**BTEC HEALTH AND SOCIAL CARE**



**Bridging Course - Week 1**

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****St Mary’s Catholic School

BTEC HEALTH AND SOCIAL CARE Bridging Course

**Entry Requirements for Studying BTEC Health and Social Care?**

* Students who are expected to achieve at least a grade 4 in GCSE English Language or Literature and Maths.
* Students who are prepared to undertake work experience in a health or social care setting.
* Students who enjoy learning about a wide range of contemporary issues pertaining to the health and social care sector.
* Students who are willing to take part in class discussions and presentations on their research findings.
* Students who enjoy independent research tasks and preparing written assignments.

**What to expect from BTEC Health and Social Care.**

 BTEC courses do work differently to other subjects and you will be expected to work hard both in and out of your lesson to meet coursework deadlines. You will also be presented with many different opportunities to broaden your vocational learning, as this qualification contains a wide range of contemporary topics pertaining to health and social care. A variety of assessment methods are also used, ranging from external exams to course work. Additionally, this BTEC qualification has been designed with employers and representatives from higher education and professional bodies. In this way, the qualification is up to date and covers all of the knowledge, skills and attributes that are required in the health and social care sector. Students will also undertake work experience in a health or social care setting, this provides an excellent opportunity for you to experience working with other professionals in the sector.

**This bridging course will provide you with a mixture of information about BTEC Health and Social Care, and what to expect from the course, as well as key work to complete. Students who are expecting to study Health and Social Care, and are likely to meet the entry requirements, must complete the bridging course fully and thoroughly, to the best of their ability. You should complete all work on paper or and keep it in a file, in an ordered way. You will submit it to your teacher in September. All of the work will be reviewed and selected work will be assessed, and you will be given feedback on it. This work will be signalled to you. If you do not have access to the internet, please contact the school and appropriate resources will be sent to you. If you are thinking about studying BTEC Health and Social Care you should attempt this work to see whether or not you think studying a subject like this is right for you. If you later decide to study Health and Social Care, you must ensure you complete this work in full. This work should be completed after you have read and completed the Study Skills work that all of Year 12 should complete.**

**Course outline**

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| **External Assessed Units** | **Coursework Unit** |
| * You will undertake **3** external exams.
* Human Lifespan Development 1.5 hours – You will be presented with an individual who has specific health and wellbeing needs. You will be required to consider their circumstances from a health and social care perspective and answer a mixture of short and long answered questions.
* Working in the Health Sector 1.5 hours – You will be presented with 4 case studies about individuals who are currently accessing a health or social care service. You will be required to respond to several short and long answer questions.
* Research Enquiries 3 hours – Four weeks before this exam you will be presented with a research article. You will be able to prepare notes to take into your exam. In the exam you will be presented with 4 questions about the reliability and validity of the research that require an essay style response.
 | * You will undertake **5** coursework units.
* Supporting Individual Needs - This unit will focus on the care and support that individual’s need.
* Promoting Public Health - You will explore the aims of public health policy and the current approaches to promoting and protecting public health in the UK.
* Principle of Safe Practice - This unit explores the importance of safe working practices, safeguarding procedures and responding to emergency situations.
* Physiological Disorders - This unit explores the physiological disorders of two individuals, including how they are diagnosed and treated. You will also investigate the impact the disorder has on their long term health and wellbeing.
* Supporting Individual with additional needs - This unit will explore working with a full range of individuals who have additional needs.
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The following work requires a lot of independent research, and some of the ideas might be challenging to understand on first reading. Remember to take regular breaks, go back to any of the tasks after some time away, and try your best. Your Health and Social Care teacher will go over the following with you in lessons, early in Year 12.

1. You are now going to begin preparatory work relevant for Unit 2 Working in the Health Sector. This unit explores the role of professionals working within the sector and their responsibilities. Additionally you will review how services are structured and how they are regulated. For the purpose of this task the main website you will need to use is NHS Health Careers <https://www.healthcareers.nhs.uk>
2. There are over 350 different roles in the NHS. As a starter activity click on ‘*Explore Roles’* tab on the NHS Career website and draw a **detailed** mind map of as many roles as possible.
3. Many students often find they are initially interested in ‘traditional roles’ such as nursing and midwifery. However, take 15 minutes to complete the online questionnaire to see what career in the NHS might best suit you! <https://www.healthcareers.nhs.uk/FindYourCareer>
4. As you progress through the health and social care curriculum it is vitally important that you are aware of key professionals within the sector. The table below lists some of the professionals that you will be required to have in-depth knowledge about. Most information can be found at:
* [**https://www.healthcareers.nhs.uk/explore-roles**](https://www.healthcareers.nhs.uk/explore-roles)
* [**https://www.stepintothenhs.nhs.uk/careers**](https://www.stepintothenhs.nhs.uk/careers)

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| **Professional** | **Entry Requirements**  | **Skills need for the role.** | **Examples of their day to day working life.** |
| Adult Nurse |  |  |  |
| Midwife |  |  |  |
| Occupational Therapist |  |  |  |
| Experience Paramedic |  |  |  |
| Dietician |  |  |  |
| Physiotherapist |  |  |  |
| Counsellor |  |  |  |
| Healthcare Assistant |  |  |  |

1. Nursing has changed dramatically in the last two decades. Watch this video clip <https://www.rcn.org.uk/professional-development/become-a-nurse>. Now conduct your own independent research on modern day changes to nursing. Present your thoughts and research on your findings as a short newspaper article or an A4 poster.
2. When you embark on studying health and social care it is very important to become familiar and use key technical terms. To develop this knowledge of vocabulary please find a definition for the key terms detailed below.

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| **Technical Term** | **Meaning** |
| **Holistic Care** |  |
| **Confidentiality**  |  |
| **Multi-disciplinary team** |  |
| **Health Screening** |  |
| **Primary Care** |  |
| **Antenatal and Postnatal Care** |  |
| **Nursing and Midwifery Council (NMC)** |  |
| **Anti-discriminatory practice** |  |
| **Person Centred Care** |  |

1. Read the following blog of a ‘*Diary of a nurse – by Clare Carmichael’*. Write a summary of:

- What do you think have been the challenges she has faced in her first week as a nurse in a GP surgery?

* What skills do you think she needed to perform in her role during her first week in practice?

So, it’s the end of the week. Not just any week, my first week as a newly qualified nurse working in general practice (GP). What a week it has been – A busy but absolutely amazing one! I’ve loved every second of it. This is exactly where I’m supposed to be and it’s such a great feeling. I won’t go into my first day so I’ll go from Tuesday; Tuesday I was on a short day, 13:00-18.30. I sat with the fabulous healthcare assistant and got my bloods competencies signed off – So I could start seeing patients who needed blood tests. I’d been taking bloods in my previous job for around 5.9 years, so I have some experience with this already. This takes us to Wednesday, by far the most important / exciting day of this week for me!

I arrived at work and found out a nurse had called in sick with all her patients about to start arriving! The other nurse had a clinic of her own but we checked the list to see what the other patients were coming in for. They were mostly wounds and bloods – Which I can do. I said to the nurse and manager, I feel confident and competent enough to see these patients for you. I know the Emis system (computer system to document patients on) which really helps. There’s a lot I still need to get my head around with Emis but anything I don’t know, I knew someone would be there to help me – and they did. I was surrounded by amazing admin staff, reception, onsite pharmacist, I.T, doctor, nurses and manager. So, I did it. I took on all the patients, I saw every patient on time (give or take a minute or two here and there).

After my patients left, I cleaned down the rooms, stocked up and done the fridge temperatures. Then I had a catch up with the practice manager who checked up on me to make sure I was ok and felt supported enough. She said she didn’t want me taking on too much and get overwhelmed, which was lovely of her! But I did say, if I ever feel like that or can’t do something I will always say. However, I’d had a great day, felt so supported and couldn’t of asked for any more. I left work on Wednesday so proud of myself, I felt like I’d really done well that shift. Despite a small blip that happened in the morning – I had a patient for a blood test and I didn’t realise I needed to take an extra blood for a different hospital as well as our own ones. The patient had gone home, so I couldn’t get this for them. I realise my error, told the other nurse on shift, and called the patient to apologise and explain. Top tip: always ask the patient if they know what bloods they are in for and don’t just go by what the computer says. I’ve been double checking every single patient since! I felt so mortified I’d made a mistake. But I was open and honest about it and everything went well in the end. Message to all – always be open and honest when you make mistakes.

The next couple of days I had my own patients of wounds and bloods. I also sat with the other practice nurses to see what they do and how to do things such as set up the ECG’s. I feel I managed my own time, patients and clinics well, there were a couple of times I had to ask for advice. But it turned out my own judgement was correct! Which was amazing, and it just shows you should be more confident in your own judgement sometimes (however, I will always double check if in doubt. I’d rather be safe than sorry!). It can be very daunting as a newly qualified nurse, and sometimes make or break for some people. I was so happy with all the support I’ve had from my team and they’ve made every difference to my first week.

1. Read the following case study about Imran.

*Imran has multiple sclerosis. He uses a wheelchair both at home and when he goes out. Imran has a very caring family who are determined they should look after him at home. He needs help with washing and dressing and he cannot feed himself any longer.*

1. List the professionals who might support Imran and his family to care for him at home.
2. Briefly describe the contribution that each care professional you have identified may make to Imran’s care and comfort.
3. To consolidate learning so far, now choose **one** health or social care professional of your choice that has not been covered so far. Create a ‘fact file’ about the role that covers the following areas:
* Entry requirements
* Key skills required to work in the role.
* Where they might work and what type of individuals they will work with.
* An example of their day to day work
* Salary they can expect to earn within the role
* Where the role can lead to (e.g. other jobs or higher positions)
* Some key facts and statistics about the role

*Template Example*: