

<p>Subject:</p>	<p>Health and Social Care</p>
<p>Subject Context:</p>	<p>Building positive relationships Equality and Diversity Health and Safety Anatomy and Physiology Sexual Health Nutrition</p>
<p>Reading List:</p>	<p>Cambridge Technical's Health and Social Care Level 3 Textbook Nutrition for children - British Nutrition Foundation Muscular dystrophy - NHS (www.nhs.uk) Stop smoking in pregnancy - NHS (www.nhs.uk) What are communication skills? Indeed.com UK</p>
<p>Essential resources or equipment required for the course:</p>	<p>The Cambridge Technicals Health and Social Care Level 3 Textbook will be available for you to use throughout the duration of your course and you will be provided with information booklets and classroom resources for each lesson. You will need to bring a writing pen, paper, a ruler, highlighters, coloured pens or pencils and a curious mind to every class!</p>
<p>Resources needed to complete the activity:</p>	<p>This activity can be handwritten or typed up. You will need access to the internet.</p>
<p>Estimated time required to complete the activity:</p>	<p>2- 3 hours</p>
<p>How you could extend your learning:</p>	<p>Supersize Vs Super Skinny Series 6 Ep 1 (youtube.com) A Space in Time review – lyrical portrait of a family facing an incurable disorder Film The Guardian Personal characteristics and skills required (adult nursing) Health Careers</p>

Taster Activity:

Task 1 – Building positive relationships

A Nurse is meeting with an elderly patient to discuss an ongoing medical condition. Why is the way in which the Nurse communicates so important? What different types of communication will need to be considered? Can you provide some recommendations about things the Nurse should do when communicating?

Task 2 – Equality and Diversity

What do the terms equality and diversity mean? Can you explain how equality and diversity would be used/applied in a hospital setting?



Task 3 - Health and Safety

Health and safety is very important in a nursing home. Can you identify any laws relating to Health and Safety that would apply to a nursing home setting?

Task 4 – Anatomy & Physiology

Muscular Dystrophy is a long term (chronic) physiological condition. Which body systems does muscular dystrophy affect and what are the physiological impacts of the condition? How could having muscular dystrophy impact on someone's day to day life?



Task 5 – Sexual Health

Research, identify and explain 4 factors that may affect the health of the foetus



Task 6 – Nutrition

How would the nutritional needs differ between an elderly adult and a child? Consider their stage of life and related lifestyle activities as well as recommended daily amounts of specific nutrients. What do they need to sustain a healthy nutritional balance?

www.nutrition.org.uk

