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| **Minor Award Name** | **Healthcare**  |
| **Minor Award Code** | **4N3776** |
| **Level** | **4** |

Ok as per QQI

**Suggested resources to support delivery:**

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| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Care Settings Introduction | Downloadable worksheet | At the start of a course it is useful for learners to establish the range of places that a qualification in healthcare can enable them to work. This work sheet can be used to facilitate and document a group discussion that will enable learners to share and develop their knowledge about the care settings relevant to their local area. | Maria Dollard MEd(Adult & Further Education) | [www.schoology.com](http://www.schoology.com) To access, create an account, search Maria Dollard and choose the folder Healthcare 4N3776**Access Code - HBMWK-6ZH8R** |
| Needs of people in Care Introduction | Downloadable worksheet | This worksheet can be used to explore the role of the carer in a care setting. To understand the role of the carer, particularly in the context of “person centred” planning and care we must look at the needs of people in care settings. By examining Mazlow’s pyramid and then applying his ideas to people in need of care we can explore the particular needs of people in care settings. We can work out from this point to explore how healthcare assistants can meet these needs in a variety of settings. | Maria Dollard MEd(Adult & Further Education) | [www.schoology.com](http://www.schoology.com) To access, create an account, search Maria Dollard and choose the folder Healthcare 4N3776**Access Code - HBMWK-6ZH8R** |
| Role Play Game | Online Resource | This role play game is built around the scenario of a “Nuclear Holocaust”. The idea is that everybody in the group is assigned a role and must argue for the right to be one of the three chosen to stay in the bunker. It works best with groups of between 7 and 12. The roles can be those suggested or others that the teacher suggests. This activity forms an excellent springboard for discussing how our social or professional roles are valued or not by society. Teachers will find that people playing the role of the older person are usually the first to offer to voluntarily leave. This will form a great opportunity to discuss ageism and our perceptions of the value of older people. Similarly, the role of disabled people can be a good source of discussion in terms of their perceived value in society. This exercise is also a great ice breaker and team building exercise.  | Wilderdom | <http://wilderdom.com/games/descriptions/NuclearHolocaustWhoShouldSurvive.html>  |
| Role of the carer | Website | This is an interview with a Healthcare Assistant who works in a hospital. The interview in informative and gives an overview of qualifications, skills and typical day in the life of a care assistant. | HSE | <http://www.hse.ie/eng/staff/jobs/profiles/careassistant.html>  |
| History of Healthcare Services in Ireland | Online document  | This document provides the background to the development of services in Ireland. The document contains parts about the overall history of how services developed in Ireland and also highlights the differences in statutory and voluntary services. Most useful for the teacher who wants to get an overview of how healthcare services developed but paragraphs may be extracted that might be of interest to a learning group. | Combat PovertyBrian Harvey | <http://www.combatpoverty.ie/publications/EvolutionOfHealthServicesAndHealthPolicyInIreland_2007.pdf>  |
| Care Settings | website | This website has searchable links for local nursing homes all over Ireland.  | Nursing Homes Ireland | <http://www.nhi.ie/>  |
| Care Settings | Website | This website has links for all the local services, for the provision of care services for people with intellectual disabilities, around the country as well as a section on job opportunities. | Rehab Care | <http://www.rehabcare.ie/>  |
| Care Settings | website | This website has links for all the local services for people with physical disabilities, around the country as well as a section on job opportunities | Irish Wheelchair Association | <http://www.iwa.ie/>  |
| Care Settings | website | This website has links for all the local services, for the provision of home care services, around the country as well as a section on job opportunities | Bluebird Care | <http://bluebirdcare.ie/>  |
| Care Settings | website | This website has links for all the local services, for the provision of home care services, around the country as well as a section on job opportunities | Home Instead | <http://www.homeinstead.ie/>  |
| Healthcare ProfessionalsPhysiotherapist | Website | An easy to read explanation of what a Physiotherapist is and what type of work they do. | HSE | <https://www.hse.ie/eng/health/az/P/Physiotherapy/What-physiotherapy-is-used-for.html>  |

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| Healthcare ProfessionalsDietitian | Website | This website is useful in explaining the differences between a Dietitian, nutritionist and nutritional therapist. | Irish Nutrition & Dietetic Institute | <https://www.indi.ie/what-is-a-dietitian/dietitians-nutrition-experts.html>  |
| Healthcare ProfessionalsSpeech & Language Therapists | Website | This is a description of the work of the SLT. The first few paragraphs are sufficient for learners at level 4 or the teacher may wish to use a shortened version of the information for a class handout. | Grad Ireland | <https://gradireland.com/careers-advice/job-descriptions/speech-and-language-therapist>  |
| Healthcare ProfessionalsOccupational Therapists | Document from a website | This document outlines the role of the occupational therapist. It is a three page document but the first page is sufficient for learners on this course. | Grad Ireland | <http://www.lit.ie/Careers/Job%20Profiles/Occupational%20therapist.pdf>  |

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| Communication in Healthcare | Online Document | This is an entire course in communications in healthcare. The course manual is free to download. The course material is useful as it covers active listening, paraphrasing, dealing with conflict etc. and there are role plays and worksheets. Teachers may wish to rewrite some of the material to suit the Irish context and the needs of their learners. | Step Ahead – Straight Talk - ERIC | <https://ia902609.us.archive.org/22/items/ERIC_ED372218/ERIC_ED372218.pdf> [www.schoology.com](http://www.schoology.com) To access an already downloaded copy, create aschoology account, search maria dollard and choose the folder Healthcare 4N3776**Access Code - HBMWK-6ZH8R** |
| Active Listening | Video clip 2.5 mins long | Funny YouTube clip from the TV show “Everybody loves Raymond”. In this episode, Ray uses the Active Listening skills that he learned in a "Parent Effectiveness Training" workshop. | YouTubeParent Effectiveness Training | <https://youtu.be/4VOubVB4CTU>  |
| Appropriate Language | Website | This link contains a list of common phrases and words that are often used when referring to people in need of care support. It also has a list of substitute phrases that can be used instead. | UK Government | <https://www.gov.uk/government/publications/inclusive-communication/inclusive-language-words-to-use-and-avoid-when-writing-about-disability>  |
| Conditions causing Communication Difficulties | Online Learning | This online training programme is designed for learners involved in end of life care. There is a section on conditions that cause communication difficulties. It contains information and group activities and is flagged for different levels of learners (introductory, intermediate or advanced) | Hospice UK | <http://learning.hospiceuk.org/course/category.php?id=11>  |
| Attitudes, Values, assistive technology and equipment. | Book | This text covers all the themes included in GNVQ option units and the NVQ in Care at Levels 2 and 3. Key chapters are on promoting autonomy and independence, attitudes and values within society, and planning activities. It can be bought very cheaply on amazon | Carolyn Meggitt | <http://www.amazon.co.uk/Special-Needs-Handbook-Health-Social/dp/0340683600>  |
| Person Centred Planning | Document from a website | This explanation of PCP is designed to be accessible to a wide range of people with different abilities. It serves the dual purpose of showing how information can be made accessible, even to those with learning disabilities. | National Disability Authority | <http://nda.ie/nda-files/Person-Centred-Planning-Guidelines-Easy-to-Read.pdf>  |
| HIQA Standards for services for older people | Document from a website | This version of the HIQA standards is easy to read and designed for the public to read. It is useful to read the standards and then explore where the role of the healthcare assistant fits in with the delivery of the standards. | Health Information Quality Authority | <https://www.hiqa.ie/system/files/Guide_Residential_Care_Settings_Older_people_2009_A5.pdf>  |
| HIQA Standards for Disability Services | Website | This website offers a variety of formats that explains the HIQA standards for disability services in Ireland. | Health Information Quality Authority | <https://www.hiqa.ie/standards/social/people-with-disabilities>  |
| Health & Safety | Website | Everything you need to know about health and safety in Healthcare in the Irish context. Includes a section on educational tools and initiatives. In this section students can register for e-badges in their on-line learning -portal. Invaluable resource across several modules and levels in Healthcare. | Health and Safety Authority | <http://www.hsa.ie/eng/Your_Industry/Healthcare_Sector/>  |
| Health & Safety | Books | Invaluable resource designed for students and teachers at senior cycle and further education. This resource is colourful and a great introduction to the concepts of health and safety. There are numerous worksheets, assignments and projects that provide directly useful worksheets or inspiration for assignments and projects. The books for teachers and students are available from Education Centres all around the country. | Health and Safety Authority | “Choose Safety” Teacher Text and Student Text available from education centres nationwide free of charge. |
| Exercise | Online Leaflet | This leaflet outlines the benefits of exercise and suggests suitable types and levels of exercise. Easy to read and good springboard for class discussion or worksheets. | Irish Heart Foundation | <http://www.irishheart.ie/media/pub/informationleaflets/be_active_2011__final.pdf>  |
| Exercise | Website | This website can be used to explore the recommended levels of exercise across the life span. | Get Active Ireland | <http://www.getirelandactive.ie/>  |
| Food | Website Infographic | The Food Pyramid and the Eat Well plate are standard tools for discussion on food and nutrition. It is important to note that other cultures have different food pyramids and teachers should consider the cultural differences that may exist in any classroom or learning group. | Safe Food | <http://www.safefood.eu/Healthy-Eating/The-Food-Pyramid-and-The-Eatwell-Plate.aspx>  |
| Food | You tube clip | This TED Talk by Jamie Oliver is a good springboard to talk about food and nutrition. The tutor can pause the talk to discuss particular points. This talk uses very concrete visual demonstration to highlight the sugar content in everyday food. Oliver’s style of delivery is engaging and he is a popular speaker because of his accessible and down to earth approach.  | Jamie Oliver | <https://youtu.be/go_QOzc79Uc>  |
| Food and Nutrition | Online Document | This is a very good booklet that is downloadable and is useful in talking about food, salt intake and alcohol.  | Health Promotion Unit | <https://www.healthpromotion.ie/hp-files/docs/HPM00796.pdf>  |
| Food and Nutrition | Online Document | This resource is designed for students undertaking literacy programmes however it’s clear and simple layout in the food section makes it ideal for introducing the topic of food and nutrition. The Healthy Lifestyle section starts on page 123 | Nala | <https://www.nala.ie/sites/default/files/publications/Read%20Write%20Now%20Learner%20Workbook%202_1.pdf>  |
| Food and NutritionHeart Health | Online Leaflet | This leaflet is about food, nutrition and specifically heart health. It is more detailed that the one page food pyramid and goes into more detailed. Having said that it is easy to read and contains more than enough detail for level 4 students. | Irish Heart Foundation | <http://www.irishheart.ie/media/pub/informationleaflets/healthy_eating_2011__final.pdf>  |
| Stress | Online Leaflet | This leaflet is entitled “Manage your Stress” and explains the connection between stress, lifestyle and health. It is very easy to read and provides a great springboard for discussion. It includes information on the nature of stress, its effects on the body and tips and strategies on how to deal with stress. | Irish Heart Foundation. | <http://www.irishheart.ie/media/pub/informationleaflets/manage_your_stress_2011__final.pdf>  |
| Stress and headaches | Printable quiz | This quick worksheet is a simple tick box exercise is a great ice-breaker and introduction to the topic of stress. | Better Health Channel | [http://www.healthtranslations.vic.gov.au/bhcv2/bhcpdf.nsf/ByPDF/Quiz\_Is\_stress\_giving\_you\_a\_headache/$File/Quiz\_Is\_stress\_giving\_you\_a\_headache.pdf](http://www.healthtranslations.vic.gov.au/bhcv2/bhcpdf.nsf/ByPDF/Quiz_Is_stress_giving_you_a_headache/%24File/Quiz_Is_stress_giving_you_a_headache.pdf)  |
| Literacy Resource | Downloadable Book | This book contains handy worksheets and activities on the theme of Health and is useful for teachers at the start of courses. It’s a gentle start for some learners and also a way for teachers to informally assess their learners who may be new to adult education. It costs €5. | National Adult Literacy Service | <https://www.nala.ie/resources/health-pack>  |
| Literacy Resource | Website | This is a valuable resource especially when starting off with learners who are not confident or for whom English is a second language. There are various downloadable booklets on health and safety.  | National Adult Literacy Services | <https://www.nala.ie/>  |
| All Topics | Book | This book is written for a UK audience however there is a lot of useful information and activities suitable for the Irish context | Haworth, Higgins, Hoyle, Lavers & LewisElizabeth RasheedAlison Hetherington | <http://www.amazon.co.uk/First-Health-Social-Level-Edition/dp/1444186566> or available to order from any bookshop – Health & Social Care 2 |
| Vocabulary and literacy | Website | Good website with free downloadable information and worksheets | BBC Skillswise | <http://www.bbc.co.uk/skillswise/topic/nursing-and-care/resources/l1>  |

 **Useful Organisations:**

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| **Name** | **Contact Information** |
| HIQA | [www.hiqa.ie](http://www.hiqa.ie)  |
| Better Health | [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)  |

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| **MOOCs (Massive Online Open Courses)** |
| Free access to online coursesSearch regularly for new courses and new start dates | <https://www.mooc-list.com/> |
| <https://www.coursera.org/courses?languages=en&query=healthcare> |
| <https://www.coursera.org/courses/?languages=en&query=adult%20education>  |