



Rodillian Academy 6<sup>th</sup> Form  
Health & Social Care Summer Learning

As part of your OCR Level 3 Alternative Academic Qualification, Cambridge Advanced National in Health & Social Care you will do **6 units** which will be assessed by an exam or coursework. Here are 4 tasks that you should do to prepare you for the mandatory units.

**Task one – Unit F092 Person centred approach (coursework)**

**Research the 5 Core Person-Centred Values:**

- Respect for individuals
- Dignity
- Independence
- Rights
- Partnership

For each value, write a short explanation in your own words.

Read the following case study (fictional):

*Mary is 83 and lives in a residential care home. She has mild dementia and limited mobility. Mary enjoys knitting, listening to music from the 1960s, and talking about her past career as a teacher. Recently, staff have been rushed, and Mary says she feels 'invisible' and misses being listened to.*

Based on what you've learned, answer the following:

- How can staff apply person-centred values to improve Mary's experience?
- What might happen if person-centred values are not followed in her care?

### Task two – Unit F090 Principles of Health & Social Care (exam)

Everyone is different and everyone has rights. Promoting equality and respecting diversity and rights in health, social and childcare environments is essential in today's very diverse society. Many individuals who use this sector are vulnerable and dependent on others; this means that practitioners' attitudes, values and prejudices can significantly affect the quality of care, individuals who require care or support experience.

Task: 'Everyone has rights' but what are they? Use the Citizens Advice Bureau website to find out more. Produce a short summary on human rights.

[Human rights - Citizens Advice](#)

### Task three – Unit F093 Supporting people with mental health conditions (coursework)

This unit looks at the types, causes and effects of many mental health conditions, and what help, support and treatment is available to individuals.

Mental health conditions are divided into 6 categories – which one's which?

Anxiety Disorders	
Mood Disorders	
Eating Disorders	
Phobias	
Personality Disorders	
Psychotic Disorders	

Agoraphobia

Panic Disorder

Borderline Personality Disorder

Anorexia

Schizophrenia

OCD

Clinical Depression

Bulimia

Bipolar

Coulrophobia

Narcissistic Personality Disorder

Post-natal Depression

## Task four – Unit 4 Anatomy & Physiology (exam)

We eat, we breathe, and we control our bodies, as well as responding to the external environment, but why and how? Organs and body systems interact to ensure that the body can provide the conditions necessary for thought, co-ordination, movement and growth.

Unfortunately, things go wrong, and each system has well-known diseases and disorders. Also, as individuals grow older, they are likely to be affected by malfunctions because of degeneration.

Task: Carry out research on coronary heart disease, create a fact file to show your findings.

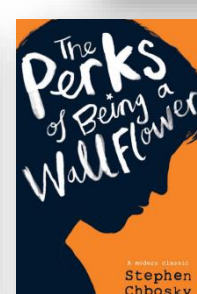
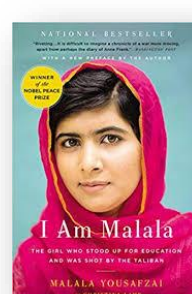
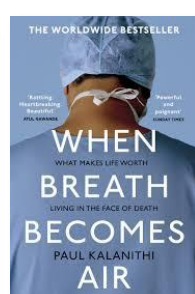
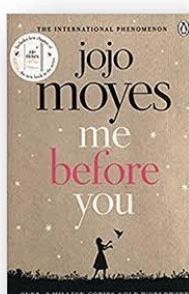
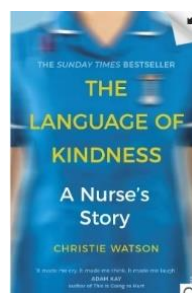
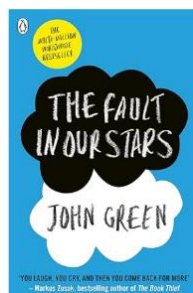
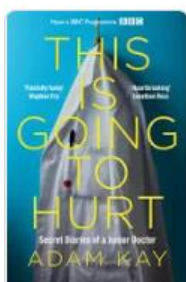
You should include:

- Symptoms
- Causes
- Diagnosis
- Treatment

\*Diagrams should be included where relevant

### Suggested reading/documentaries/films

#### Reading



## Documentaries

1. Stacey Dooley – Nine to Five Caring is Sharing (BBC I player)  
[BBC - The Nine to Five with Stacey Dooley, Series 1, Caring and Sharing](#)
2. 24 hours in A&E (Channel 4)  
[Watch 24 Hours in A&E | Stream free on Channel 4](#)
3. Louis Theroux: Extreme Love – Dementia Care (BBC I player)  
[BBC Two - Louis Theroux: Extreme Love, Series 1, Dementia](#)
4. NHS in Crisis – Can it be fixed? (BBC I player)  
[BBC One - Panorama, The NHS Crisis: Can It Be Fixed?](#)
5. Born to be different (Channel 4)  
[Watch Born to Be Different | Stream free on Channel 4](#)

## Films

