AAQ Health and Social Care Summer Task

Please complete the following tasks on lined paper. However, there is an opportunity to create two posters (as outlined below) and the best will go on the wall! Posters can be on paper or on Word and it would be great to see some diagrams / pictures. These tasks are designed to support you with the wide variety of topics we will be covering. Use Google to find your answers.

Task 1: Principles of Health and Social Care

* Define equality and diversity. What’s the difference?
* Define rights and list 5 rights we have in the UK
* Define hazard and list 5 hazards you may find in the workplace
* Define safeguarding. Explain why safeguarding is crucial in healthcare, social care and childcare, e.g. who is vulnerable and why?
* Define person-centred care and list ‘the 6Cs’

Task 2: Mental Health

* Define ‘mental health condition’. Why are dementia and ASC (autism) and ADHD not classed as mental health conditions?
* How many mental health conditions can you list? Aim for 10 or more!
* Choose **one** of these mental health conditions. Research the potential causes, symptoms and treatments of this condition. You can complete this on your lined paper or make it into a poster. Great ones may end up on the wall!

Task 3: Physical Health

* We are going to cover 6 organ systems of the human body. Research and list the different organs involved in each system:

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| --- | --- | --- |
| Cardiovascular system | Respiratory system | Digestive system |
| Musculoskeletal system | Control and regulatory systems (nervous system and homeostasis) | Reproductive system (male and female) |

* Explain how the cardiovascular and respiratory systems work together to transport oxygen to all your organs
* We are going to cover 12 physical health conditions. Choose **one** of the following conditions and research the potential causes, symptoms and treatments of this condition. You can complete this on your lined paper or make it into a poster. Great ones may end up on the wall!

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| --- | --- | --- |
| Angina | Asthma | Bowel polyps |
| Deep vein thrombosis | Bacterial pneumonia | Gallstones |
| Carpel tunnel syndrome | Ischaemic strokes | Endometriosis |
| Osteoarthritis | Type 2 diabetes | Testicular cancer |