



... to health and social care – Level 3 – BTEC national – Extended Certificate

The units that we are going to teach on this are:

Unit one – Human Lifespan Development (assessed through exam)

Unit two – Working in health and social care (assessed through exam)

Unit 5 – Meeting Individual Care and Support Needs (Coursework)

Unit 10 or 11 – Sociological or psychological perspectives (Coursework)

This transition work is designed to give you some insight and knowledge into what you will learn on the course when you start in September as well as some of the skills that are needed within this qualification. These tasks are quite research based, and quite challenging but interesting.

Please follow the pages completing the tasks:

First question though – who is the secretary of state for health?

Places to help you:

Youtube Tutor2u – search health and social BTEC

NICE organisation

WHO Department of Health and social care

www.ageuk.org.uk

www.nmc.org.uk (nursing and midwifery council)

www.nhs.uk

www.gmc-uk.org (The general Medical Council)

Key Terms – please find the definitions to the following terms. These are linked to some of the work we will be doing in units one and two.

Key term	Definition
Lifespan	
Growth	
Development	
Gross motor skills	
Fine motor skills	
Egocentric	
Empathy	
Self Concept	
Attachment	
Nature in the nature/nurture debate	
Nurture in the nature/nurture debate	
Stress-diathesis model	
Genetic predisposition	
Congenital defects	
What is W.H.O?	
What is N.I.C.E?	

Environmental factors	
Pollutant	
Barriers in health and social care	
What is a family?	
What is a dysfunctional family?	
Life events (give examples)	
Predictable life events	
Unpredictable life events	
Primary health care	
Secondary health care	
Tertiary health care	
NHS foundation trusts	
Voluntary sector	
Hospitals	
Day care centres/units	
Hospice care	
Residential care	
Domiciliary care	

Human lifespan and development

Understanding human lifespan development, the different influences on an individual's development and how this relates to their care needs is important when you are establishing a career in the health or social care professions. Health and social care professionals meet and work with a wide range of individuals who have diverse needs. In this unit you will be introduced to the biological, psychological and sociological theories associated with human lifespan development. You will explore the different aspects of physical, intellectual, emotional and social development across an individual's lifespan. You will examine factors affecting an individual's growth and development such as the environment or genetic inheritance and consider the positive and negative influences these have on development, including the impact on an individual's concept of self. You will explore the physical effects of ageing and the theories that help explain psychological change.

Physical development across the lifestages – complete the table

Life stage	Age	Key features – physical development
Birth and infancy		
Early Childhood	3-8 years	
	9-18 years	Adolescents experience growth spurts. They develop sexual characteristics during puberty.
Early adulthood		
Middle adulthood	46-65 years	
Later adulthood		Ageing process continues with gradual loss of mobility. Older adults will experience a loss of height of up to a few centimeters.

Genetic predispositions

This means that you can inherit a condition from one or both of your biological parents. It does not mean that it is a certainty that you will develop that condition. The genetic make up predisposes that they cannot be altered, we can sometimes alter environmental factors and offer support and treatment to allow the individuals to develop and lead life as healthy as possible. There are some inherited conditions, some rarer than others, that have series consequences for a child’s growth and development.

Please research each of these – stating how it is caused, what the effects of the condition are and how it can be treated/assisted.

Cystic Fibrosis

Brittle bone disease

Phenylketonuria PKU

Huntington's disease

Klinefelter Syndrome

Down's Syndrome

Colour Blindness

Duchenne muscular dystrophy

SELF CONCEPT

Self-Concept

Self-concept is how someone sees themselves and the perception that they hold about their abilities. There are various factors that can affect self-concept, these include: age, sexual orientation, gender and religion. The self-concept is also made up of a combination of **self-esteem** and **self-image**.

Self-esteem refers to a person's feelings of **self-worth** or the **value** that they place on themselves.

There are a number of characteristics of high and low self-esteem.

What are the characteristics of somebody with:

Positive self-esteem	Negative self-esteem

Factors affecting self esteem

- Parents/carers teaching problem solving skills from a young age (so that a child feels a sense of achievement) can lead to a positive self-esteem.
- Learning difficulties at school can lead to a child struggling to complete work or maintain friendships, which can lead to negative self-esteem.

Self-Image

Self-image refers to the way an individual sees themselves, both physically and mentally. An individual's self-image is developed over time and influenced by the experiences they have encountered.

There are a number of characteristics of a positive and negative self-image.

Positive self-image	Negative self-image

How does social media have an impact with on somebody with both a positive and negative self image/self esteem? (you could consider different age groups)



Job roles in the health and social care sector

Research the following job roles, stating what they do with some of the responsibilities that they may have:

GPs

Hospital Doctors – generally what they do, but just give a list of the different specialisms:

What are the different levels of drs?

Nurses – identify the different specialisms of nurses and pick two to describe in more detail

Different specialisms:

Specialism One:

Specialism two:

What are the different levels of nurses?

Midwives

Health care assistants

Social workers

Occupational therapists

Youth workers

Care managers

Care Assistants

Support Workers



This is Shiela !!

Sheila is nearly 90 and is now quite frail. She lives alone in a ground floor flat and uses a wheelchair indoors. Sheila is on a very low income. Identify and list the health and social care services that might be available locally to help her live independently. (think voluntary too)

(you can start to think about this, research around, but it is something we will come back to and add to as the year goes on).

Supra-curricular

Further information to help expand your knowledge and understanding a few activities you might like to research into:

1. Research the guardian (buy the newspaper) or go onto the website – www.theguardian.com - Find an article in the social/society section – that relates to something in the health and social care sector and identify the Physical, intellectual, emotional and social needs that link to the article.
2. Research information about attachment – and look into the work on John Bowlby
3. Research information about John Piaget to help explain the developmental stages of children.
4. Explore the learning resources on the following website about Mental health: <https://museumofthemind.org.uk/>
5. Explore www.ageuk.org.uk and identify all the services that are provided to help elderly people and how this has a positive impact on them.
6. Explore how the recent coronavirus epidemic has had an impact on individuals: PIES.
7. Research into the National Institute for health and social care excellence (NICE) and create a profile of one of it's guidance that it gives.
8. Research into the WHO – and summarise it's recent findings for coronavirus and it's recommendations.
9. Investigate what the services offered by the NHS outside of normal working hours are.
10. Research the impact of low income on children and adults – refer to the Office of national statistics, the Joseph Rowntree Foundation, Child Poverty Action Group.
11. Research How the Age UK network has adapted to the challenges of the coronavirus crisis to support older people

By looking into any of these – you will have given yourself a wider knowledge that will help in all of the areas that we will be teaching.