

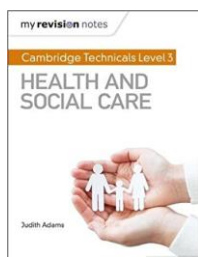
Thank you for choosing to study Health and Social Care. We are looking forward to welcoming you to the Social Sciences department. The next two years will challenge you, fascinate you and give you a real insight into the most current topics in our society such as mental health and dementia.

The bridging work is designed to give you a taster of the next two years, hope you enjoy it and find it interesting.

Mrs Dakovic [m.dakovic@holt.wokingham.sch.uk](mailto:m.dakovic@holt.wokingham.sch.uk)

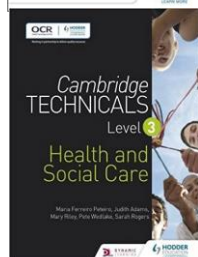
## Book Recommendations

It is vital that you are accustomed to completing wider reading around topics you will cover during your Cambridge Technical



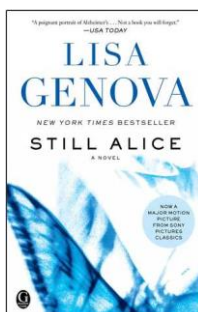
### **My Revision Notes: Cambridge Technicals Level 3 Health and Social Care – By Judith Adams**

This book works to enhance your practical revision skills and develop your key content knowledge by providing effective and structured revision.



### **Cambridge Technicals Level 3 Health and Social Care (Cambridge Technicals 2016) – By Maria Ferreiro Peteiro, Judith Adams et al.**

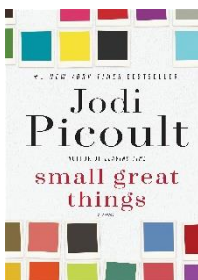
This textbook covers nearly all the units within this course, it is used as a teaching and revision tool with excellent knowledge for coursework and examined units.



### **Still Alice – By Lisa Genova**

The novel is about a woman who suffers early-onset Alzheimer's disease. Alice Howland, a 50-year-old woman, is a cognitive psychology professor at Harvard and is a world-renowned linguistics expert. She is married to an equally successful husband, and they have three grown children. The disease takes hold swiftly, and it changes Alice's relationship with her family and the world. It was Genova's first novel.

This novel was later adapted into a film.



### **Small Great Things – By Jodi Picoult**

The story line involves an African-American labor/delivery nurse in charge of newborns at a Connecticut hospital. She is ordered not to touch the baby of a white supremacist couple. After the baby dies in her care, she is charged with murder and taken to court.<sup>[4]</sup> The story is told from the complex multiple racial perspectives of the principal characters, the nurse Ruth, Turk Bauer, the white supremacist father of the baby, and Kennedy McQuarrie, Ruth's lawyer



### **Elizabeth is Missing – By Emma Healey**

Maud, a grandmother in her 80s living with Alzheimer's disease, relies on sticky notes to get through the day as her memory slowly deteriorates. One day her best friend, another elderly woman named Elizabeth, fails to meet her as promised. Maud begins to believe something sinister has happened to Elizabeth.

### More reading material

Me Before you – By Jojo Moyes, *a patients' rights book*  
After you – By Jojo Moyes, *a coping with bereavement book*  
Still me – By Jojo Moyes, *life events and conflicts between career and relationship book*  
A Song for Tomoorw – By Alice Peterson, *a story of Cystic Fibrosis*

#### **Non-Fiction Reads:**

Living with Mental Health Issues – By Richard Ward  
Nursing Times Magazine  
Anatomy & Physiology  
Anatomy & Physiology for Nurses

#### **Other sources for further reading:**

<https://guides.library.lincoln.ac.uk/c.php?g=110699&p=717573>

<https://www.theguardian.com/social-care-network/gallery/2015/jul/16/all-about-social-care-a-summer-reading-list-in-pictures>

### Film/Documentary Recommendations

There are a number of useful films and documentaries that will develop your wider understanding of the topics covered.



#### **Unplanned**

All Abby Johnson ever wanted to do was help women. As one of the youngest Planned Parenthood clinic directors in the nation, she believed in a woman's right to choose. Until the day she saw something that changed everything.



#### **Sicko**

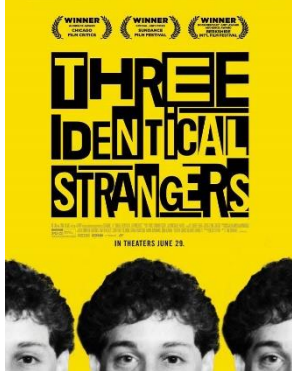
A documentary comparing the highly profitable American health care industry to other nations, and HMO horror stories including shotgun deaths.



#### **The Business of Being Born**

Birth: it's a miracle. A rite of passage. A natural part of life. But more than anything, birth is a business. Compelled to find answers after a disappointing birth experience.

THE MOST AMAZING, INCREDIBLE, REMARKABLE TRUE STORY EVER TOLD.



## Three identical strangers

Tim Wardle's compelling documentary spotlights the notorious case of three men who grew up not knowing their siblings existed



## Other films and documentaries:

- Inside Out – Disney (2015) *perfect for unit 1*
- 12 Angry Men (1997) *perfect for unit 1*
- Inside I'm dancing (2004) *perfect for unit 6*
- The Theory of Everything (2014) *perfect for unit 1 and 6*
- The Fundamentals of Caring (2016) *perfect for unit 1 and 6*
- The Children Act (2017) *perfect for unit 2, 3 and 6*
- Autopsy: Life and Death - Gunther Von Hagens *perfect for unit 4*
- Paramedics on Scene – BBC iPlayer *perfect for unit 11*
- Between Life and Death – BBC iPlayer *perfect for unit 11*
- Coronavirus: World in Lockdown – BBC iPlayer *perfect for unit 5*
- Crime – Are we tough enough – BBC iPlayer *perfect for unit 2*
- The Horizon Guide to Pandemic – BBC iPlayer *perfect for unit 5*

## Other Sources of film:

<https://www.social-care.tv/> - A collection of short clips on all areas of social care.

<https://www.scie.org.uk/dementia/resources/dementia-videos.asp> - Dementia care videos.

<https://www.bbc.co.uk/programmes/b006t14n> - Panorama often over health and social care issues.

<https://www.bbc.co.uk/iplayer/categories/documentaries/a-z?page=6> – Many documentaries covering all areas of health and social care.

<https://www.channel4.com/> - Many documentaries covering all areas of health and social care.

<https://quadlifeblog.com/2019/04/09/10-films-about-disability/> - Movies highlighting disabilities.

<https://www.imdb.com/list/ls066746282/> - Movies which highlight mental and physical illness.

## Research task

### Communication skills.

When building positive relationships effective communication skills are vital. Explain what each of these skills involves.

Skill	Definition
Tone and pitch	
Pace	
Eye Contact	
Facial expression	
Gesture	
Volume	
Posture	

GP behind closed doors [www.my5.tv/gps-behind-closed-doors/season-3](http://www.my5.tv/gps-behind-closed-doors/season-3)

Watch an episode of this program and analyse the strategies the doctors use to build up positive relationships with their patients and deliver the best possible care. Challenge explain the impact of the strategies. Consider;

- The verbal communication skills such as tone, pitch, pace, volume, choice of language/words
- The non-verbal communication skills such as eye contact, facial expressions, gestures and posture
- The management of environmental factors such as how they construct a supportive and positive environment



Category	Strategy	Impact
Verbal communication skills		
Non-verbal communication skills		
Environmental factors		

Why is it important for GPs to develop positive relationships with service users?



## Unit 2 Equality and Diversity

Equality “We all have one thing in common we are all unique” Equality is when all individuals are treated fairly; according to their needs and, given the same opportunities regardless of differences.

Diversity means acknowledging and respecting the differences between different people and cultures.

### Task Collage Time

Collect images of the diverse society we live in the UK today. Label the collage with the ways people are different.

How many differences can you identify?

**Will Britain Ever Have a Black Prime Minister - BBC Documentary 2016**

<https://www.youtube.com/watch?v=j0uXJkgAmWU>

Watch the documentary and make a note of examples of inequality in the following areas:

Area of life	Examples of inequality
Poverty	
Employment	
Politics	

**Mind Map:** Using the information from the documentary and the Equality report design a mind map. Illustrating:

- Which groups are experiencing inequality in the UK?
- What examples of this inequality can you name?
- [www.equalityhumanrights.com/sites/default/files/is-britain-fairer-2018-easy-read.pdf](http://www.equalityhumanrights.com/sites/default/files/is-britain-fairer-2018-easy-read.pdf)

**Challenge:** Write a paragraph explaining the benefits of valuing diversity and treating people equally include the following words: Empowerment, independence, inclusion, respect, dignity, opportunity, access and participation.



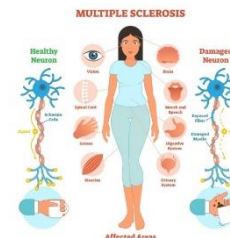
## Unit 4 Anatomy and Physiology

### True or False?

1. The human body's biggest organ is the skin
2. The adult human body has over 500 bones:
3. Baby girls are born with 2 million eggs inside them:
4. The name of the substance that gives skin and hair its' colour is called Iron
5. The ribs are the bones around your chest that protect organs such as the heart
6. Eyes are usually the same size
7. It is estimated that the human body have 60,000 miles of blood vessels:
8. Men's hearts beat faster than women's
9. The appendix has no purpose in the human body:
10. You only need one kidney to stay alive and live a normal life:
11. 60% of The human body is made up of water:
12. It takes a maximum of 24hours for food to be fully digested:
13. Lungs can clean and heal themselves:

## Multiple sclerosis

[www.youtube.com/watch?v=0yM36eEfuks](https://www.youtube.com/watch?v=0yM36eEfuks)



According to the NHS "Multiple sclerosis (MS) is a condition that can affect the brain and spinal cord, causing a wide range of potential symptoms, including problems with vision, arm or leg movement, sensation or balance. It's a lifelong condition that can sometimes cause serious disability, although it can occasionally be mild.

Produce a fact sheet on living with multiple sclerosis include:

1. Causes and risk factors
2. Signs and symptoms
3. Treatment and monitoring
4. Effects on individuals: challenge divide into PIES (Physical, intellectual, emotional and social) and compare between individuals





