



Cambridge Nationals Health and Social care

Cambridge Nationals are vocational qualifications at Level 1/2.

This qualification introduces students to the biggest employment sector in the UK, which includes elements of the NHS, local authority adult and child care services as well as a range of independent providers which provide care in a variety of settings. It introduces students to this vocational sector and the role it plays in the health, well-being and care of individuals across all age ranges.

At Certificate size, this qualification has two mandatory units and a choice of optional units. The externally assessed unit contributes 25% of the marks at this size

The Qualification is split into 4 units

R021: Essential values of care for use with individuals in care settings

Written paper 1 hour

The focus of recruitment to the health and social care sector is values. Applicants must demonstrate they can apply values in their professional practice. This unit introduces students to these core values and the rights of individuals accessing health and social care services. It also introduces some of the legislation that students should be aware of and ways in which individuals that use services are protected.

R022: Communicating and working with individuals in health, social care and early years settings Centre assessed task, OCR moderated.

Communication is an essential skill for all individuals working in health, social care or child care/early years settings. Developing their communication skills will enable students to understand how to work effectively with individuals in these settings. Students will be introduced to a range of different communication methods and factors that affect communication. They will also explore the impact of personal qualities that contribute to the delivery of effective care, such as patience, empathy and respect.



This unit is assessed through an assignment in which students must not only explain communication techniques to others, but demonstrate these in action.

R025: Understanding life stages Centre assessed task, OCR moderated

Students will need to understand the stages of development experienced by individuals in the transition from young person to adult and into old age. They will learn about some medical conditions and the effect these have on health and well-being. As part of the assessment they will create support plans for individuals.

R029: Understanding the nutrients needed for good health Centre assessed task, OCR moderated

You are what you eat and good health is impacted by diet and nutrition. In this unit students will find out about the dietary needs of individuals in different life stages and how to meet the needs of different conditions, including the function that nutrients play. They will also learn about other factors that influence diet such as income, lifestyle or religion and understand the importance of hygiene in food preparation. As part of their assessment, students will create a dietary plan for individuals with specific dietary needs and prepare an appropriate meal.