

# How to Revise Week

## Question-a-day and 20 minute Revision tasks March & April 2023

Subject: Health and Social Care



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES:
27th March State the 5 rights	28th March Give 3 reasons why it is important to maintain rights	29th March How can a service user make a complaint?	30th March Define the term 'advocate'	31st March State 5 pieces of up to date information that should be provided'	1st April What does equality and discrimination mean?	2nd April What is 'effective communication'	
3rd April How should you challenge 'discriminatory behaviour'?	4th April Give 3 examples of a early years setting	5th April State the 3 values of care.	6th April What are the values of care for an early years setting?	7th April What is a 'reflective practitioner'?	8th April What does PIES stand for?	9th April What is legislation?	
10th April What vulnerable groups are protected by legislation?	11th April What are the nine 'protected characteristics' of the Equality act	12th April What are the 8 key principles of the Data Protection Act?	13th April What hygiene rules should be followed when preparing and serving food?	14th April Identify 3 examples of protective clothing (PPE)	15th April What is manual handling?	16th April Identify 6 security measure for an early years settings	
20 minute revision task  Hygiene and safety	20 minute revision task  Rights	20 minute revision task  Values of Care	20 minute revision task  Legislation	20 minute revision task  Choose 1 area and use revision guide			

**Subject: Health and Social Care**

**Exam Board: OCR Cambridge  
Nationals**

**Mock exam Paper:**  
Essential Values of care for use with individual  
in care settings (40%)  
1 hr 15 mins

**Topic to Revise:**

**Topic 1: The rights of service users in health and social care settings**

- Rights (5 rights)
- Why it is important to maintain rights – empowerment, high self esteem, needs are met, trust
- How care workers support rights

**Topic 2: Person-centred values and how they are applied by service users**

- Person centred values – individuality, choice, rights, independence, privacy, dignity, respect, partnership, encouraging decision making
- Applying values of care
- 6 C's of the qualities needed to be a service practitioner
- Benefits for the person-centred values being applied
- Effects if values of care are not applied (PIES)

**Topic 3: Effective communication in health and social care settings**

- Importance of verbal communication and non verbal communication
- The importance of active listening
- The importance of specialist communication
- The importance of effective communication

**Topic 4: Protecting service users and service providers in health and social care settings**

- Safeguarding
- Infection prevention – general cleanliness. personal hygiene, PPE
- Safety procedures and measures
- Emergency procedures
- Security measures