

Summer Independent Learning

Subject/Group	BTEC Extended Certificate in Health and Social Care (Y12-Y13)
Topics	Working in Health and Social Care Physiological Disorders Reading
Timescale	5 - 8 hours + reading
To be completed by	This work must be completed and handed in to your subject teacher on the first day of term

PART A: WORKING IN HEALTH AND SOCIAL CARE

TASK 1: Researching CQC ratings of a local care home

The Care Quality Commission (CQC) are regulators who check health and social care settings to ensure high quality care is provided.

Instructions:

1. Choose a Local Care Home

Select a local care home in your area. This could be a residential care home, nursing home, or supported living service.

2. Research the CQC Rating

- Visit the official **CQC website**: <https://www.cqc.org.uk>
- Use the search function to find the care home you have chosen.
- Read the latest inspection report and note the overall rating and the ratings in each key area:
 - Safe
 - Effective
 - Caring
 - Responsive
 - Well-led

3. Answer the Following Questions:

- What is the overall CQC rating of the care home?
- How did the care home perform in each of the five key areas?

- c. What strengths were highlighted in the inspection report?
- d. Were any areas identified as needing improvement? If so, what were they?
- e. What actions (if any) has the care home taken or planned to improve?

4. Reflect and Evaluate:

- a. Based on the report, would you feel confident recommending this care home to someone needing care? Why or why not?
- b. How do you think CQC ratings impact service users, families, and care staff?
- c. Why is regulation by bodies like the CQC important in health and social care?

5. Presentation of Findings:

Write a short report (300–500 words) on your findings

Remember to **reference** your work correctly. <https://www.mybib.com/tools/harvard-referencing-generator>

PART B: PHYSIOLOGICAL DISORDERS

The human body is a complex machine performing a multitude of functions every day. Like any machine it can malfunction, possibly as the result of an inherent genetic error, an infection or as a consequence of lifestyle choices, occupations or environmental exposure to harmful agents. Or, as a result of the natural ageing process, the body systems simply become worn out. These malfunctions can be referred to as physiological disorders.

E.g. diabetes, Alzheimer's disease, osteoporosis, asthma and coronary heart disease.

Chronic Obstructive Pulmonary Disease (COPD)

COPD is the short term for chronic obstructive pulmonary disease and is the name for a group of lung conditions that cause breathing difficulties.

It includes:

- Emphysema – damage to the air sacs in the lungs
- Chronic bronchitis – long-term inflammation of the airways

COPD is a common condition that mainly affects middle-aged or older adults who smoke. Many people do not realise they have it.

The breathing problems tend to get gradually worse over time and can limit your normal activities, although treatment can help keep the condition under control.

<https://www.youtube.com/watch?v=GLCAUjQ0eLc>



TASK 2: INFORMATION RESOURCE

Produce an information resource on Chronic Obstructive Pulmonary Disease (COPD) to include the information below:

- Diagnosis
- Carers and Care Settings
- Impact
- Benefits

You can choose how to present your work e.g. a leaflet, a booklet, a PowerPoint or Sway presentation.

Remember to **reference** your work correctly. <https://www.mybib.com/tools/harvard-referencing-generator>

Diagnosis	Explain what methods/procedures are used to investigate and diagnose COPD (How does a doctor find out that the person is suffering from COPD?)
Carers and Care Settings	Explain which carers/professionals will be involved with someone who has COPD and explain their roles Explain the settings service users with COPD will be in how these settings support service users
Impact	What is the impact of COPD on the service user? (think P.I.E.S)

	E.g. Physical impact – what happens to the body? Find evidence to support your points)
Benefits	What are the benefits of different investigations when diagnosing COPD? What are the benefits of the different treatment options for COPD? Which investigations/diagnostic procedures/treatments would you use for COPD and why?

TASK 3: TREATMENT PLAN

Example of a treatment plan:

https://www.imperial.nhs.uk/-/media/website/patient-information-leaflets/cancer-services/oesophago-gastric-cancer/my-treatment-plan-booklet---oesophago-gastric-service.pdf?rev=27982bd21bdb47d987aba8d795a378bf&sc_lang=en#:~:text=This%20booklet%20is%20designed%20to,you%20can%20carry%20with%20you.

A treatment plan specifies your health care and support needs and outlines how the service providers will meet your requirements.

Produce a treatment plan for Chronic Obstructive Pulmonary Disease (COPD) to include the information on the following slides:

- Assessment of care needs including activities of daily living
<https://www.uclh.nhs.uk/patients-and-visitors/patient-information-pages/activities-daily-living-adls>
- Factors
- Recommendations of care and treatments
- Advantages and disadvantages of different treatment options

You can choose how to present your work e.g. a table, a report, a booklet.

Remember to **reference** your work correctly. <https://www.mybib.com/tools/harvard-referencing-generator>

At the start of the treatment plan include some personal information e.g. name, date of birth and the name of GP.

Assessment of care needs	What does the service user need support with? Does the service user have any individual needs? E.g. culture, religion, disability What are the goals of the treatment?
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	What are the treatment options and who will provide this?
Factors	What factors do you need to consider to be able to meet the needs of the service user? (Are there any barriers to their care?)
Recommendations	Explain how this plan meets the needs and preferences of the service user. Explain how any barriers can be overcome.
Advantages and disadvantages	Explain the advantages and the disadvantages of the suggested treatment options.

PART C: READ A BOOK

How often do you read a book for pleasure?

What stops you from choosing to read a book?

Why read? Clark and Rumbold (2006) identify several main areas of the benefits to reading for pleasure:

- Reading attainment and writing ability
- Text comprehension and grammar
- Breadth of vocabulary
- Positive reading attitudes
- Greater self-confidence as a reader
- Pleasure in reading in later life
- General knowledge
- A better understanding of other cultures
- Community participation
- A greater insight into human nature and decision-making

Over the summer, we would like you to read at least one book (this can be fiction / non-fiction and does not have to be related to Health and Social Care). Be prepared to give feedback to the rest of your class in September; you might want to prepare a flashcard to help.

We have books available in college (see your teacher) or you can borrow books from your local library, for free, once you have registered. You can also buy books from charities shops, often for under a pound.

<https://www.wakefield.gov.uk/libraries-and-local-history/your-local-library/>

<https://www.barnsley.gov.uk/services/libraries/>

SIL Checklist

Have you:

- Produced a fact file for each of the health and social care professionals?
- Produced an information resource for COPD?
- Produced a treatment plan for COPD?
- Referenced your work correctly?
- Read a book and prepared a flashcard?

If you have difficulty in accessing IT resources to produce this work, you may complete it by hand, making sure you write clearly and neatly.

Make sure you have put your name on all sheets of paper.