

Impact of health initiatives and the importance of care organisation governance – Session Plan

Overview: This interactive workshop introduces students to the dynamic field of health and social care, offering insights into the different professions within these organisations and the impact of governance and compliance within a leadership role. The session empowers students to think creatively about promoting health education and equips them with foundational knowledge for pursuing future studies or careers in health and social care.

Class Resources Required: Flipchart, markers, internet enabled computers.

Proposed Session Plan:

Learning Objectives	Learning Activities
<p>By the end of the workshop, students will be able to:</p> <ul style="list-style-type: none"> • Human lifespan and Development <ul style="list-style-type: none"> ○ Have an understanding of interventions and different professionals providing care • Health and Social care practice <ul style="list-style-type: none"> ○ Have an understanding of core principles, values, legislation ○ Social determinants on individual health status 	<p>Introduction (10 mins)</p> <ul style="list-style-type: none"> • Lecturer introduction and brief background • Encourage students to share their experiences and interest within their courses thus far • Outline of lesson <ul style="list-style-type: none"> ○ Consider what professionals are involved in a health organisation ○ Public health policies – what impact do they have? ○ How can health campaigns promote behaviour change? ○ How to ensure a health organisation is compliant <p>Interdisciplinary working</p> <p>Activity 1 - Who am I? (15 Mins)</p> <ul style="list-style-type: none"> • Students are placed into groups – each group is given a scenario e.g. caring for a child with a disability assisting an elderly person, supporting a person with mental needs etc.

- Health Social Policy and Wellbeing
 - Demonstrate a knowledge of public health policy and its influences
- Promoting Health Education
 - Demonstrate a knowledge of different approaches to achieve positive health outcomes
- Safe environments in Health and Social Care
 - Have an understanding of provisions in services relevant to different needs
 - Governance relating to safe environments

- Students in their groups to consider what care professional will be needed to support the case
- The students to write each of the care professionals name on a post-it note
- The groups each present their case to the class – in turns they give clues, and the other groups have to guess who they are
- Summary – the facilitator to provide a summary of the range of care professionals that can be involved in a care plan and the importance of this to ensure compliance with the Health and Care Act

Resources needed: Pens, Post-it notes.

Public Health Policies and their impact

Activity 2 Interactive Quiz: (10 minutes)

- Print flashcards with true/false or multiple-choice questions on topics like vaccinations, smoking bans, or sugar tax – public health interventions
- Class split into 2/3 groups depending on size, each group to pick a group name – facilitator to keep a score on what group is the winner
- Summary – Facilitator to lead a discussion on the real-life impact of these policies in shaping health and well being

Resources needed: Flipchart, pens.

NOTE: These objectives complement the following areas within:

- BTEC Pearson Health and Social Care: AO1 AO4a B3, C3, C4
- AQA Business A level: LO 3.6
- AQA Psychology A Level: LO 3.2.1

BTEC Link: [Specification - BTEC National Extended Certificate in Health and Social Care \(pearson.com\)](#)

AQA Business A level Link: [Business AS and A-level Specification](#)

AQA Psychology A level: [AQA | Psychology | A-Level | A-level Psychology](#)

Promoting Positive Outcomes through behaviour change

Activity 3 Build a Health Campaign (15 minutes)

- Students are divided into 4 groups each group is given the same task of creating a campaign to reduce obesity
- Each group is given a specific behaviour model they must consider when creating their campaign
 - Social Cognitive Theory
 - Theory of Planned Behaviour
 - Transtheoretical Theory
 - Reinforcement and conditioning
- Students to present their campaigns to the class – outlining their considerations when planning this to support behaviour change
- Summary – facilitator review with the students what the challenges were with designing the campaign

Resources needed: A3 paper x 3, pens.

Governance and compliance – Pick 1 activity:

Activity 4a: “Spot the Hazard” Game (10 minutes)

- Show students a staged photos of a healthcare setting with deliberate safety hazards (e.g., wet floor, expired medications), each progressing image has more complex issues that takes the student from viewing a setting as a practitioner to consideration as a manager.
- Students identify the hazards and suggest solutions.

Resources needed: Access to computer, projector and internet access.

Activity 4b: CQC inspection (15 minutes)

- Students separated into 2/3 groups, each group be given a scenario – a picture of a care setting that is blank, each of the elements that need to go within the care setting needs to be considered and placed in the correct positions in preparation for a CQC inspection e.g. a image of a care home room, the students will need to consider where medication is kept, where beds go, where the staff will be, where bathrooms are etc
- Students advised that the focus of the inspection will be on:
 - Compliance with safety regulations
 - Compliance data protection
 - Compliance with Cross infection

The facilitator to complete the inspection of each groups scenario and ask questions around compliance.

Resources needed: Space for students to spread out and work.

Summary (for both activities)

- Facilitator led discussion on resource allocation consideration to ensure compliance with governance and impact of this.

Wrap-Up: Reflective Question Round (10 minutes)

- Ask students to share one thing they learned or how the workshop might relate to their own career aspirations.
- Briefly run through career role examples and link to advantage of considering a degree qualification.
- Offer a brief Q&A to clarify any doubts.
- Evaluation