

Getting Ready For *Health and Social Care*

Your Name		
CAMTEC Level 3 Health and Social Care Certificate and Diploma	Preparing for Initial Topics and Work Placement	Summer 2020

We are delighted you have chosen to study Health and Social Care at Haywards Heath College.

Instructions: This pack will help you make the best possible start to studying this subject.

The tasks in this pack:

- should take you **about 4 hours to complete**.
- should be handed into your teacher when teaching starts **from 14th September 2020** with your name on it for assessment.
- are also available on the internet – follow the links in the document.

If you need help: The tasks are designed to get a bit more difficult as you work through them as they are preparing you for studying at a higher level and to become an effective independent learner. You should try to get as far as you can working on your own but if you do need help, please email us at info@haywardsheath.ac.uk telling us which Getting Ready For pack you are working on and what help you need. Help is available throughout the summer holidays.

The work must be completed electronically (with the exception of the final task) and saved onto a memory stick. You must bring the memory stick with your work on it and your printed and completed page 5 with you to your first health and social care lesson in September.

Skills Focus for this Getting Ready for Pack	
Researching Independent Learning Problem Solving Presentation/Layout	Written communication Note Taking Analysing/synthesis Interpretation

Target Grade	Type of task	Task and subject specific skill reference	Deadline
All	Independent research	Complete the table provided which details key terms and concepts relating to care settings	from 14th September 2020
All	Written piece of work	Apply the terms and concepts in a written piece to evidence understanding.	from 14th September 2020
All	Self-assessment	Write a reflective self-assessment which details previous experiences of the workplace and illustrates own understanding of the value of undertaking work placement.	from 14th September 2020
Foundation Diploma students only	Independent research	Follow the instructions and complete the anatomy and physiology worksheets.	from 14th September 2020
Notes:			

Your Level 3 CAMTEC in Health and Social Care

Welcome to the CAMTEC Level 3 in Health and Social Care. You may have heard this course referred to as being “vocational”. Vocational means “a special urge, inclination, or predisposition to a particular calling or career” (www.thefreedictionary.com/vocation) Many of you will be considering a career in nursing, midwifery, teaching or one of the allied professions and for this reason we place great emphasis on the work placement component of the course. It is **VITAL** that your Disclosure and Barring (DBS) documents are completed and sent away before you start the course as without this clearance you cannot commence work placement.

It is also important to recognise the core values which underpin good practice in care. The following activities are designed to clarify these before you start your course.

Care values

Complete the table below using your own definitions and an example in health and social care.

Care value	Definition
Dignity	
Confidentiality	
Integrity	
Empathy	
Equality	
Diversity	
Respect	
Safeguard	

Your next task is to write a piece of about 500 words which relates to Health and Social Care and which incorporates the key terms that you have defined in the table above. As a nurse, teacher or other H&SC worker, how might they apply to the care of your patient, service user or client? What examples can you think of where they might apply and why are these care (or core) values so important? This should be your own words and your own thoughts.

Personal and Professional Development

You will find that you will change and develop as the course progresses. This type of development is on-going for any professional and continues throughout their career. It is important to track and record these changes and you will be expected to do this as part of your assessed work, but it may be useful to you to assess your skills and abilities at this moment in time.

Write a self-assessment using the following headings:

I want to study health and Social care because ... (include career aspirations)

Experience / knowledge I have that will help with my Health and Social care studies is ...

(e.g. work experience from high school, babysitting or childcare experience, voluntary work, part time employment, experience of caring in your family, related GCSEs or other L2 courses)

What I hope to gain from work experience

What I can give to my work experience placement ... (think about your personality traits – are you kind? a good listener? a reliable/ hard worker?)

This task is for Foundation Diploma students only.

Anatomy and physiology

The Heart

Your heart, blood and blood vessels together make up your body's cardiovascular system. You are going to complete one activity regarding a description of the key components of the heart including their locations and functions.

Please read the suggested article, watch the video and complete the activities below.

www.bhf.org.uk/heart-health/how-a-healthy-heart-works

Activity

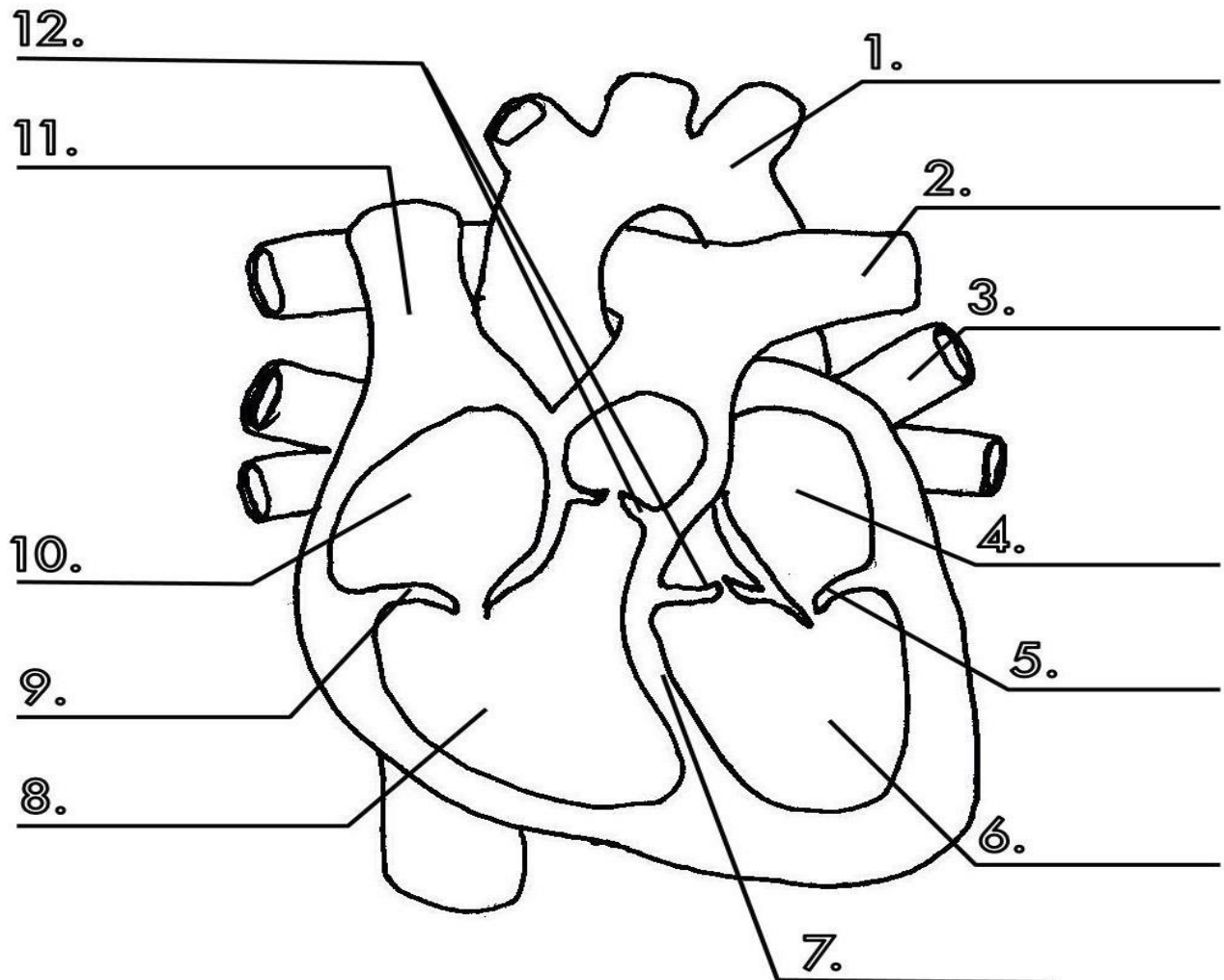
Each day your heart beats about 100,000 times to keep you alive. Overleaf is a diagram of a heart.

For each component identified in the diagram you must provide details (in Table 1) about what it is and what it does. Include this information in the column headed 'Description'.

You must then also detail for each component why it is important and what its function is. Include this information in the column headed 'Function'.

Print and complete this diagram

Label the diagram of the Heart



1. Now shade the right side of the heart blue to show deoxygenated blood... Remember the right side of the heart is on your left as you look at the picture.
2. Shade in the left side of the heart red to show the blood is oxygenated on this side.
3. Draw arrows on the diagram to show the flow of blood through the heart.

Complete the table

Heart component	Description	Function
Aorta	<i>Example</i> <i>The aorta is the largest artery in the body. It is connected to the heart's left ventricle.</i>	<i>Example</i> <i>It carries oxygenated blood away from the heart.</i>
Pulmonary artery		
Pulmonary veins		
Left atrium		
Mitral (bicuspid) valve		
Left ventricle		
Septum		

Inferior vena cava		
Right ventricle		
Tricuspid valve		
Right atrium		
Superior vena cava		