

How to Revise Week

Question-a-day and 20 minute Revision tasks
March - April 2024

Subject: Health and Social Care



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES:
25th March State the 5 rights	26th March Give 3 reasons why it is important to maintain rights	27th March How can a service user make a complaint?	28th March Define the term 'advocate'	29th March State 5 pieces of up to date information that should be provided'	30th March What does equality and discrimination mean?	31st March What is 'effective communication'	
1st April How should you challenge 'discriminatory behaviour'?	2nd April Give 3 examples of a early years setting	3rd April State the 3 values of care.	4th April What are the values of care for an early years setting?	5th April What is a 'reflective practitioner'?	6th April What does PIES stand for?	7th April What is legislation?	
8th April What vulnerable groups are protected by legislation?	9th April What are the nine 'protected characteristics' of the Equality act	10th April What are the 8 key principles of the Data Protection Act?	11th April What hygiene rules should be followed when preparing and serving food?	12th April Identify 3 examples of protective clothing (PPE)	13th April What is manual handling?	14th 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 AREA 1: The rights of services users in health and social care settings

- Types of care settings – Health and Social
- Rights (5 rights)
- Why it is important to maintain rights – how it makes the service user feel
- How care workers support rights

TOPIC AREA 2: Person Centre Values of Care

- Values of care
- Benefits of applying the person centre values of care
- Effects if values of care are not applied

TOPIC AREA 3: Effective communication in health and social care settings

- Verbal
- Non verbal
- Specialist
- Written
- The importance of effective communication

TOPIC AREA 4: Understand how personal hygiene, safety and security measures protect individuals

- Personal hygiene
- Safety measures
- Emergency procedures
- Security measures
- Protecting individuals