



# THE COURSE OVERVIEW

Throughout the course you will learn and study all about Health and Social Care. You will study in-depth all about our Healthcare system and what it is like to work in Healthcare. The year is split into a mixture of 2 exams. Core A exam looks at the following discussions:

- **Health and Safety:** Understanding workplace health and safety regulations, risk assessments, and safe working practices.
- **Professional Practice:** Learning about professional behaviors, communication, and ethical considerations in healthcare settings.
- **Health and Wellbeing:** Studying physical, mental, and emotional health, including factors that influence health and wellbeing.
- **Health Science:** Basic principles of human anatomy and physiology, understanding of diseases and conditions, and medical terminology.
- **Healthcare Needs:** Understanding different health conditions and the care needs of individuals throughout their lifespan.
- **Safeguarding:** Learning about safeguarding principles, recognizing signs of abuse, and understanding reporting procedures.

Core B is the second exam which explores in-depth Human Anatomy all from how the body systems work, structures, functions and the disorders associated with a body systems.

You will also get to select your specialist second year in either Nursing, Midwifery or Therapy which covers (Physiotherapy, Speech and Language, Occupational Therapy, Art Therapy, Music Therapy and many more!) The course is also excellent for Paramedics and all other healthcare professionals.



# SUMMER TASK 1



ESP Case Study - Throughout the course you will have to learn and understand different case studies with different conditions. You will complete a series of tasks across 2 weeks which make up 30% of your grade at the end of the year. This will be you picking a patient and then completing a report, role play, healthcare plan, presentation and reflection which is fantastic project. The majority of students achieve a B or higher throughout this assessment.

Your first summer task is to use this case study and research the case study. We want you to write a small report about the case study. Please use the following subheadings to help you write about this patient.

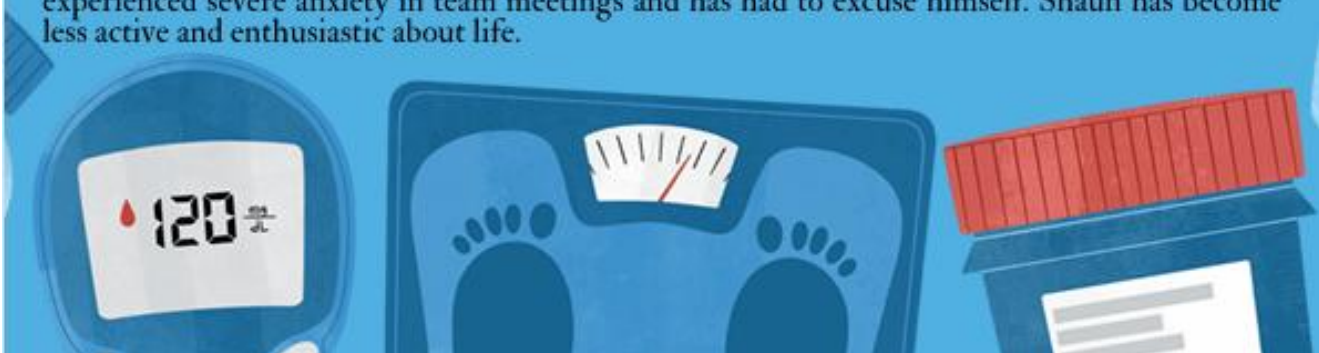
**Case Study** - Shaun is 45 years old and lives with his second wife, Michelle, and their 10 year old daughter, Sinead. Shaun works as an operations manager with a well-known supermarket chain. He loves his job as he can work with other operation managers and visit their stores around the region.

Shaun has two teenage boys from his previous marriage, Simon who is 18 years old and Gus who is 15. The boys visit regularly, staying weekends and during holidays and the family has blended well together. They have always been an active family enjoying swimming and cycling.

About 3 years ago Shaun started experiencing a slight tremor in the index finger of his right hand, mainly at the end of the day. Although he found it a bit uncomfortable, it did not bother him much. Then 18 months ago he noticed the tremor seemed to be in his hand. His daughter kept asking if he was cold because "daddy's hand keeps shaking". His handwriting also started getting smaller and harder to read. Michelle insisted he went to see his GP.

Shaun was diagnosed with Young Onset Parkinson's disease (YOPD) after referrals and various tests with a neurologist. He is not taking any medication at present but has been advised that if his symptoms worsen then he can be prescribed medication to help.

Shaun has started experiencing episodes of anxiety. In the last few months, they have been getting worse. There have been occasions when Shaun has felt unable to work. Shaun has also experienced severe anxiety in team meetings and has had to excuse himself. Shaun has become less active and enthusiastic about life.





# SUMMER TASK I



From the case study research the following:

What are the causes, signs and symptoms of Young Onset Parkinson's Diseases

Statistics on how many people are affected in the UK

What are the different treatment options for the patient. Consider the benefits and disadvantages of different treatment methods.

What are the key areas that the patient is suffering from in the case study

How are we going to support the patient with equipment and different needs

Definition of the Multi-Disciplinary Team

Who would be the professionals that would help with this patient?

What support groups or Charities could help this patient?

Why is it so important we support this patient emotionally and socially - What are the benefits to helping someone with their mental and social health

The report should have clear subheadings and good English skills throughout. Focus on provide detail and also references to where you got your information from. This can either be handwritten or typed onto a word document and ready to submit on your first day at the College.





# SUMMER TASK 2



Anatomy and Physiology is a large part of the course and you will need to learn all about the body systems and how they work in the body. Your task is to select from either Option A or Option B or both if you would like to stretch your knowledge and produce a variety of tasks for us to look at when you arrive at the college.

## Option A - Respiratory System

1. Produce a poster that outlines the lungs, the components of the lungs and label the structure of the lungs.
2. Research and write no more than 100 words on the process of breathing and how our body completes the process of breathing.
3. Write a small essay around either COPD or Asthma. Focus this essay on the causes, signs, symptoms, treatment and how these conditions affect other body systems. How do these conditions affect someone's physical, mental and social wellbeing. What are the main factors that affect these conditions.

## Option B - Cardiovascular System

1. Produce a poster that outlines the heart, the components of the heart and label the structure of the heart.
2. Research and write no more than 100 words on how blood flows through the heart. Think of both deoxygenated and oxygenated blood.
3. Write a small essay around Coronary Heart Disease. Focus this essay on the causes, signs, symptoms, treatment and how these conditions affect other body systems. How do these conditions affect someone's physical, mental and social wellbeing. What are the main factors that affect these conditions.

Please do the best you can but do not stress you are not supposed to be expert on this... Yet! We would just like to see how you get on with some of the fantastic subjects you will be studying.

Any questions please contact: [Kieran.fowler@easterneducationgroup.ac.uk](mailto:Kieran.fowler@easterneducationgroup.ac.uk)

