

How to Revise Week

Question-a-day and 20 minute Revision tasks March & April 2025

Subject: Health and Social Care



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES:
24th March State the 5 rights	25th March Give 3 reasons why it is important to maintain rights	26th March How can a service user make a complaint?	27th March Define the term ‘advocate’	28th March State 5 pieces of up to date information that should be provided’	29th March What does equality and discrimination mean?	30th March What is ‘effective communication’	
31st March How should you challenge ‘discriminatory behaviour’?	1st April Give 3 examples of a early years setting	2nd April State the 3 values of care.	3rd April What are the values of care for an early years setting?	4th April What is a ‘reflective practitioner’?	5th April What does PIES stand for?	6th April What is legislation?	
7th April What vulnerable groups are protected by legislation?	8th April What are the nine ‘protected characteristics’ of the Equality act	9th April What are the 8 key principles of the Data Protection Act?	10th April What hygiene rules should be followed when preparing and serving food?	11th April Identify 3 examples of protective clothing (PPE)	12th April What is manual handling?	13th 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