

■ Introduction to Integrated Health & Social Care

BMAH4003 • Student-Friendly Revision Guide

Key ideas for your in-class test — learn the concepts, then explain them in your own words.

■ HEALTH CARE	■ SOCIAL CARE	■ INTEGRATED CARE
Purpose: promote, maintain and restore health; prevent, diagnose and treat illness. Examples: GP, hospital, dentist, community nursing.	Purpose: support independence, wellbeing, dignity and quality of life. Examples: home care, residential care, day services.	Purpose: services work together around the person's needs. Benefits: better communication, continuity and fewer gaps or duplication.

■ Core concepts to know

■ Safeguarding Protecting people from abuse, neglect, exploitation and harm. It also promotes rights, dignity, wellbeing and safety.	■ Primary care Usually the first point of contact with health services. Examples include GP surgery, community pharmacy, dentist and optometrist.
■ Service users People who access or receive health, social care or related support services. They are not limited to one age group or condition.	■ Voluntary sector Independent community or charitable organisations that support people and communities. Example: British Red Cross.
■ Devolution Transfer of decision-making powers from the UK Government to Wales in areas where powers have been devolved.	■ Regulation in Wales Care Inspectorate Wales (CIW) regulates and inspects regulated social care and childcare services, helping maintain required standards.

■ Wales: legislation & organisations

Social Services and Well-being (Wales) Act 2014	Care Inspectorate Wales (CIW)
A key Welsh law. Remember its focus on wellbeing, voice and control, prevention, early intervention, partnership and helping people achieve their own wellbeing outcomes.	A Welsh regulator/inspectorate for regulated social care and childcare services. Its work supports quality, safety and compliance with required standards.

■ How to tackle the short-answer questions

1. Define	Give a clear meaning in one or two sentences.
2. Explain	Say what it means <i>and why it matters</i> . Avoid just listing facts.
3. Give examples	Use relevant health/social care examples to show your understanding.
4. Link back	Connect your point to service users, wellbeing, safety, independence or quality of care.

■ Applied example: older person returning home

Situation	A 78-year-old woman is discharged after a fall, lives alone and needs help with personal care and meals.
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Think about	■ Home/domiciliary care • ■ GP/community health support • ■ Meal/food support • ■■■ Reablement/occupational therapy where appropriate • ■ Social worker/care assessment.
Exam technique	For each service: name it → explain what it does → link it to her needs . Three well-explained services can score more strongly than a long list.

■ 8-mark questions: a simple structure

POINT	Make a clear statement.
EXPLAIN	Explain how or why it matters.
EXAMPLE	Give a relevant health/social care example.
LINK	Link the point to service users, quality, safety, wellbeing or effective delivery.

■ Quick self-test

1. What is the difference between health care and social care?
2. What does safeguarding mean?
3. Give three examples of primary care.
4. What is integrated care?
5. What does CIW do?
6. What is devolution?
7. What is a service user?
8. Give two benefits of partnership working.
9. Why is the Social Services and Well-being (Wales) Act 2014 important?
10. Name three services that could support someone returning home after hospital discharge.

■ **Remember:** Use your own words. In the test, answer the question asked, use relevant examples, and explain rather than simply list.