

# Health & Social Care

## Bridging Work



During year 12 you will complete 2 units, unit 1 and unit 2. These units are both assessed through an external examination. This transition project seeks to prepare you for the key skills and knowledge needed for this course.

The project is split into 3 parts:

1. Unit 1: Human Lifespan and Development
2. Unit 2: Working in Health and Social Care
3. Health and Social Care and Covid-19

# Part 1

## Unit 1: Human Lifespan Development

Learners cover physical, intellectual, emotional and social development across the human lifespan, the factors affecting development and the effects of ageing. You will just be focusing on content covered in **learning aim A: Human growth and development through the life stages**

### Task: Keywords and Definitions

Please research the meanings of these words. Please do not copy and paste, try to put them into your own words to show your understanding.

Keyword	Definition
Growth	
Development	
Centile Lines (percentiles)	
Development norms	
Milestone	
Gross motor skills	
Fine motor skills	
Adolescence	
Menopause	
Life expectancy	
Cognitive impairment	
Abstract logical thinking	
Egocentric thinking	
Concrete logical thinking	
Equilibrium	

Disequilibrium	
Self-concept (sense of identity)	
Stranger anxiety	

**Task: what are the age ranges and key physical features of the life stages?**

Life Stage	Age	Key Features
Birth and infancy	0-2 years	Infants grow rapidly, at around 1 years old infants can walk, by 2 they can run.
Early childhood		
adolescence		
Early adulthood		
Middle adulthood		
Later adulthood		

**Task: Explain Piaget's model of intellectual (cognitive development)**

<https://www.youtube.com/watch?v=lhcgYgx7aAA>

Include:

- 3 facts about Piaget
- A brief description of the 4 stages of cognitive development
- Which life stages is this relevant to and why?

Task: Using this table and your general knowledge (you can research if you need to) what positive and negative events can affect a person's **emotional** and **social** development? I have included some examples. Aim to include at least 3 additional ones in each.

	Positive	Negative
Emotional Development	<ul style="list-style-type: none"><li>• A sense of security from caregivers</li></ul>	<ul style="list-style-type: none"><li>• Lack of love and affection</li></ul>
Social Development	<ul style="list-style-type: none"><li>• Opportunities to be independent</li></ul>	<ul style="list-style-type: none"><li>• Bad influences from peer groups</li></ul>

Watch this documentary: Old People's Home for 4 Year Olds

<https://www.channel4.com/programmes/old-peoples-home-for-4-year-olds/on-demand/64374-001>

Review/synopsis: Write a short summary about the documentary. Who, what, where, when, why? Include all key information of the story. Explain what was thought-provoking about it and the questions it led to. How did it make you feel?

# Part 2

## Unit 2: Working in Health and Social Care

Learners cover the roles and responsibilities of health and social care (H&SC) practitioners. You will just be focusing on content covered in **learning aim A: The roles and responsibilities of people who work in health and social care settings**

### Task: Keywords and Definitions

Please research the meanings of these words. Please do not copy and paste, try to put them into your own words to show your understanding.

Keyword	Definition
General Practitioner	
Preventative care	
Consultant	
Nurse practitioner	
Health screening	
Antenatal care	
Postnatal care	
Supported housing	
Policies	
Procedures	
Safeguarding	
Self-help groups	
Rehabilitation	
Psychotherapy	
Complementary therapies	

Conventional medical treatment	
Assistive technology	
Domiciliary care	
Halal	
Kosher	
Gluten	
Informal care	
Code of practice	
Anti-discriminatory practice	
Prejudice	
Empowerment	
Individualised care	
Self esteem	
Multi-cultural society	
Advocate	

**Task:** Watch this clip about a career in nursing and complete the questions (you will get more information for the answers as the clip goes on).

<https://vimeo.com/305430190>

1. What different people can you work with in nursing?
2. What are the different places that you could work in?
3. What does Charlotte think are the great things about nursing?
4. What kind of skills and characteristics does she say she needs to use?
5. What qualifications do you need? What ways can you enter into nursing?
6. What challenges are there?
7. What benefits are there?

**Task: Research your local GP surgery**

Name of the and location of the surgery	
What different services do they provide? I.e. alcohol, mental health etc.	
What are the different methods of seeking support from them? I.e. phone, email etc.	
Additional information	

**Task: Using unifrog research the entry requirements for each of these roles.** What roles and responsibilities will they have? You will need to pick a specific type of each as there are so many areas you can go into.

<https://www.unifrog.org/>

General Practitioner- GP	
Entry requirements	
Salary range	
Roles and responsibilities	

Care Assistant	
Entry requirements	
Salary range	
Roles and responsibilities	

Support worker	
Entry requirements	
Salary range	
Roles and responsibilities	

Midwife	
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Entry requirements	
Salary range	
Roles and responsibilities	

Watch this documentary: [Caring and Sharing](https://www.bbc.co.uk/iplayer/episode/p06zhfvw/the-nine-to-five-with-stacey-dooley-series-1-2-caring-and-sharing)

<https://www.bbc.co.uk/iplayer/episode/p06zhfvw/the-nine-to-five-with-stacey-dooley-series-1-2-caring-and-sharing>

Review/synopsis: Write a short summary about the documentary. Who, what, where, when, why? Include all key information of the story. Explain what was thought-provoking about it and the questions it led to. How did it make you feel?

## Part 3



## Health and Social Care and Covid-19

**Task: Read this article by the King's Fund and complete the task**

*The King's Fund is an independent charitable organisation working to improve health and care in England. Our vision is that the best possible health and care is available to all.*

<https://www.kingsfund.org.uk/blog/2020/04/health-social-care-covid-19-coronavirus>

Review/synopsis: Write a short summary about the article. Who, what, where, when, why? Include all key information of the story. Explain what was thought-provoking about it and the questions it led to. How did it make you feel? What impact is Covid 19 going to have on H&SC?

**Programmes to watch and books to read linked to  
Health & Social Care**

### Films:

- **Wonder** - (PG) Inspiring story of a boy with facial differences who enters the fifth grade, attending a mainstream elementary school for the first time. Coping with being different. *Coping with life/life events*
- **Hidden figures** – (PG) Anti-discrimination. *Care values*
- **Still Alice** – (12A) Story of a woman living with Alzheimer's disease. *Illness/Disorders*
- **My sister's keeper** – (12A) "The only way to save your daughter is to sacrifice her sister". Anna has never been given a choice: she was born to be her sister Kate's bone marrow donor and she has always given Kate everything she needs. *Relationships/family*
- **Three identical strangers** – (12A) Identical triplets become separated at birth and adopted by three different families. Years later, their amazing reunion becomes a global sensation. *Relationships/family*
- **Bohemian Rhapsody** – (12A) Freddy Mercury defies stereotypes and convention to become one of history's most beloved entertainers. *Lifestyle factors/social & cultural stereotypes*
- **Me before You** – (12A) A young and quirky woman becomes a caregiver for a wealthy young banker left paralysed from an accident two years earlier. *Life events/formal & informal care/disability*
- **The Children Act** – (12A) Adam Henry has leukaemia. His doctors want to perform a blood transfusion, but his parents are Jehovah's Witnesses, and believe that having a blood transfusion is against biblical principles. *Illness/ethics/relationships*
- **To the bone** – (15 Netflix) Eating disorders/anorexia *Diet and appearance*
- **Sorry we missed you** (15) Ricky and his family have been fighting an uphill struggle against debt since the financial crash. *Social & cultural factors/income & wealth/life circumstances*
- **The Upside** - (12A) The relationship between a wealthy man with quadriplegia and a recent unemployed ex-convict. *Disability/relationships*

### TV programmes:

- **Babies : their wonderful world** – BBC. Explores how the first 2 years of life shapes the adults we become. *Infancy development/lifestages*
- **The secret life of 4- and 5-year olds** – Channel 4. Great for looking at *childhood development/lifestages* (especially socialisation skills)
- **Old people's home for 4-year olds** – Channel 4. How the company of 4-year olds helped to improve the mood, mobility and memory of the elderly. *Lifestages*.
- **Born to be different** – Channel 4. The pressures and joys of bringing up a disabled child <https://www.channel4.com/programmes/born-to-be-different/> *Disability/infancy and childhood/life events*.
- **Speech journey** – You Tube. <https://www.youtube.com/watch?v=it7y1IM2jOM> How children learn to talk from birth to 5 years old. *Intellectual development*
- **Mum, Dad, Alzheimer's and Me** – You Tube. Real life story investigating the care of Alzheimer's sufferers in the UK. <https://www.youtube.com/watch?v=LprTLaO1AF0> *Old age/disorders*
- **Louis Theroux, Extreme Love: Dementia** – **BBC 2** Sufferers and carers explore the struggle of living with dementia. *Disorders/formal and informal carers* <https://www.bbc.co.uk/programmes/b01gvt26>

- **The restaurant that makes mistakes** – Channel 4. Volunteers living with some form of dementia run a pop-up restaurant in Bristol. *Middle - Old age/disorders*
- **The big hospital experiment** – BBC. A group of volunteers embark on a social experiment, with a shortage of staff, how can they help on the frontline of the NHS? *Care values/Health care services*
- **Britain's hidden hungry** – BBC. Investigates the growing importance of charity foodbanks to thousands of hungry people across the UK by following the stories of three users of a foodbank. *Diet and appearance.*
- **Supersize v Superskinny** – Channel 4. Dieting and extreme eating lifestyles. *Diet and appearance*
- **Rio Ferdinand: "Thinking Out Loud: Love, Grief and Being Mum and Dad"** Talks at Google. <https://www.youtube.com/watch?v=qgoRcxm5BUk> *Coping with life events*
- **Rio and Kate: becoming a stepfamily.** Rio Ferdinand's fiancée Kate Wright integrates into the family as a step mum  
<https://www.bbc.co.uk/programmes/m000f9sg> *Coping with life events/family units*
- **Driven : The Billy Monger Story.** The remarkable story of 18-year-old Billy Monger as he attempts to become the first ever amputee to race competitively in a single-seater racing car  
<https://www.bbc.co.uk/programmes/p06qx4gt> *Life events (unexpected)*
- **24 hours in A & E** – Channel 4. Emergency cases entering A & E. *Life events*
- **Health before the NHS – The road to recovery**  
<https://www.youtube.com/watch?v=1y7zeZPfD8k> The shocking story of the health of Britain before the NHS. *Care values/health care services*
- **Care – BBC drama** <https://www.youtube.com/watch?v=1EJXDk-B8h0> *Discrimination/disability*
- **DIY S.O.S.** <https://www.bbc.co.uk/programmes/b006pnjk> Friends, family and local trades help to transform the homes of families with special needs across Britain. *Barriers to accessing services/physical barriers*
- **Crisis in Care: BBC Panorama** <https://www.bbc.co.uk/programmes/m0005jpf> Panorama reveals the failings of our social care system, as our population gets older and more of us need help with day to day living. *Old age/care services*
- **The Nine to Five with Stacey Dooley**  
<https://www.bbc.co.uk/iplayer/episode/p06zhfvw/the-nine-to-five-with-stacey-dooley-series-1-2-caring-and-sharing> Stacey Dooley takes five teenagers to a care home for work experience.  
*Types of support/voluntary support/old age*
- **Katie Piper: My beautiful face** – recovery after acid attack. *Self-esteem/self-confidence/ lifestyle*
- **Call the Midwife** - BBC *life events/childbirth/formal support*
- **Jesy Nelson** - BBC 3 Little Mix star Jesy Nelson goes on a journey of rehabilitation as she opens about abuse, she has suffered at the hands of cyberbullies. *Social/cultural factors that affect development*

## **Books :**

David Pelzer, A Child Called It

David Pelzer, A Man Named Dave

Adam Kay, This is Going to Hurt  
Brian Conaghan, The Weight of a Thousand Feathers  
Alex Michaelides, The Silent Patient  
Richard Shepherd, Unnatural Causes  
Malala Yousafzai, I Am Malala: The Girl Who Stood Up for Education and was Shot by the Taliban  
R J Palacio, Wonder  
Angie Thomas, The Hate U Give  
Michael Newton, Savage Girls and Wild Boys: A History of Feral Children  
Ray Jones, The Story of Baby P: Setting the record straight  
Hope Daniels, Tainted Love  
Jojo Moyes, Me before You  
Jen Pedro Roy, Good Enough  
Emma Healey, Elizabeth is Missing  
John Holt, How Children Learn  
John Holt, How Children fail  
Oliver Sacks, The Man who mistook his wife for a Hat  
Tessa Livingstone, Child of our Time  
Jennifer Niven, All the Bright Places  
Malorie Blackman, Pig Heart Boy  
Meredith Russo, If I was your Girl  
John Green, The Fault in our Stars  
Dr Judith Rapoport, The Boy Who Couldn't Stop Washing: Experience and Treatment of Obsessive Compulsive Disorder  
Paul Kalanithi, When Breath becomes Air  
Henry Marsh, Do No Harm: Stories of Life, Death and Brain Surgery  
Rachel Lippincott, Five Feet Apart  
Henry Marsh, Admissions  
Bill Bryson, The Body: A Guide for Occupants  
Christie Watson, The Language of Kindness: A Nurse's Story  
Suzi Brent, Nee Naw: Real Life Dispatches from Ambulance Control  
Malorie Blackman, Noughts and Crosses  
Melvin Burgess, Junk  
Alexander Masters, Stuart: A Life Backwards  
Torey Hayden, Just Another Kid  
Clare Mackintosh, After the End