

Health & Social Care AAQ BTEC National Award

Preparatory Work – September 2025

Unit 1 – Examined Unit- Preparation

Copy the table and research stages of development and complete the summary table below to identify at least *two key features* for each area of development at each stage.



Stage	Areas of Development - Key Features			
	Growth and Physical Development	Intellectual Development	Emotional Development	Social Development
Infancy (0-2 years)				
Early Childhood (3-8 years)				
Adolescence (9-18 years)				
Early Adulthood (19-45 years)				



'The NHS belongs to the people'

The NHS Constitution and the NHS Values

<https://www.gov.uk/government/publications/the-nhs-constitution-for-england/the-nhs-constitution-for-england>



Task 1 NHS Principles

- The NHS is founded on 7 key principles.
- Create an infographic to show what they are.
- Make sure you include visual representations – not just text!



Task 2 NHS Values

- There are 6 NHS Values.
- Create a poster to show what they are.
- Make sure you include visual representations – not just text!



Task 3 How can you demonstrate the NHS Values?

- If you plan to pursue a career in the NHS or nursing in the future, you will almost certainly be asked at interview what you know about the NHS Values and how you would show them in your chosen role.
- Create 6 statements that link the NHS Values, to what you know about a nursing role you would like to undertake in future.
- Bonus: Can you explain how you have demonstrated any of these values at school? Or voluntary or paid work you might have done? Or in a club or hobby you take part in?

Help for Task 3

You might want to consider using the STAR method when writing your statement (and in your subsequent university/job applications and interviews). This helps you to show how you have used your values, knowledge and skills in action.

STAR Method



SITUATION: What was the situation and when did it take place?

TASK: What was the task and what was the objective?

ACTION: Explain how, why and what you did. What value(s) did you use?

RESULT: What was the impact of your actions and the value(s) that you used?

The 6Cs of Care

<https://youtu.be/iUTxQyghOhU>

<https://youtu.be/cc0zxsGj104>

<https://www.tutor2u.net/hsc/reference/health-and-social-care-values-the-6-cs-classroom-posters-student-handout>

Context

- The 6Cs were introduced in December 2012, and they are a set of values required by all patient-facing health and social care staff.
- This includes:
 - o Registered healthcare professionals, such as doctors and nurses
 - o Clinical support staff, such as healthcare assistants and maternity support workers
 - o Non-clinical staff, such as catering assistants and ward clerks

Task

Research the 6 C's of Care and take 1 of the 6 C's at a time and provide an example of how a health and social care professional would demonstrate it whilst with a patient. Change the professional for each 6 C.

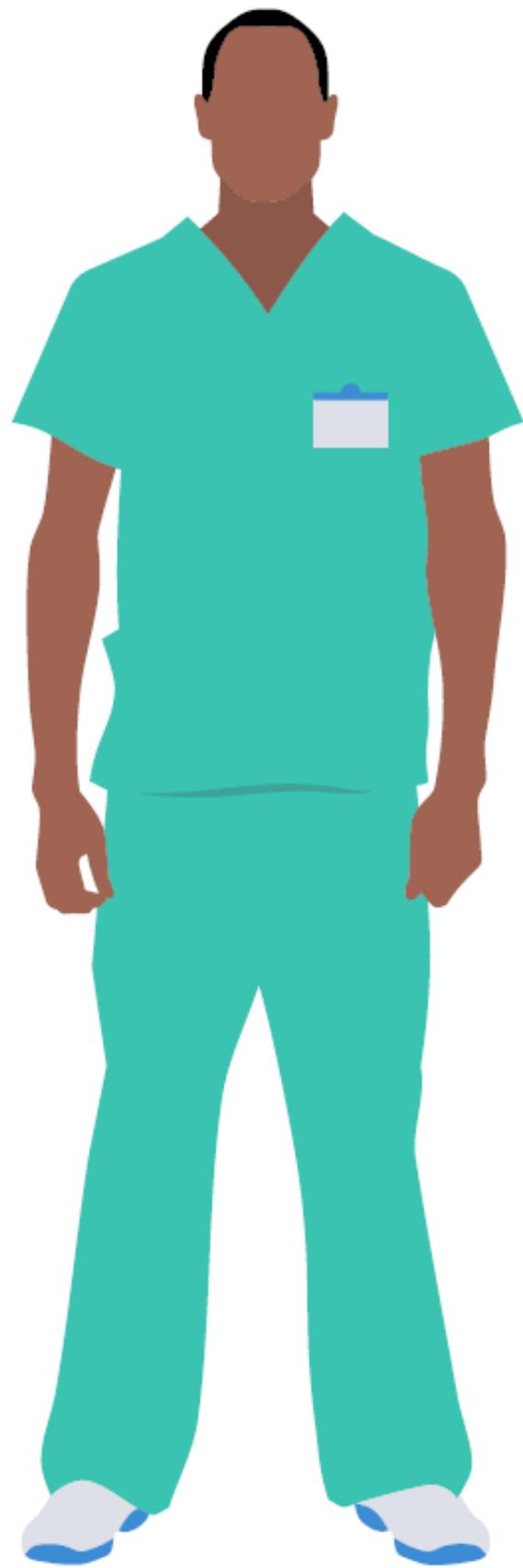
What Does it Take to be a Nurse?

Skills: Skills are our abilities to perform certain tasks. We can learn and develop skills.

Attributes: Attributes are the qualities or features of our character and behaviour.

Task 1: Skills

- Print out one (or both) of the nurse outlines provided.
- Choose a selection of **skills** that a nurse requires.
- Write each skill around the nurse with your own example of it being used in nursing practice.



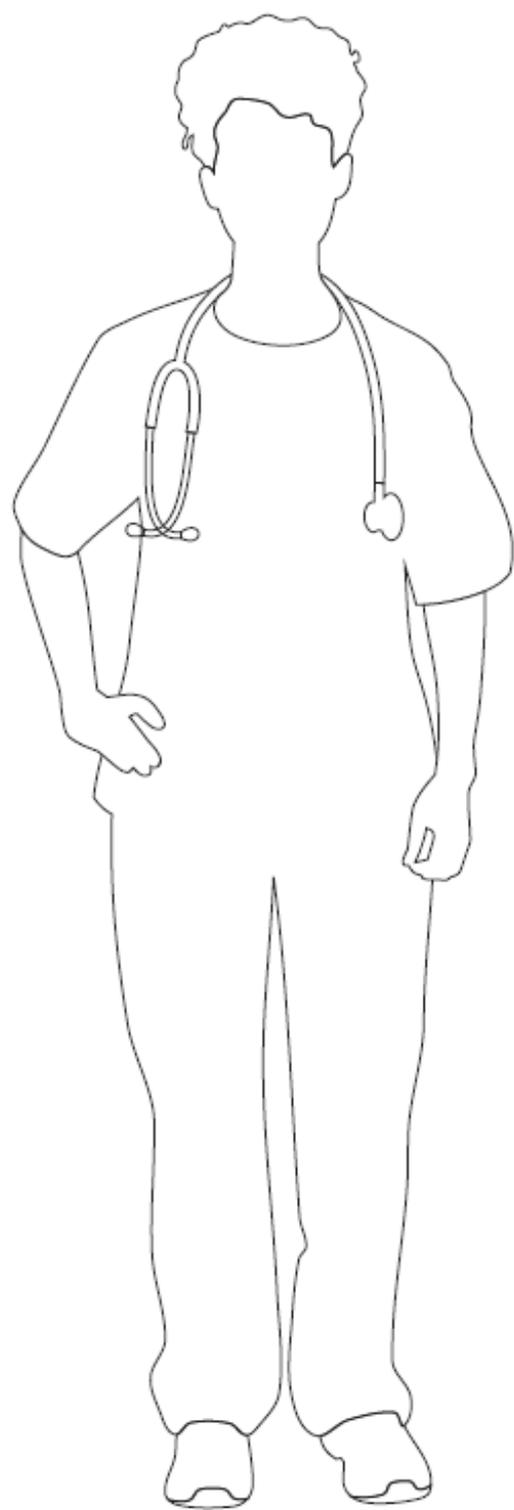


Task 2: Attributes

- What attributes are required to be a nurse?
- You could use a word cloud generator to create a word cloud of suitable attributes, for example <https://www.wordclouds.com/> allows you to use different shapes for your word cloud.

OR

- Print out the pencil outline of the nurse and create your own hand drawn word cloud.



Junior Doctors on the Front Line

Task

Watch the following documentary and answer the following questions.

<https://www.bbc.co.uk/iplayer/episode/p07mwb5k/junior-doctors-on-the-front-line-episode-1>

Junior Doctors on the Front Line. Episode 1.

1. Why do you think the winter brings increased pressure to the NHS?
2. Geriatrics is looking after patients over the age of...?
3. Zohaib- why did he become a doctor?
4. What was Zohaib assessing Albert for? – Name one strategy he used to do this
5. What does 'bedside manner' refer to?
6. Sophia- Works on which ward?
7. What condition does James suffer with?
8. Why is Luke worried about working in the ENT department?

9. What can Zohaib give the patient if there is a rectal blockage?

10. What about the role as a junior doctor role, do you think is particularly stressful?

11. What's a 'stoma'?

12. Why is it important to have a place to worship at the hospital?

13. What's the 'emergency assessments unit'?

14. What embarrassing moment did Zohaib face when asking about smoking?

15. How many scheduled operations were cancelled 'on the day' last year?

16. Which part of the job does Luke do 'a lot' of?