

Lesson details

Year Group: Year 10

Subject: Health and Social Care

Where I will find my work: Google Classroom

Hyperlinks:

<https://www.bbc.co.uk/iplayer/episode/m002wnkv/natalie-cassidy-caring-together-series-1-episode-2?seriesId=m00>

Do Now Questions

1. What do you think a community nurse does in a typical day?
2. Identify at least three essential skills needed by a care worker.
3. Why is emotional resilience important for someone working in health and social care?

Engage

LO: To understand how health and social care workers support individuals and families, and the skills needed to provide effective care.

Keywords:

Community nurse: A qualified nurse who visits patients in their homes or community settings to provide medical treatment and care.

Holistic care: An approach to care that addresses the whole person, including their physical, emotional, social, and spiritual needs, rather than just treating a disease.

Empathy: The ability to understand and share the feelings of another person, allowing a care worker to provide compassionate support.

Safeguarding: Protecting a person's health, well-being, and human rights, and keeping them safe from harm, abuse, or neglect.

Informal carer: An unpaid individual, such as a family member, friend, or neighbour, who provides regular care and support to someone who needs it.

Professional boundaries: The clear limits and rules that define a safe, professional therapeutic relationship between a care worker and a service user.

Learn

Communication and **Empathy** are vital in these episodes.

Why Communication is important: Care workers must listen actively to patients and families to understand their needs and clearly explain care plans or medical updates.

Empathy is important: It allows the worker to connect with families facing difficult circumstances, making the service user feel valued, understood, and respected.

Build

Who is being supported in this episode? The primary care recipient, their family, and the informal carers who look after them daily.

Describe the situation the family is facing: The family is dealing with the immense physical and emotional strain of managing a serious illness at home. They are balancing daily life while relying on external healthcare professionals to provide specialised medical support. The situation requires a high level of coordination and resilience from everyone involved to ensure the service user remains comfortable and safe.

Explain how serious illness can affect a child and their family: A serious illness can disrupt a family's entire routine because it requires constant supervision and medical management, which leaves less time for normal family activities. It can also place a heavy emotional and financial burden on parents because they may have to reduce their working hours to become informal carers while coping with the constant anxiety of their child's condition. Furthermore, siblings can feel isolated or overlooked because parental attention is naturally heavily focused on the child who is unwell.

Apply

Identified Roles: Community nurses, care assistants, occupational therapists, and informal family carers.

The Importance of the Care Assistant: A care assistant provides essential day-to-day, hands-on support with practical tasks such as personal hygiene, mobility, and companionship. They are incredibly important because they improve the service user's daily quality of life, maintain their dignity, and offer vital respite for informal family carers who are at risk of burnout.

Review

Self-Reflection: Review your vocabulary definitions. Can you confidently explain the difference between an informal carer and a professional care worker to a peer?

Exit Ticket: State one way holistic care was demonstrated by the professionals in today's documentary clip.