DtA2sMAjU_Y)

Employable Me- Matthew <https://www.youtube.com/watch?v=lappFPAQ3P0>

### KEY LEGISLATION

You will need to have an understanding of the key legislation which relates to health and social care settings. Research the following legislation and consider how this would be used in settings such as hospitals, residential care homes, schools for children with special needs, day centres for people with learning difficulties. (You could produce a poster or leaflet about each one and how it is relevant in Health & Social Care)

**The Equality Act 2010**

**The Human Rights Act 1998**

**The Mental Capacity Act 2005**

**The Health and Social Care Act 2012**

### DISCRIMINATION

There are 4 main types of discrimination set out in the Equality Act. Research each of these in relation to Health & Social Care. You could produce a PowerPoint Presentation or written report about each one.

- 1. DIRECT DISCRIMINATION**
- 2. INDIRECT DISCRIMINATION**
- 3. HARASSMENT**
- 4. VICTIMISATION**

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### HUMAN GROWTH AND DEVELOPMENT

The aim of this unit is to provide knowledge and understanding of human growth and development through the human lifespan. It will explore changes across the lifespan and theories of human growth and development. Finally, it will explain some of the significant life events and the potential impact these can have on individuals. This unit has relevance to Health & Social Care in that practitioners work with people of all ages. In addition, health and social care practitioners need to be aware of the impact of life events on the individual they are caring for, their family and the impact that change within the wider family may have on the individual.

### THE LIFE STAGES

For this unit, you need to understand that there are different life stages that we go through. Growth and Development will be different in each life stage. We refer to the development of a human in the following categories: Physical, Cognitive, Emotional, Social and Holistic.

Research these and write a definition of each.

Research the following life stages and the developments that take place for each of the categories you have defined. It may be useful to write notes on each and create either a written report, table or PowerPoint presentation for each life stage.

INFANCY (0-2 YEARS)

CHILDHOOD (3-10 YEARS)

ADOLESCENCE (11-17 YEARS)

EARLY ADULTHOOD (18- 29 YEARS)

MIDDLE ADULTHOOD (30-60 YEARS)

LATER ADULTHOOD (60 YEARS +)

### DEVELOP YOUR KNOWLEDGE

The following documentaries, films or programmes may help you to understand the different life stages and how we age.

Secret Life of a 4 Year Old <https://www.channel4.com/programmes/the-secret-life-of-4-and-5-year-olds>

Child of Our Time <https://www.youtube.com/watch?v=aE4e-2MXff8>

Old Peoples Home for 4 Year Olds <https://www.channel4.com/programmes/old-peoples-home-for-4-year-olds>

Ageing Matters <https://www.youtube.com/watch?v=uDFUqnkm6Ak>

### THEORIES OF GROWTH AND DEVELOPMENT

There are many theories of human growth and development from different perspectives. It is a broad area exploring how individuals change as they grow from birth through childhood and adolescence into adulthood. Psychologists often separate development into specific areas of physical, cognitive and social or emotional development. Psychology tries to explain every aspect of development for example how children learn to respond to emotions, how they make friends and how we learn to think. These are helpful to understand this development and how we can support individuals to grow and develop.

Research the following theories by the psychologists listed. There are various videos on YouTube which explain some of the theories. You could create a written report, leaflet or poster about each theory.

COGNITIVE THEORY- PIAGET, VYGOTSKY, KOHLBERG

HUMANIST THEORIES – MASLOW

PSYCHOSOCIAL – ERIKSON

LEARNING/CONDITIONING- SKINNER

SOCIAL LEARNING- BANDURA

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### SAFEGUARDING

Safeguarding in Health & Social Care involves not only protecting individuals' health, well-being and development, but also valuing their unique needs and promoting their human rights; that is to live free from potential and actual danger, maltreatment, harm, abuse and neglect. Safeguarding is an essential part of the role of a Health & Social Care practitioner and the provision of safe, high-quality and effective care. In this unit, you will find out about the meaning of safeguarding in Health & Social Care, including how health and social care practitioners can safeguard individuals and themselves. Understanding the current safeguarding legislation that exists as well as how this underpins work settings' policies and procedures will help you to further develop your understanding of how safeguarding is put into practice. Individuals in Health & Social Care may be more vulnerable to danger, harm, abuse and neglect than others; understanding the factors that may contribute to an individual's vulnerability as well as recognising the signs, symptoms, indicators and behaviours that may cause concern will help with their protection

### KEY TERMINOLOGY

Safeguarding of adults is underpinned by the following six principles:

EMPOWERMENT

PREVENTION

PROPORTIONALITY

PROTECTION

PARTNERSHIP

ACCOUNTABILITY

For each of these principles, research around what they mean and how the principle might be applied when safeguarding vulnerable people in Health & Social Care. You could produce a PowerPoint presentation with a slide for each principle.

### DEVELOP YOUR KNOWLEDGE

The following documentaries, websites, films or programmes may help you to develop your understanding of Safeguarding in Health & Social Care settings.

Rotherham: Child Exploitation. BBC Panorama <https://www.youtube.com/watch?v=e3kegRF4oUQ>

NSPCC Website <https://www.nspcc.org.uk/>

Winterbourne View- Panorama Documentary <https://www.youtube.com/watch?v=KAUkzWFFdqQ>

### TYPES OF ABUSE

You will learn about different types of abuse and the effects that they can have on the victim. Do some research about the following types of abuse, including the signs that a person may be being abused and the effects it can have on them. You could use your research to produce an information leaflet which could be used to educate trainee social workers

**NEGLECT, SELF-NEGLECT, PHYSICAL, SEXUAL, EMOTIONAL, DOMESTIC, FINANCIAL, INSTITUTIONAL.**

### CHARITIES WHICH SUPPORT VICTIMS OF ABUSE

In the UK there are many charities which offer support to people who have been victims of abuse. Many of these charities employ people to work with the victims to help them to rebuild their lives. Maybe this is a job you may consider for the future?

Research the following charities to find out what support services they offer to victims of abuse. You could use your findings to produce a factsheet which could be given to victims to tell them what help and support is available for them.

THE HAVEN WOLVERHAMPTON

BLACK COUNTRY WOMENS AID

THE NSPCC

CHILDLINE

THE SAMARITANS

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### COMMUNICATION IN HEALTH AND SOCIAL CARE

The aim of this unit is to provide knowledge and understanding of communication and data management in Health & Social Care and are essential skills for anyone working in the sector. Communication skills are used many times every day in health and social care settings, in different forms and between different people. They are essential in building good working relationships with colleagues and individuals who are being cared for. This unit will explore the specific needs that some individuals may have, such as using sign language or pictures to communicate. Organisations and individuals who provide additional support will also be explored. Sometimes, barriers exist that stop effective communication and these, along with ways in which barriers can be overcome, will be examined.

### REASONS THAT COMMUNICATION IS IMPORTANT IN HEALTH AND SOCIAL CARE

Consider the following reasons for communication in Health & Social Care. Think about which key workers might need to use these, and what the situation/scenario might be.

- Offer reassurance
- Express feelings or concerns
- Inform someone about a course of treatment or care plan
- Form or build relationships with someone receiving care
- Enable a person to make choices relating to their care
- Build a person's confidence and self esteem

### COMMUNICATION NEEDS AND PREFERENCES OF INDIVIDUAL IN HEALTH AND SOCIAL CARE

Each individual will have a range of needs and preferences that they may use to communicate. There may be many reasons why someone needs assistance, for example, they have a stammer, learning disabilities, throat cancer, or had a stroke. Speech and language therapists will offer support and advice for individuals who may find it difficult to make themselves understood or have problems with understanding or using language.

In this unit, you will learn about different methods of communication. Research some of these methods; British Sign Language - you could teach yourself how to sign some basic greetings, the alphabet and how to say your name etc. using YouTube

[https://www.youtube.com/watch?v=-2O\\_ymoCIRO](https://www.youtube.com/watch?v=-2O_ymoCIRO)

<https://www.youtube.com/watch?v=DglvXXdwjvw>

<https://www.youtube.com/watch?v=WpeGmAqhQo>

*Makaton- you could teach yourself how to use some basic Makaton, or a song etc using Youtube*

<https://www.youtube.com/watch?v=flXsU4V0zz8>

<https://www.youtube.com/watch?v=kW9OZwgQpWA>

<https://www.youtube.com/watch?v=cTsxsUiGzXg>