



ADDITIONAL READING AND ACTIVITIES LIST

SOCIAL SCIENCES

Health T Level - Injury and Trauma

Within your paper B (Science) exam you will complete a section on how to deal with case studies and issues such as care crash, cardiac arrest and broken bones. Below are a series of tasks relating to injury and trauma situations.

In the box below, list the items you would need in a first aid kit

Read over the attached link

-<https://www.redcross.org.uk/stories/health-and-social-care/first-aid/real-life-first-aid-stories-where-ordinary-items-saved-the-day>. Decide if you would consider any of those items in your first aid bag and list below:

You are in your car, the car in front of you crashes into another car. The driver reports pain in his back and neck, the passenger has a wound to his head. And the passenger in the back is not answering you when you are asking questions.

1. Who are you dealing with first and who are you dealing with last?
2. How can we help them?
3. What equipment will you need?

Lee and Jodie are playing football. After Lee begins to cough, he then starts wheezing as he tries to speak. He has difficulty breathing. Jodie knows that Lee has asthma.

What should we do?

Spiros is playing football with his friends when he trips and falls. His friend Ben hears a loud crack and the sound makes him feel sick. Peter thinks that Spiros has broken his arm as it looks a strange shape. Spiros is feeling dizzy and in pain.

What should we do?

Mark woke up late and didn't have time to eat his breakfast. When he got to school the canteen had shut so he went straight to his lesson. Even though he felt hungry at break he spent the time playing football with his friend Joe. By late morning Joe notices that Mark is a bit confused and seems to be sweating. Mark says that he feels dizzy and faint.

What should we do?

Gill is playing tennis with her friend Andy when she twists her wrist awkwardly trying to hit the ball. She calls out in pain and drops her tennis racket on the floor.

What should we do?

Reading list- suggested not essential.

This is Going to Hurt by Adam Kay

The Nurse's Anatomy and Physiology Colouring Book

The Study Skills Handbook by Stella Cottrell

Ross & Wilson Anatomy and Physiology in Health and Illness