

Health and Social Care

OCR Level 3 Alternative Academic Qualification Cambridge Advanced National in Health and Social Care (Extended Certificate) at Key Stage 5 is a vocational course, through a combination of theoretical study and hands-on experience, you will develop the necessary knowledge and skills that can support progression to higher education health or social care study. In the examined units, you will study key knowledge and understanding relevant to health and social care. In the non-examined assessment (NEA) units, you will demonstrate knowledge and skills you learn by completing applied or practical assignments.

For this qualification, students must complete six units:

- Two mandatory externally assessed units
- Two mandatory NEA units
- Two optional NEA units

Written Examination

F090 Principles of Health and Social Care

In this unit you will learn about the key topics that are important to develop underpinning knowledge and understanding relevant to health and social care.

Topics include:

- Topic Area 1 Equality, diversity, and rights in health and social care settings; Topic Area 2 Managing hazards, health and safety in health and social care settings; Topic Area 3 Legislation in health and social care settings; Topic Area 4 Best practice in health and social care settings

F091 Anatomy and Physiology for Health and Social Care

In this unit you will learn about the arrangement of body systems and the structure and function of the component parts. You will learn about key processes within each body system, that enable them to function properly. You will then explore conditions affecting these systems, specifically learning about the biological basis, monitoring, treatment and impact on lifestyle and independence.

Topics include:

- Topic Area 1 Cardiovascular system; Topic Area 2 Respiratory system; Topic Area 3 Digestive system; Topic Area 4 Musculoskeletal system; Topic Area 5 Control and regulatory systems; Topic Area 6 Reproductive system

NEA (Coursework)

F092 Person-centred Approach to Care (Mandatory)

In this unit you will learn the principles and values that underpin a person-centred approach to care and the practical tools that can be used to develop care plans for individuals. You will explore how to communicate in health and social care, how to build relationships and the barriers that need to be overcome to achieve person-centred care. You will learn to write outline care plans to suit individuals, using person-centred approaches and develop your reflective practice skills.

Topics include:

- Topic Area 1 Taking a person-centred approach; Topic Area 2 Meeting needs and providing support in a person-centred way; Topic Area 3 Communication skills needed to offer person-centred care;

F093: Supporting People with Mental Health Conditions (Mandatory)

In this unit you will learn about how individuals with mental health conditions can be cared for and supported in a way which is suitable for their needs. You will do this through exploring the meaning of mental health and mental health needs and considering the main types of mental health conditions and how these may affect the life of individuals. You will explore the different ways that individuals may be supported to promote their mental well-being, manage their illness, and different forms of treatment that may be available.

Topics include:

- Topic Area 1 Definitions and views of mental health; Topic Area 2 Mental health conditions; Topic Area 3 Provision of mental health services; Topic Area 4 Treatment and support for mental health conditions

F094: Supporting People with Long Term Physiological Conditions (Optional)

In this unit you will learn about the different types of long-term physiological conditions, how these are caused and the daily and long-term effects on individuals. In addition, you will develop an understanding of the different methods of monitoring these conditions as well as treatments. You will have the opportunity to conduct your own research and gather data on services in your local area; this data will be used to present your ideas on the effectiveness of the local services. The skills you develop conducting and interpreting your research will be independent learning, referencing, time management and critical thinking.

Topics include:

- Topic Area 1 Long term physiological conditions; Topic Area 2 Monitoring and treatment; Topic Area 3 Impact of long-term conditions; Topic Area 4 Support individuals to plan their care and support

F096: Supporting People in Relation to Sexual Health, Pregnancy and Postnatal Health (Optional)

In this unit you will learn about and research the most important aspects of sexual health including relationships, the law, consent, sexual health, sexually transmitted infections, contraception, pre-conceptual care, birth, and the immediate care of the baby, and how to obtain support for these. You will also learn to produce advice and guidance that is personalised for specific individuals with issues related to sexual health and pregnancy, birth and postnatal health. You will develop skills needed to deliver advice and guidance in a sensitive and professional way and review the process of doing this.

Topics include:

- Topic Area 1 Advice and guidance on sexual health issues; Topic Area 2 Advice and guidance on pregnancy, birth and post-natal issues; Topic Area 3 Plan, deliver and review an advice and guidance session

Specific Requirements and Skills Required

- 5 GCSEs grades 4-9
- Grade 4 in English
- Good research and extended writing skills
- Ability to apply, analyse and evaluate information.

Progression

With a qualification in Health & Social Care, you could go on to study a range of subjects at university or access an apprenticeship in areas including nursing, midwifery, social work, radiography, teaching, law, sport and health.