

# The Sheffield College

## Pre-induction Activity: CACHE Level 2 Health and Social Care



**Name:** .....

**Welcome to Health and Social Care**



## What is Health and Social Care?



Health and Social Care is a generic term which relates to services that are available from health and social care providers in the UK. These providers are from both the public and private sector.

Health care provides both preventive and reactive clinical treatment for ill health and medical conditions. Included within the preventative treatment is health surveillance which includes screening and immunisations. This treatment is typically supplied by the NHS which is a public body but can also be given by private companies. Health care is primarily provided in hospitals, health centres and clinics and within the community.

If you work in health care, you could care for people in hospitals, clinics, medical centres and in the individual's own home.

Social care is the provision of non-clinical physical, emotional and social care and support of vulnerable people. Additionally, social care ensures individuals can live safely and free from harm. These services are usually provided within the community. The main focus of social care is to ensure individuals are supported to manage their independence and dignity and they feel they have control over their own lives. Social care provides a whole range of services to support children and adults of all ages. If you work in social care, you may help people in their own homes, in residential homes or in a number of other places such as day centres or supported housing.

Many health and social care professionals work collaboratively with a variety of practitioners within the Multi-Disciplinary Team. This is because, typically, individuals have more than one need at any one time. Care which is provided in this way is described as holistic care and support as it takes into account the whole individual.

2.5 million people currently work in the health and social care sector; these statistics can be further broken down to 1.48million practitioners working within social care and 1.9million working within health care roles (ONS, 2018). Because of the increasing number of disabled younger adults living longer and the growing number of older people needing care, health and social care is growing and the sector needs at least another half a million jobs, and people to do them, by 2030.

## Alphabet job roles

For your first activity, write down as many Health and Social Care job roles that begin with each letter of the alphabet, good luck!



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	

## Your health and social care career pathway plan

So, over to you. Research the role you are interested in by using articles, websites, videos, speaking with people you know and answer the questions below.

You will need to consider the following in your overview:

- Shift patterns
- Pay and benefits
- Place of work
- Uniform / dress code
- Ability to specialise
- Any additional information you find out.



**My chosen career is:**

**An overview of my understanding of my chosen career:**

**Why I have chosen this career:**

**To be successful in my chosen career, I will need the following values, skills and personal attributes:**

**To achieve my chosen career, I will need to have the following qualifications:**

**To achieve my chosen career, I will need to have the following life, voluntary and/or work experience:**





## Three Houses

Choose an age group. This could be young children, young people, young adults or older adults.

Think about all of the things that an individual needs to help them feel happy, healthy, safe and well and split them up into the three boxes below.

You will need to consider the following:

- Worries- What might make an individual feel worried, scared, frightened, anxious, unhealthy etc.
- Good things- What would make the individual feel happy, safe, secure, loved, healthy etc.
- Dreams- What might the ideal life look like for the individual?

House of Worries	House of Good Things	House of Dreams

## Introduction to Equality, Diversity and Rights



### About Equality, Diversity & Rights

Equality, diversity and rights are essential to deliver high-quality care and support. In a health and social care environment, it's important that equality and diversity are at the heart of what you do. Your patients and service users are individual people. You should always strive to ensure that their diverse needs are met and ensure that they have equal access to the services you provide.

### Task 1 - Time traveller

Look at the timeline on the following page and answer the following questions:





**1562:**

Britain began its slave trade in Africa.



**Pre-1870:**

Most poor children never went to school and grew up unable to read or write. Instead they were forced to work for very long hours with little breaks.



**1837-1901:**

During Queen Victoria's reign many poorer women had to look after the home, husband, children and work but were barred from all well-paid jobs.

**Pre-1861:**

There was a death penalty for homosexuality! This was removed but male homosexuality remained illegal until 1967 and gay men could be imprisoned up to that time.



**1913:**

The Mental Deficiency Act legalised the detention of mentally ill individuals and categorised them as idiots, imbeciles, feeble minded and moral defectives.

**Pre-1918:**

Women did not have the right to vote! Women who campaigned for the right to vote and were arrested, refused to eat and went on a hunger strike!



**1960's:**

It was not uncommon to see signs in Britain saying, "No blacks, no Irish, no dogs".



1. Which point in time would you most rather live in and why?

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2. What do you think life would be like then in comparison to what it is like now?

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### **Equality Today**

There have been huge developments in equality over the years, such as making friends and working with people from other ethnic minorities, the fading of stereotypes such as “a woman’s place is in the home”, changes in attitudes toward the LGBTQ+ community, and an improvement in disabled people’s rights.

However, there are still inequalities present within Britain. For example, disabled adults are three times as likely to have no qualifications compared to non-disabled people, two thirds of lesbian, gay and bisexual students report being bullied, and nearly three-quarters of Bangladeshi children, and half of Black African children grow up in poverty.

Task 2 - Equality Matters

**EQUALITY MATTERS**



1. When you think of **inequality/unfairness**, what do you think of?

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.....

2. When you think of **equality/fairness**, what do you think of?

.....  
.....

3. Why do you think equality is important?

.....  
.....  
.....

4. Think about your own experiences of being treated unfairly, summarise how this experience made you feel:

.....  
.....  
.....

Were your feelings or descriptions more positive when you described equality/fairness or inequality/unfairness?

When we experience **discrimination** and are not treated equally it can lead to many negative consequences, for example:

**Unhappiness, under achievement, low self-confidence, unemployment and poor education, poor relationships and exclusion.**



Read the following case studies and answer the questions below.

**Case study 1**

“I use a wheelchair to get around and I’m finding it very hard to get a place at my local college. I want to study science and the labs are on the first floor. The college hasn’t got a lift and they say they can’t afford to have one put in just for me so I must go somewhere else. Travelling any distance is really difficult and expensive so I don’t want to go to another college.”



**What protected characteristic is potentially being discriminated against?**

.....  
.....

**Could this be unlawful discrimination under the Equality Act 2010?**

.....  
.....  
.....

**What action could the person take?**

.....  
.....  
.....  
.....  
.....



**Case study 2**

“I was refused an apprenticeship at a local hairdresser’s because I wear the hijab and they say that all staff must wear their hair in trendy styles to impress the customers. I’m not prepared to do this as it is against my beliefs.”



**What protected characteristic is potentially being discriminated against?**

.....  
.....

**Could this be unlawful discrimination under the Equality Act 2010?**

.....  
.....  
.....

**What action could the person take?**

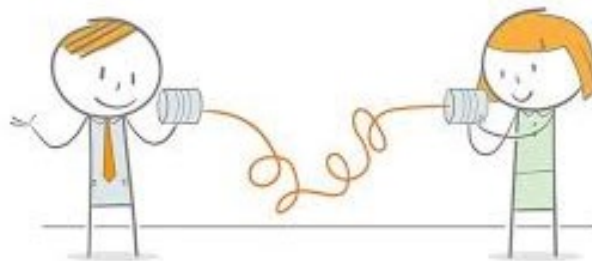
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## Introduction to Communication

Good communication and interpersonal skills are essential as a health and social care professional. Communication styles differ depending on the individuals involved within the interaction. For example, as a health and social care practitioner, you may communicate with a colleague in a different manner to that when speaking with a patient or client's family member.

Additionally, as you will be working with a diverse range of individuals, it is to be anticipated that you will face a number of barriers to communication such as English as an additional language, hearing impairments and cognitive issues which impede understanding during communication.



Good professional communication expands beyond 'just talking' as the health and social care practitioner has to abide by legislation (laws), policies and procedures and their professional code of practice to communicate effectively. These processes typically include the practitioner's responsibility to maintain confidentiality and carry out their duty of care to the individual.

**Identify five tips for good communication:**

- 1.
- 2.
- 3.
- 4.
- 5.

## Communication in health and social care

R E L A T I O N S H I P S M Y  
P L K B X L I X S P A R A T I  
L R A D O L A B R E V K I G N  
A H O B U X X O K C A L L N T  
N F Z F R D C L M T A Y V I E  
G A R J E E Q H O I T X R N R  
U A T B D S V N T I S R T E P  
A O G U B L S N M Y R C U T R  
G Y R C D F E I O H B F C S E  
E E M L S D X Y O N B J Z I T  
S I W R I O J P V N J O K L E  
R P A F R U G P V F A T C P R  
H P N P O L I C I E S L W W B  
W O O M R O T A L S N A R T L  
C C T M A A I Z V S B Q S B J

CONFIDENTIALITY  
LISTENING  
POLICIES  
PROXIMITY  
VERBAL

INTERPRETER  
MAKATON  
PROCEDURES  
RELATIONSHIPS

LANGUAGE  
NONVERBAL  
PROFESSIONAL  
TRANSLATOR

## **Task!**

### **Types of Communication**

In the box below, create a poster to identify the various ways a health and social care professional might communicate with his or her patients and colleagues when providing care and support within a hospital environment.

Try and research new and innovative styles to include as well as more standard approaches. Use some of the keywords from the word search above to help you.



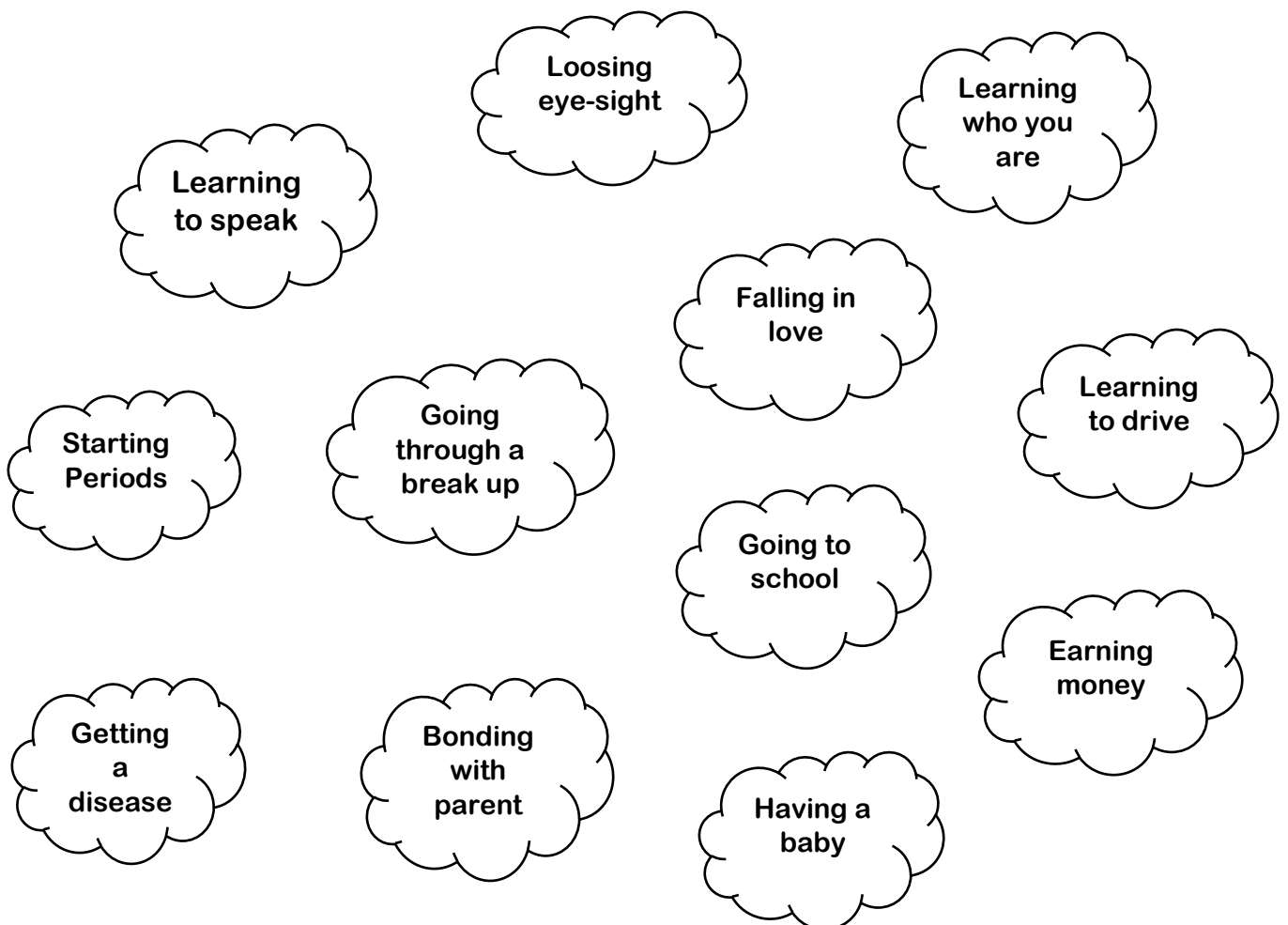
## Human Growth and Development

In human growth and development, you will look at the different life stages and what influences the development at each stage, such as significant life events. Health and wellbeing is a combination of physical health and social, emotional and intellectual (mental) wellbeing, not just the absence of disease or illness. Health professionals must understand the needs of the whole person to be able to support them.

Health and social care practitioners use a tool called PIES (physical, intellectual, emotional and social) to help categorise and make it easier to understand just what development happens through the life stages.

### Task!

Use the bubbles below to put in the example column for physical, intellectual, emotional and social development in the table on the next page. Then fill in the second and third columns linking to the example in the first column.



Type of development	Examples of this type of development.	Description of when this event is most likely to happen.	Explanation of how these events may impact an individual.
Physical			
Intellectual			
Emotional			
Social			

## Nutrition

Nutrition is nourishment or energy that is obtained from food consumed or the process of consuming the proper amount of nourishment and energy. Nutrition is important in everyday life but especially in the healthcare environment.



### The Eatwell Plate

This Eatwell Plate above is an NHS recommendation that shows what kind of foods you should eat, and in what proportions, to have a healthy and balanced diet and more sustainable food. This includes everything you eat and drink during the day.

#### **These consist of:**

- Fruit and Vegetables
- Carbohydrates
- Protein
- Dairy
- Fats & Sugars

### Task 1

Looking at the Eatwell Plate which is split into sections, can you put the following percentages with the correct segment of daily allowance.

12%

7%

33%

33%

15%



## Task 2

Look at the 3 health and social care settings below and tell explain why nutrition is especially important in that area (*TIP - Think about who may need the nutrition – why would they need it especially? Support your answer with an example*).

### Care home

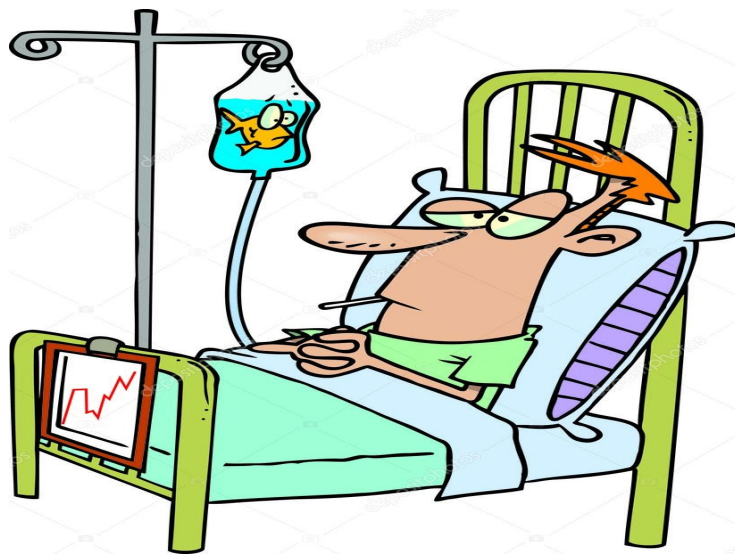
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### Nursery

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### Hospital Patient

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## Anatomy and Physiology

Anatomy and Physiology looks at the major components of the body and how they work with each other.

**This is split into 3 body systems:**

Cardiovascular System

Respiratory System

Digestive System

### Task 1

Research the body systems above and briefly summarise their function.

#### Cardiovascular System

.....  
.....  
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#### Respiratory System

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.....  
.....

#### Digestive System

.....  
.....  
.....

### Task 2

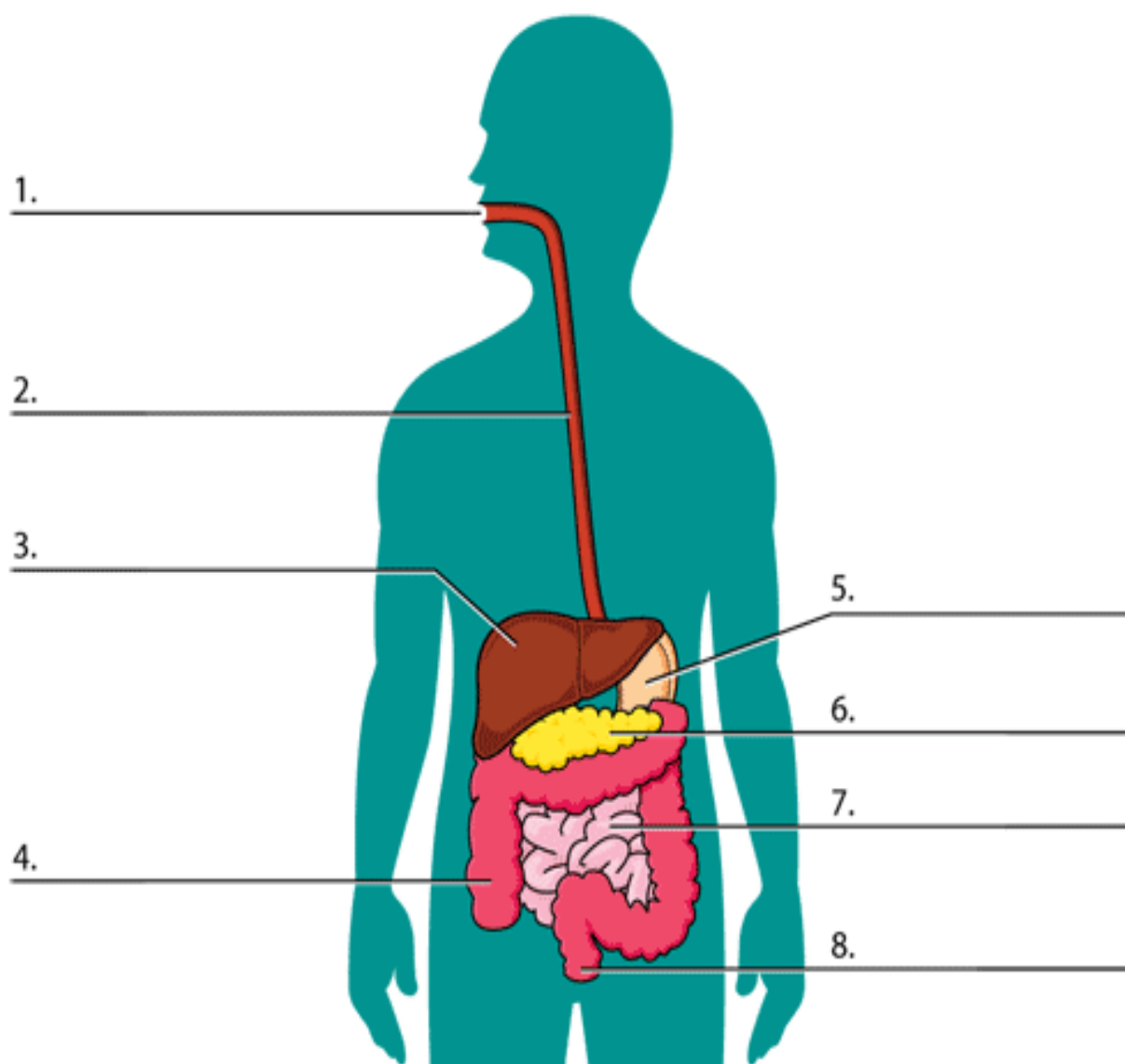
Watch the video by clicking on the link below and fill out the diagram using the words provided on the following page.

[How the Digestive System Works](#)

# HOW THE BODY WORKS

## The Digestive System

**Directions:** Print out and label the parts of the digestive system.



### WORD BANK

rectum  
pancreas  
liver

large intestine  
small intestine  
mouth

esophagus  
stomach