|  |  |
| --- | --- |
| https://www.westsussexcpd.co.uk/_images/14106/Care%20Act/The_Care_Certificate.jpg | ***Learner Resource***  ***Question Workbook*** |
| **Care Certificate Question Workbook – Standard 12** | |

|  |  |
| --- | --- |
| **Name of Care Worker:** |  |
| **Start Date:** |  |
| **Completion Date:** |  |

Version 1.1 – 11/2020

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# The Care Certificate for Adult Social Care Workers

## Introduction

Welcome to the Care Certificate Question Workbook for Standard 12. This sets out a series of questions that you need to complete to demonstrate that you have the knowledge, skills and behaviours of an effective Care Worker within Adult Social Care.

The details you provide in this Workbook will be used by your Assessor to determine if you meet the requirements set out in the Standard. There may be times that your Assessor will come back to you and ask for some more information or further details to demonstrate your knowledge, skills and behaviours.

## Developing Knowledge, Skills and Behaviours

You may be an experienced Care Worker or new to a care giving role, but it is essential that you develop and keep your knowledge, skills and behaviours up-to-date to ensure we provide quality service user focussed care services.

We have made available a range of learning resources and eLearning to help you develop and aid the completion of the Care Certificate. These can be accessed on the **Induction Hub for new Care Workers** is available on ASC LeadER ([www.ascleader.co.uk](http://www.ascleader.co.uk)).

Although the majority of learning resources and eLearning are available for those without an ASC LeadER Account, it is recommended that Care Workers create an account. This provides a broader range of services and learning resources.

Care Workers can request an ASC LeadER account on the following link - <https://www.ascleader.co.uk/login/signup.php?>, or by clicking the *Login* button at the top of the screen and then clicking the *Create new account* button. Account requests are validated by the Social Care Academy and approval is normally given within 24 hours.

## Assessment

This Workbook will be assessed by a nominated person that has experience and competence of working in the Adult Social Care Sector.

* Within the East Riding of Yorkshire Council, this will be carried out by an Assessor from the Social Care Academy.
* In the Independent Care Sector this may be a Trainer, Champion or Manager appointed by the provider. You need to discuss this with your Senior or Manager and they will advise who will support you.

# Key Terminology

The following key terms are used throughout the Care Certificate Assessment.

|  |  |
| --- | --- |
| **Term** | **Details** |
| Demonstrate | This means to show how a task is completed in the course of real work or a simulated activity |
| Describe | This means to create a picture with words but not simply writing a list of bullet points |
| List | This means to identify the main points which can be written as bullet points |
| Explain | This means you will need to provide a clear account of your understanding, including details like why and how. |
| Define | This means to provide a definition, **in your own words**, to demonstrate your understanding. |
| Identify | This means to point out, highlight or note down the main answers or examples that relate to the subject. |
| Summarise | This means to think about the main points and simplify or shorten these points to provide a basic outline. |

**Note:** Please ensure you refer to and follow the above terminology guidelines when completing your answers to the activity questions.

# Standard 12 - Basic Life Support

**Activity 12.1:** Complete the gaps in the following sentence using the words highlighted in **bold** below:

**Knowledge / Competently / Practical / Practice / Employer**

You should be provided with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ training by your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to be able to put this \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ into \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and in order to be able to carry out basic life support \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Activity 12.2** Basic life support consists of four elements. Can you find **two** of them in the list below? (Place a tick **√** beside the answers you choose):

|  |  |
| --- | --- |
|  | Initial Assessment (primary survey) |
|  | Expired air ventilations |
|  | Secondary survey |
|  | Airway maintenance |
|  | Recovery position |

**Activity 12.3** Using the letters A–G (below), link the words on the left to the correct description on the right:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| A | Danger |  |  | We need to open this to check for breathing |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| B | Response |  |  | We need to check for no more than 10 seconds for this |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| C | Shout |  |  | This should be used alongside CPR |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| D | Airway |  |  | Prior to approaching the casualty, visually check the area for  … |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| E | Breathing |  |  | If not breathing commence … |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| F | CPR / Circulation |  |  | Use the ‘AVPU’ scale when checking for this |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| G | Defibrillation |  |  | The action carried out if the casualty is not responsive |

**Activity 12.4** Answer the questions by filling in the blanks using the correct numbers from those provided below; 20, 10, 100-120, 999/112, 20, 2

|  |  |
| --- | --- |
| Seconds to take to check for normal breathing |  |

|  |  |
| --- | --- |
| Rate of compressions given per minute during CPR |  |

|  |  |
| --- | --- |
| Number of breaths given in a cycle of CPR |  |

|  |  |
| --- | --- |
| Number dialled for ambulance services |  |

|  |  |
| --- | --- |
| Percentage of oxygen in the air that we breathe |  |

**Activity 12.5** Place the following in the correct order of action for a choking casualty (adult) - label your answers using the numbers 1 to 4.

|  |  |
| --- | --- |
| Give up to five back blows |  |

|  |  |
| --- | --- |
| Repeat three times |  |

|  |  |
| --- | --- |
| Encourage the casualty to cough |  |

|  |  |
| --- | --- |
| Give up to five abdominal thrusts |  |