

NCFE CACHE Level 1/2 Technical Award in Health and Social Care

12-Week Exam Revision Plan

Exam Date - Friday 22nd May

Week	Day A	Day B	Quiz (Summary)	Resources
1 – w/b 16 th February	<p>Unit 1: Types of Provision & Services</p> <ul style="list-style-type: none"> Learn the 4 types: statutory, private, voluntary, informal; add one local example and one function each. 	<p>Unit 4 &5: Life Stages</p> <ul style="list-style-type: none"> Draw a timeline (0–2, 3–10, 11–17, 18–29, 30–60, 60+) and add one physical, cognitive, social, and emotional norm per stage. Keep person-centred care in mind when describing changes. 	<ol style="list-style-type: none"> What type of provision is a charity support group? Name one function of GP surgeries. What life stage is 30–60 years? Give one emotional change in adolescence. Which service type is an NHS hospital? 	<p>CQC – How services are regulated: https://www.cqc.org.uk/about-us/how-we-do-our-job</p> <p>Health Foundation - Person-centred care: https://www.health.org.uk/sites/default/files/PersonCentredCareMadeSimple.pdf</p>
2 – w/b 23 rd February	<p>Unit 2: Roles & 6Cs</p> <ul style="list-style-type: none"> Study roles: nurse, GP, paramedic, Occupational Therapist, Physiotherapist, social worker, Speech and Language Therapist. Learn the 6Cs: Care, Compassion, Competence, Communication, Courage, Commitment. Explain how the 6Cs look in practice using brief scenarios. 	<p>Unit 2: Role comparisons & Cs</p> <ul style="list-style-type: none"> Compare one health role vs one social care role (one setting + one duty each). Explain which 'C' is most important in a given scenario and why. 	<ol style="list-style-type: none"> Match role → responsibility (OT, physio, paramedic). Which 'C' links most with speaking up? Give one example of competence in practice. Which life stage covers 11–17 years? What type of provision is informal care? 	<p>6Cs (NHS England): https://www.england.nhs.uk/6cs/wp-content/uploads/sites/25/2015/03/introducing-the-6cs.pdf</p> <p>NMC – Person-centred care: https://www.nmc.org.uk/standards/code/code-in-action/person-centred-care/</p>
3 – w/b 2 nd March	<p>Unit 3: Equality Act & Health and Safety at Work Act (1974)</p>	<p>Unit 1 &3: Referral Types</p> <ul style="list-style-type: none"> Learn self, professional, third-party referral types with one example each. 	<ol style="list-style-type: none"> Name two protected characteristics. State one employer duty under HSWA 1974. Referral type: GP sends someone for tests. 	<p>Equality Act guidance: https://www.gov.uk/guidance/equality-act-2010-guidance</p>

	<ul style="list-style-type: none"> Equality Act 2010 → protected characteristics. Health and Safety at Work Act 1974 → employer and employee duties; give one example for a care setting. 	<ul style="list-style-type: none"> Explain how person-centred care supports the referral chosen. 	<ol style="list-style-type: none"> Which CQC rating is highest? Give one physical development in early childhood. 	HSE – HSWA overview: https://www.hse.gov.uk/legislation/hswa.htm NHS England – Person-centred care: https://www.hee.nhs.uk/our-work/person-centred-care
4 – w/b 9 th March	Unit 4: Nature vs Nurture <ul style="list-style-type: none"> Create a chart of biological vs environmental influences (3 each). Add one sentence on how nature and nurture interact. 	Unit 5: Maslow in Care <ul style="list-style-type: none"> Draw Maslow's pyramid and add care-setting examples at each level. Link examples to 6Cs where possible. 	<ol style="list-style-type: none"> Is language acquisition more nature or nurture? Which Maslow level includes safety & security? Give one example of compassion (6Cs). Referral type: neighbour calls GP about concerns. Statutory or voluntary: NHS dentist? 	Skills for Health – Person-centred care: https://www.skillsforhealth.org.uk/article/person-centred-care-meaning-implications/
5 – w/b 16 th March	Unit 3: Policies & Procedures <ul style="list-style-type: none"> Equality/inclusion; infection prevention & control (hand-washing, PPE, waste); manual handling; confidentiality (consent, need-to-know, secure storage). Write a Do/Don't poster for Infection, Prevention and Control and confidentiality. 	Unit 6: Barriers to Access <ul style="list-style-type: none"> Identify barriers: communication (sensory/cognitive/EAL), culture, location/transport, cost. Match one realistic strategy to each barrier (interpreters, alternative formats, ramps, community clinics, online consults). 	<ol style="list-style-type: none"> Define 'need-to-know' sharing. Name one Infection, Prevention and control requirement. Strategy to overcome language barrier? One sign of middle adulthood (any domain). What is the purpose of CQC inspections? 	GOV.UK – Data protection: https://www.gov.uk/data-protection ICO – UK GDPR: https://ico.org.uk/for-organisations/uk-gdpr-guidance-and-resources/ Mind – Accessing help: https://www.mind.org.uk/information-support/guides-to-support-and-services/ Age UK – Care information: https://www.ageuk.org.uk/information-advice/care/
6 – w/b 23 rd March	Unit 7: Partnership Working <ul style="list-style-type: none"> Benefits: shared expertise, continuity, clear roles, safeguarding. 	Unit 8: Care Planning Cycle <ul style="list-style-type: none"> Assess → Implement → Review with person-centred focus. Write 3 assess-stage questions and 1 likely 	<ol style="list-style-type: none"> Name one benefit of partnership working. Which stage of care planning identifies risks? Name one of the 6Cs. What does the Equality Act 2010 protect? 	NHS England – Person-centred care: https://www.hee.nhs.uk/our-work/person-centred-care Health Foundation – Person-centred care:

	<ul style="list-style-type: none"> • Barriers: communication issues, time/resource constraints. 	review change for a short case.	5. Referral type: patient books GP themselves.	https://www.health.org.uk/sites/default/files/PersonCentredCareMadeSimple.pdf SCIE – Care Act hub: https://www.scie.org.uk/care-act-2014/
7 – w/b 30 th March	Unit 3: Data Protection Act 2018 & Info Handling <ul style="list-style-type: none"> • Lawful processing, consent, confidentiality, need-to-know, secure storage; link to real care examples. • Draft one sentence for lawful sharing in a safeguarding case. 	All units: Mixed Practice <ul style="list-style-type: none"> • 12-question mix across topics 1–6; correct answers and note one improvement rule per error. 	1. State one principle of data protection. 2. Give an example of manual handling best practice. 3. Name a voluntary sector service. 4. Which life stage is early adulthood? 5. What does CQC stand for?	GOV.UK – Data protection: https://www.gov.uk/data-protection
8 – w/b 6 th April	Unit 4, 5 & 6: Conditions & Disabilities <ul style="list-style-type: none"> • Choose two conditions; describe daily-life impact, Maslow level most affected, and a matching care value (dignity, respect, safeguarding). 	Unit 4: Transitions <ul style="list-style-type: none"> • Expected vs unexpected; effects on health/wellbeing, relationships, independence; practitioner strategies (info, reassurance, gradual change, signposting). 	1. Give one impact of a sensory disability. 2. Which Maslow level links to friendships? 3. One strategy to support unexpected transitions. 4. What barrier is caused by transport/locations? 5. Name one protected characteristic.	NMC – Person-centred care: https://www.nmc.org.uk/standards/code/code-in-action/person-centred-care/ NHS England – Person-centred care: https://www.hee.nhs.uk/our-work/person-centred-care
9 – w/b 13 th April	Unit 1 & 3: Regulators <ul style="list-style-type: none"> • Roles of CQC, Ofsted, HCPC, NMC, Social Work England; write one action for each (inspect/rate/register/monitor). 	Unit 3: Policy Scenarios <ul style="list-style-type: none"> • Create 8 mini-cases based on: Infection, Prevention and Control, confidentiality, manual handling, security checks, incident reporting. • Identify the relevant policy and one correct step. 	1. Who inspects adult social care? 2. Who regulates nurses & midwives? 3. What does HCPC register? 4. What would Ofsted inspect? 5. Name one fundamental standard CQC checks.	CQC – About/role: https://www.gov.uk/government/organisations/care-quality-commission/about Ofsted – About us: https://www.gov.uk/government/organisations/ofsted/about

10 – w/b 20 th April	Unit 3: Care Act 2014 & HSC Act 2012 Summarise the following: <ul style="list-style-type: none"> • Care Act 2014: wellbeing, prevention, information/advice, assessments, carers, safeguarding. • HSC Act 2012: commissioning changes, patient voice, regulator roles. 	All units: EA Mini Paper Use the knowledge organizer booklet or a past exam paper. <ul style="list-style-type: none"> • Complete 8 MCQs + 6 short answers across content areas 1–8. • Self-mark: AO1 accuracy, AO2 case link, AO3 justification (law/policy/outcome). 	1. State one Care Act duty. 2. Name one structure or change from the HSC Act 2012. 3. Give one safeguarding requirement. 4. Which law controls personal data? 5. Define professional referral.	SCIE – Care Act hub: https://www.scie.org.uk/care-act-2014/ HSC Act 2012 factsheets: https://www.gov.uk/government/publications/health-and-social-care-act-2012-fact-sheets
11 – w/b 27 th April	All units: Mistake Review <ul style="list-style-type: none"> • Create a mistake log; write a 'next-time rule' for each recurring error. • Answer 12 targeted questions on your weak areas. 	All units: Concept Map Your job is to create a step-by-step journey showing how one individual (a client) moves through the Health and Social Care system. <ul style="list-style-type: none"> • An elderly person recovering after a fall • A teenager experiencing anxiety • An adult with a long-term condition (e.g., asthma, diabetes) • A child with communication difficulties Then complete all seven stages below. <ol style="list-style-type: none"> 1. Provision 2. Roles 3. Laws and policies 4. Life Stages and Development 5. What are the clients 6. How can the client access the service? 7. How will be partnership working? 8. Describe each stage of the care planning cycle. 	1. Name one role involved in planning a discharge. 2. What type of provision is a care home? 3. One transition typical in adolescence. 4. State one CQC rating. 5. Which Act sets adult social care duties?	Equality Act guidance: https://www.gov.uk/guidance/equality-act-2010-guidance GOV.UK – Data protection: https://www.gov.uk/data-protection

12 – w/b 4 th May	All units: Knowledge Organiser <ul style="list-style-type: none"> • Create a one-page knowledge organizer summarizing 6Cs, Maslow, life stages, referrals, barriers + strategies, key laws, regulators, care planning cycle. 	All units: Full Mini-Mock <p>Ask Miss Lomas for a past paper and time yourself answering the paper.</p> <p>Then use the mark scheme to answer the paper.</p>	<ol style="list-style-type: none"> 1. Define person-centred care. 2. Which 6C focuses on skill & knowledge? 3. State one barrier and a solution. 4. What is the Review stage for? 5. Name one function of GP surgeries. 	Health Foundation – Person-centred care: https://www.health.org.uk/sites/default/files/PersonCentredCareMadeSimple.pdf
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