**OBHS Core Questions:**

Subject: Health and Social Care

Year and Term: Year 10 Autumn Term

Topic: Introduction into Health and Social Care

Learn these questions to build a strong foundation of knowledge for this half-term. Ask family or friends to test you regularly, or practise on your own using the ‘Look, Say, Cover, Write’ method.

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|  | **Question** | **Answer** |
| 1. | Identify three **Health** care **settings**? | Dental Practice, Hospital, Walk-In Centre, GP Surgery, Optician, Nursing Home, Health Centre, Pharmacy |
| 2. | Identify three **social** care **settings**? | Retirement Home, Homeless Shelter, Residential Home, Social Services, Support Group, Community Centre, Foodbank |
| 3. | Define the term **service user**? | An individual receiving support from a health or social care provider |
| 4. | Define the term **service provider**? | A service or organisation that gives care and support to a service user |
| 5. | Define **domiciliary** care? | Care that takes place in the service users home |
| 6. | Define **health care**? | Health care is the giving of medical support to an individual |
| 7. | Define **social care**? | Social care is giving of practical and personal support to enable individuals to complete daily living tasks |
| 8. | Identify the five **rights** of service users? | 1.Choice  2.Confidentiality  3.Consultation  4.Protection from harm and abuse  5.Equal and Fair Treatment |
| 9. | Identify the **law** intended to **prevent discrimination** and ensure that all service users rights are maintained? | Equality Act 2010 |
| 10. | Explain how **confidentiality** can be maintained? | Limit access to places and records. Only sharing sensitive information on a need-to-know basis. Maintaining privacy. |
| 11. | Identify the five steps to **consultation**? | 1.Asking for opinions and views 2.Discussing Wants and Needs 3.Clarifying information  4. Ask for preferences and options  5.Ensure shared decisions are made |
| 12 | Identify why it is **important to maintain** user rights? | 1. Make people feel valued  2. Raise self-esteem 3. Empower individuals 4.Instil confidence 5. Instil trust 6.Make individuals feel safe 7.Give equality to access 8.Meet individuals needs |

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|  | **Question** | **Answer** |
| 13. | Identify the **life stages**? | Childhood (4-10 Years) Adolescence (10-18 Years) Early Adulthood (19-40 Years) Middle Adulthood (41-64 Years) Older Adulthood (65 Years +) |
| 14. | Define **puberty**. | The process of bodily changes that occur during adolescence, as a child grows into an adult who is capable of sexual reproduction. |
| 14. | Define **peer group**. | A group of people, usually of the same age, who usually have similar interests, background or social status. |
| 15. | Define **gross motor skills**. | The larger movements of the legs, arms or entire body. |
| 16. | Define **fine motor skills** | The smaller movements and actions of the hands such as grasping a key, holding a pencil, opening a jar. |