

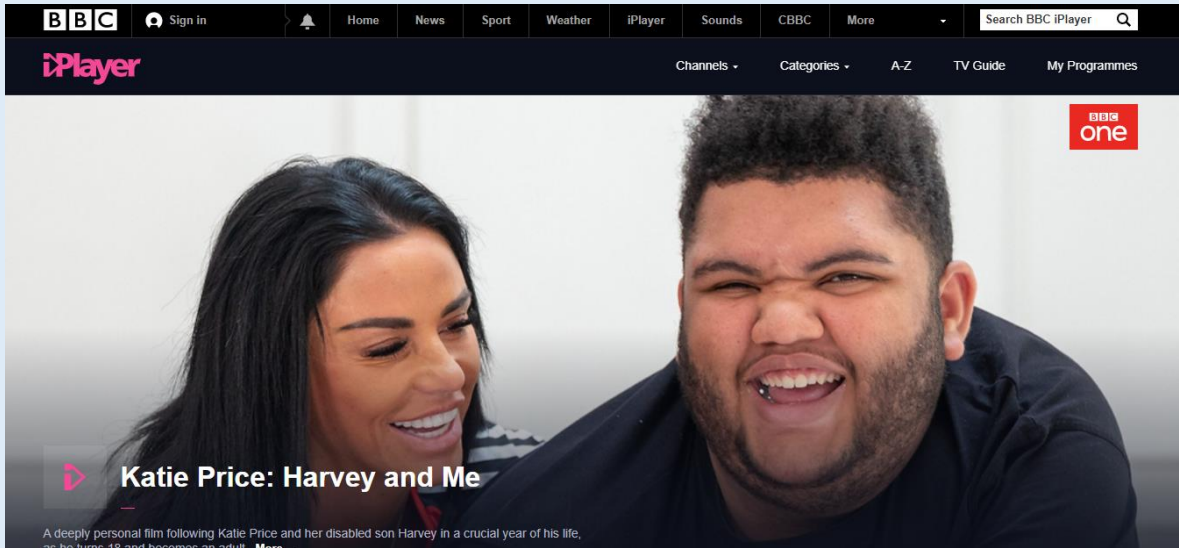
# Health and Social Care in the Media



Health and Social Care summer enrichment suggestions, to broaden your understanding.

Netflix films, documentaries and books to read.

This list below NOT exhaustive there are many other relevant and interesting productive viewing. Mrs.Burton [alison.burton@uah.org.uk](mailto:alison.burton@uah.org.uk)



## Documentary Suggestions:

A collage of documentary thumbnails from BBC iPlayer. The thumbnails are arranged in a grid-like fashion. Each thumbnail includes a small image and a title. The titles are: 'The Hostel For Homeless Young Mums', 'Extreme Love: 1. Autism', 'Documentary: Diabulimia: The World's Most Dangerous Eating Disorder', 'Altered States: 3. Take My Baby', 'Documentary: On Call to a Nation', 'Science: Between Life and Death', 'Altered States: 2. Choosing Death', 'Science & Nature: Contagion: The BBC Four Pandemic', 'Documentary: The Children's Hospital', 'Extreme Love: 2. Dementia', 'Documentary: Stacey Dooley: Stacey experiences the pressure of life on the frontline of mental health services.', and 'Documentary: Hospital'.

# NETFLIX

Babies



Marriage Story



Louis Theroux: Extreme love, Dementia



Five Feet Apart



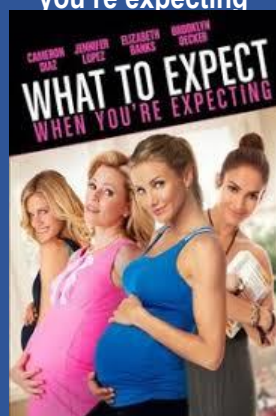
Brain on Fire



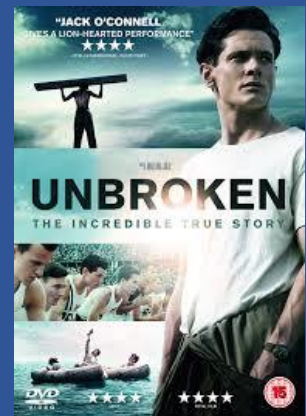
Theory of Everything



What to expect when you're expecting



Unbroken



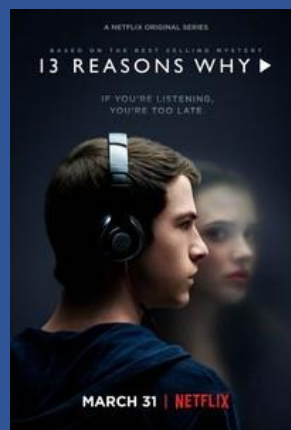
Girl, interrupted



Call the Midwife



13 Reasons Why



Pandemic: How to prevent an outbreak



Recommended Watching for Health and Social Care

# Beyond NETFLIX

Elizabeth is Missing

Rio & Kate: Becoming  
a Step family

Jesy Nelson: Odd  
one out

Stacey Dooley 9-5  
series

BBC iPlayer



Confessions of a  
Junior Doctor

Born to be  
different

Secret life of... Year  
Olds

Three identical  
strangers

4 On Demand



The Children Act

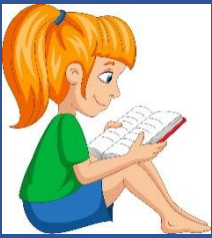
The Upside

Beautiful Boy

Miss you Already

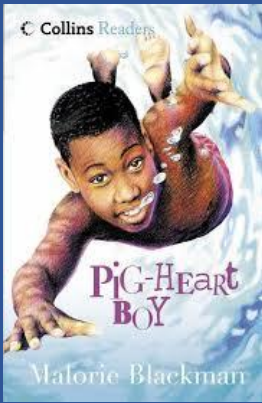
Amazon Prime



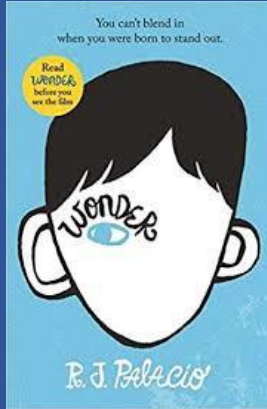


# Beyond NETFLIX

**Pig Heart Boy** by Malorie Blackman



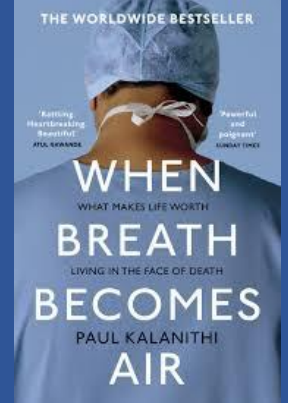
**Wonder** by R.J. Palacio



**This is Going to Hurt** by Adam Kay



**When Breathe becomes Air** by Paul Kalanithi

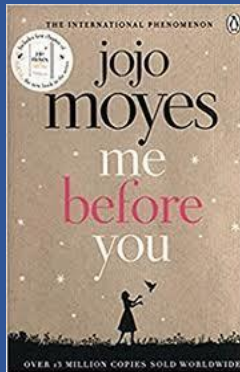


Further Reading

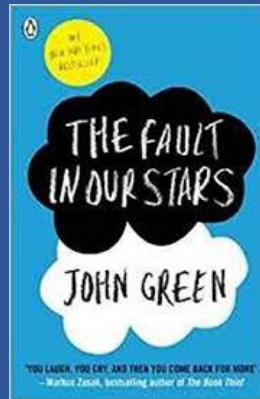
**The Hate U Give** by Angie Thomas



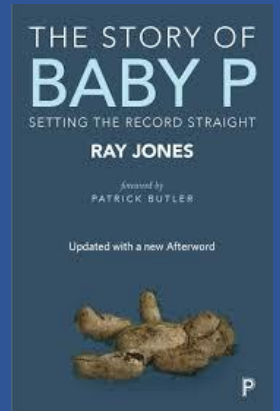
**Me Before you** by Jojo Moyes



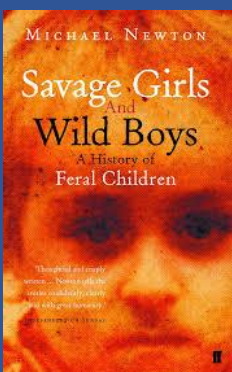
**The Fault in Our Stars** by John Green



**The Story of Baby P** by Ray James



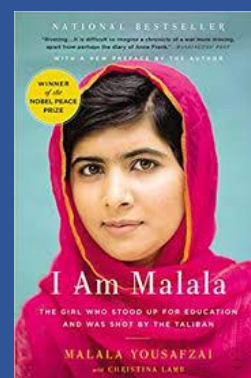
**Savage Girls and Wild Boys** by Michael Newton



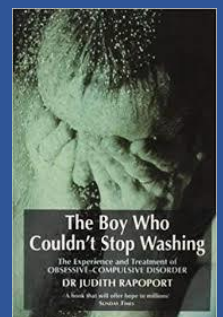
**The Language of Kindness** by Christie Watson



**I am Malala** by Malala Yousafzai



**The Boy Who Couldn't Stop Washing** by Dr Judith Rapaport

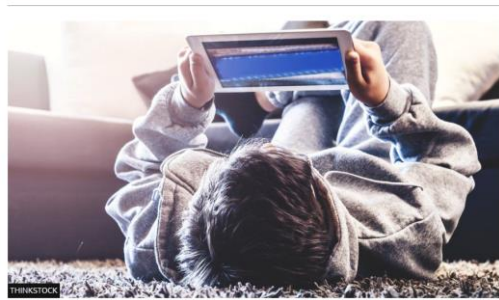


**Recommended Reading for Health and Social Care**  
Yes some of these are also films, if you prefer!

## Moderate screen use 'boosts teen wellbeing'

By Chris Baraniak  
Technology reporter

© 13 January 2017



<https://www.bbc.co.uk/news/technology-38611006>

## Social-media use 'disrupting teen sleep and exercise'

© 14 August 2019 | Comments

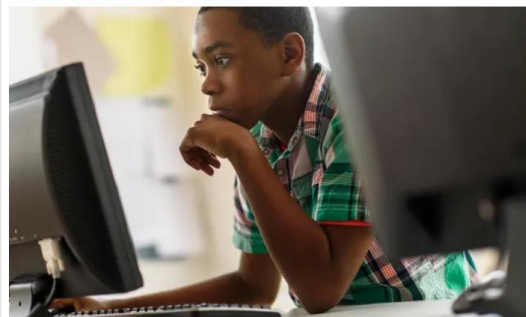


<https://www.bbc.co.uk/news/health-49330254>

## Concerns grow for children's health as screen times soar during Covid crisis

Experts say rise in sleep and eyesight problems may also be linked to increased use of digital devices

- [Coronavirus - latest updates](#)
- [See all our coronavirus coverage](#)



<https://www.theguardian.com/world/2021/jan/22/children-health-screen-times-covid-crisis-sleep-eyesight-problems-digital-devices>

## National debate on effects of screen-time on young people

Professor Kevin Browne (Professor of Forensic Psychology & Child Health, Director of [Centre for Psychology](#) – School of Medicine Division of Psychiatry and Applied Psychology) has spoken extensively across the country expressing his concern with the latest [Royal College of Pediatrics and Child Health press release](#) which claims there is little evidence that time spent in front of screens affects mental health.

The RCPCH report stated a typical day for 109 young people (aged 11 to 24 years) surveyed was 2 mobile phone and 2.5 hours on computer/laptop or tablet = 7.5 hours in total not including time at school/work. Professor Browne drew attention to the 88% of young people who said it had a negative impact on sleep (average 1.5 hours screen use before falling to sleep), 41% said it affected their play/fun, 35% impact on mood and mental health and 18% claimed a negative impact on family life and school/v

The RCPCH primary recommendation is that: "Families should negotiate screen time limits with their children upon the needs of an individual child, the ways in which screens are used and the degree to which they appear to displace (or not) physical and social activities and sleep". Screens should also be avoided before a young person's planned bedtime.

The RCPCH pose four key questions for families to use as a guide to examine their screen time, but have not produced formal guidelines:

<https://www.nottingham.ac.uk/research/groups/cffp/news/2019-national-debate-on-effects-of-screen-time-on-young-people.aspx>

**Read all four of the research articles and then write your own opinions on the use of electronic screens and social media**

**List the 14 Allied Health Professions.**

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)

11)

12)

13)

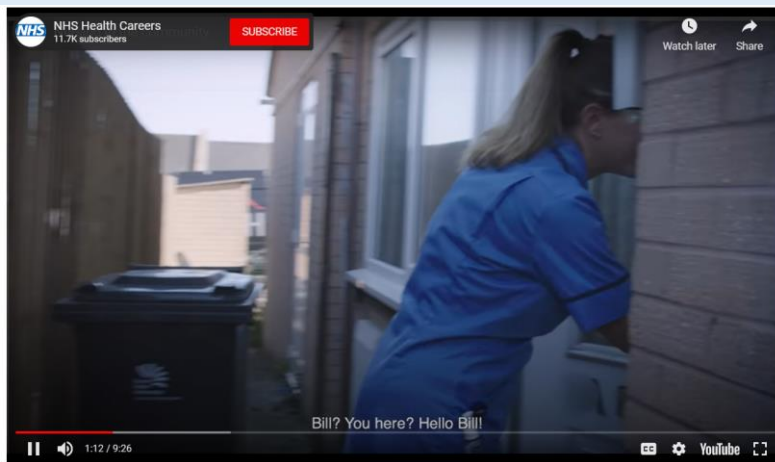
14)

**Choose one of the above and write the skills and personal qualities that particular job role will require.**

Type	Role – complete in detail
Neonatal Nurse	
Critical Care Nurse	
Orthopaedic Nurse	
Theatre Nurse	
Cardiology Nurse	
GP Nurse practitioner	
Certified Midwife Nurse	
Paediatric Nurse	
Respiratory Nurse	
Neurology Nurse	
Health Visitor	
Psychiatric Nurse	
Learning disability Nurse	
Geriatric Nurse	
Forensic Nurse	
MacMillan Nurse	
Hospice Nurse	

<https://www.nurses.co.uk/blog/what-are-the-different-roles-available-in-nursing-and-which-ones-can-you-do/>

<https://www.medical-locums.co.uk/news/2021/04/10-types-of-nursing-specialties>



<https://youtu.be/YcGKJSFWPHs>

**Watch this above video and write down the role of a District Nurse**



<https://www.healthcareers.nhs.uk/working-health/your-nhs-career>

**Watch this above video, why do people want to work for the NHS?**