



Getting Ahead – Summer Work

#BrockFreshers

Health and Social Care (Health Studies) Level 3 Extended Diploma

Reading list

The following textbooks you will need for your course. If you are in receipt of a bursary they will be paid for by the bursary.

1. Course textbook 1

Pearson BTEC National Health and Social Care student book 1 for the 2016 specification ISBN 978-1-292-12601-2

https://www.amazon.co.uk/BTEC-Nationals-HealthSocialCare/dp/1292126019/ref=sr_1_1?s=books&ie=UTF8&qid=1465485996&sr=1-1&keywords=health+and+social+care++2016

2. Course textbook 2

Pearson BTEC National Health and Social Care Student Book 2: For the 2016 specifications (BTEC Nationals Health and Social Care 2016) ISBN-13: 978-1292126029

https://www.amazon.co.uk/BTEC-Nationals-Health-Social-Care/dp/1292126027/ref=pd_sim_14_6?ie=UTF8&psc=1&refRID=T8MHMQ9WHZXFB66MJSC

3. Revision guide.

BTEC National Health and Social Care Revision Guide: Second edition (REVISE BTEC Nationals in Health and Social Care) Paperback – 19 Sept. 2017 ISBN-13: 978-1292230443

https://www.amazon.co.uk/National-Health-Social-Revision-Guide/dp/1292230444/ref=pd_sbs_14_1/258-2573756-1646411?encoding=UTF8&pd_rd_i=1292230444&pd_rd_r=586db69a-b832-435f-a951-6c64b7556747&pd_rd_w=sscCu&pd_rd_wg=dYcSK&pf_rd_p=2773aa8e-42c5-4dbe-bda8-5cdf226aa078&pf_rd_r=9RNCPCVDVJZNTX0M3M5N&psc=1&refRID=9RNCPCVDVJZNTX0M3M5N

4. Revision workbook



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BTEC National Health and Social Care Revision Workbook: Second edition (REVISE BTEC Nationals in Health and Social Care) Paperback – 7 Sept. 2017 **ISBN-13:** 978-1292230580

https://www.amazon.co.uk/National-Health-Social-Revision-Workbook/dp/1292230584/ref=sr_1_1?dchild=1&keywords=btec+national+health+and+social+care+revision+workbook&qid=1593105035&s=books&sr=1-1

Websites to use for research and help with the course

- https://www.dignityincare.org.uk/_assets/Resources/Dignity/CSIPComment/Human_Rights_in_Healthcare.pdf
- <https://www.nmc.org.uk/standards/code/>
- <https://www.hcpc-uk.org/standards/standards-of-conduct-performance-and-ethics/>
- <https://www.skillsforhealth.org.uk/standards/item/217-code-of-conduct>
- <https://www.who.int/>
- <https://www.gov.uk/government/organisations/department-of-health-and-social-care>
- <https://cqc.org.uk/>
- <https://www.healthwatch.co.uk/>
- <https://www.theguardian.com/society>
- <https://www.england.nhs.uk/6cs/wp-content/uploads/sites/25/2015/03/introducing-the-6cs.pdf>
- <https://www.skillsforcare.org.uk/Documents/Standards-legislation/6Cs/6Cs-in-social-care-guide.pdf>
- <https://www.skillsforcare.org.uk/Documents/Learning-and-development/Care-Certificate/Standard-4.pdf>
- <https://www.equalityhumanrights.com/en/equality-act-2010/what-equality-act>
- <https://www.skillsforcare.org.uk/Documents/Learning-and-development/Core-skills/Communication-skills-in-social-care.pdf>
- <https://rcni.com/hosted-content/rcn/first-steps/barriers-to-communication>
- <https://www.british-sign.co.uk/>
- <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>
- <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>



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TV programmes or clips that are interesting and relate to the course

BBC Hospital – all series

<https://www.bbc.co.uk/programmes/b08w8ktc>

A series examining the challenges our NHS faces

Living differently. Our baby made of glass.

<https://www.bbc.co.uk/iplayer/episode/p055b3z3/living-differently-series-1-1-our-baby-made-of-glass>

A really interesting look at how people with different conditions can achieve and overcome barriers.

Health check UK live.

<https://www.bbc.co.uk/iplayer/episode/m000qyxl/healthcheck-uk-live-series-1-episode-1>

Different episodes are also on BBC I Player looking at a range of different things that may affect or improve our health and well-being.

Old peoples home for four year olds. <https://www.channel4.com/programmes/old-peoples-home-for-4-year-olds>.

A really interesting series looking at how children and old people interact with each other.

999. On the front line. <https://www.channel4.com/programmes/999-on-the-front-line>.

Looking at paramedics in the West Midlands as they deal with a number of cases.

Food Secrets. <https://www.channel4.com/programmes/food-secrets>.

A look into how we can have a healthy balanced diet.



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Study tasks to do at home to help you get ahead with your knowledge before starting the course

General

Which NHS careers are you most suited to?

Take the quiz and read up about the job roles

<https://www.stepintohenhs.nhs.uk/careers/take-the-test>

Unit 1. Human Lifespan development.

Use the following links to BBC bite size and read all about lifespan development. Try to see if you can complete the quizzes at the end!

<https://www.bbc.co.uk/bitesize/topics/zgssgk7/articles/z2msv4j>

<https://www.bbc.co.uk/bitesize/topics/zgssgk7>

Unit 2. Working in Health and Social care.

Look at the website for British Sign Language and the different resources that you can use. Can you find out how to say your name in BSL?

<https://www.british-sign.co.uk/>

Unit 5 – Meeting individual care and support needs

Read this article and take the quiz at the end. Consider how our social class may affect our health.

<https://www.bbc.co.uk/news/magazine-34766169>

Unit 19. The impact of Nutrition on Health and Wellbeing

Look at the eat well plate on the website and the different foods we should eat to make a healthy balanced diet. Complete a food diary at home for the week. Do you think your diet is healthy?

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>