KS4 Cambridge National Health and Social Care: Learning journey

WILLIAM BROOKES SCHOOL
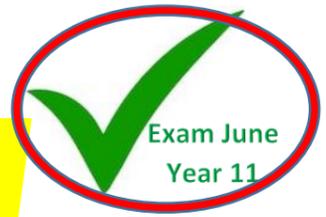
R021 Revision:

- Exam style techniques
- Model answers
- Short mark questions
- Long mark questions
- Past revision papers

Use of revision guide, knowledge organisers and reinforcement booklets.

Revision R021: Essential values of care for use with individuals in care

Exam June Year 11

R022: Communicating and working with individuals in the HSC

Understand how personal hygiene, safety and security measures protect individuals:
1. Personal hygiene
2. Safety procedures (emergency procedures, equipment considerations, moving and handling techniques)
3. Security measures (monitoring of keys, security pads on doors, window locks, identifying staff, receiving and monitoring visitors)

R022 DIRT:

Dedicated Refection Improvement Time

R023: Body systems

Exam Jan year 11

Measuring body rates & interpreting data:
1. Cardiovascular system: Pulse
2. Respiratory system: Peak flow
3. Digestive system: BMI (Body Mass Index)
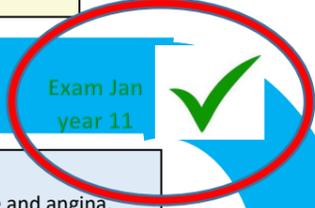
Understand disorders that affect body systems:
1. Cardio vascular system: Heart attack, heart failure and angina.
2. Respiratory system: Emphysema, asthma, bronchitis.
3. Digestive system: IBS, heartburn and stomach ulcers.
Know there:
1. Cause
2. Symptoms
3. Diag...

Know how body systems work

Structure & function of:
1. Cardio vascular system
2. Respiratory system
3. Digestive system

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Understand how to support individuals to maintain their rights and importance:
1. Choice
2. Confidentiality
3. Maintaining confidentiality
4. Consultation
5. Equal & fair treatment

How to maintain their rights:
1. Effective communication
2. Up to date information
3. Challenging discrimination
4. Complaint procedures
5. Providing advocacy

Impact of legislation on care settings:
Equality Act 2010, Children Act 2004, Data Protection Act 2018, Health and Safety at Work Act 1974 and Mental Health Act 2007.
Who legislation protects and why:
1. Children and young people
2. Vulnerable adults
3. Ethnic minority groups
4. People with disabilities

Be able to apply basic first aid procedures:
1. How to apply the steps involved in certain first aid procedures
2. How to review own performance (competency, strengths/weaknesses, suggest improvements to performance)

Revision R021: Essential values of care for use with individuals in care

R031: First Aid

Identify the nature and severity of a range of injuries, the current first aid procedures for the injuries and the rationale:
1. Unconscious and breathing/not breathing
2. Choking
3. Burns/ scalds
4. Bleeds
5. Asthma attack
6. Shock

Understand the importance of the values of care and how they are applied:
1. Promoting equality and diversity
2. Maintaining confidentiality
3. Promoting individuals' rights and beliefs
How the values are applied:
1. Promoting equality and diversity
2. Maintaining confidentiality
3. Promoting individuals' rights and beliefs
4. Being a reflective practitioner

Plan and participate in an interaction:
1. 1:1 interaction
2. Group interaction
Understand the impact of effective communication within interactions.

Barriers to effective communication:
1. Environments factors
2. Individual needs
3. Layout of settings

How to overcome:
1. Staff training
2. Adapting settings
3. Calm tones / pace

R022: Communicating and working with individuals in the HSC and

Assess scenes of accidents to identify risks and continuing dangers:
1. How to assess the scene of an accident within health, social care or early years settings.
2. How to provide information to emergency services

Personal qualities that contribute to effective care:

Patience, understanding, empathy, respect, willingness, sense of humour, cheerfulness.

How the qualities contribute to effective care (e.g. empowerment, reassurance, value).

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R022: Communicating and working with individuals in the HSC and EYS.

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Settings
Hospitals
Nurseries
GP surgeries
Residential home
Day-care

Types of communication: Verbal, non-verbal, written and specialist.
1. What are they and how are they used within different settings?
2. Why are they important to individual needs?
3. What do you need to consider when using them?
4. Can you give examples of when and how used

Individual needs
Disability
Illness
Learning needs
Financial
Mental health
Addictions