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| https://www.westsussexcpd.co.uk/_images/14106/Care%20Act/The_Care_Certificate.jpg | ***Learner Resource******Question Workbook*** |
| **Care Certificate Question Workbook – Standard 8** |

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

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**Contents**

The Care Certificate for Adult Social Care Workers 1

Introduction 1

Developing Knowledge, Skills and Behaviours 1

Assessment 2

Key Terminology 2

Standard 8 - Fluids and Nutrition 3

# The Care Certificate for Adult Social Care Workers

## Introduction

Welcome to the Care Certificate Question Workbook for Standard 8. 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?](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 8 - Fluids and Nutrition

**Activity 8.1a Part i):** Food safety is essential when storing, handling and preparing food. Fill in the table below to **list** 4 of the basic principles of food safety, including hygiene.

|  |
| --- |
| **1** |
|  |

|  |
| --- |
| **2** |
|  |

|  |
| --- |
| **3** |
|  |

|  |
| --- |
| **4** |
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**Activity 8.1a Part ii)** Thinking about where you work, **describe** why food safety, including hygiene, is so important when preparing and handling food.

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|  |

**Activity 8.1b Part i:** **Explain** the importance of good nutrition and hydration in maintaining health and wellbeing. Make sure you include the following in your answer; Carbohydrates, Balance, Fibre, Eatwell plate, Vitamins, Protein,

Bodily functions, Minerals.

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**Activity 8.1b Part ii:**

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| **What is the recommended daily amount of fluid an individual must consume to support good hydration (in litres)?** |
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| --- |
| **How many 150ml glasses would an individual have to consume to reach the minimum recommended amount?** |
|  |

**Activity 8.1c Part i:** Complete the boxes below to **list** the signs and symptoms of malnutrition.

|  |
| --- |
| **1** |
|  |
| **2** |
|  |
| **3** |
|  |
| **4** |
|  |
| **5** |
|  |
| **6** |
|  |

**Activity 8.1c Part ii:** Complete the boxes below to **list** the signs and symptoms of dehydration.

|  |
| --- |
| **1** |
|  |
| **2** |
|  |
| **3** |
|  |
| **4** |
|  |
| **5** |
|  |
| **6** |
|  |

**Activity 8.1d:** As a healthcare support worker or adult social care worker, you are required to promote good nutrition and hydration, encouraging and supporting individuals to have the correct balance of food and fluids according to their care plan. For each of the examples on the next page, **explain** how you would promote adequate nutrition and hydration for each individual.

|  |  |
| --- | --- |
| **Individual** | **How would you promote adequate nutrition and hydration?** |
| **An individual who has had a stroke and whose muscles are weakened** |  |
| **An individual who has dementia and forgets** **to eat and drink** |  |
| **An individual who has** **a visual impairment** **and needs assistance** **to maintain their independence when preparing food, eating and drinking** |  |