



Crucial Knowledge

Unit R057 Topic Area 1

Factors that impact pre-conception health

Know More	Remember More	Understand it	Apply It
Weight	<ul style="list-style-type: none"> • Health can impact levels of fertility for men and women • Health can impact risks to the pregnant mother and the baby <ul style="list-style-type: none"> • Around 50% of pregnancies are not planned. Unplanned pregnancies at a higher risk of preterm birth and low birthweight babies • Around 1 in 8 babies are born too early. • Being healthy helps safeguard a mother and her baby 	<ul style="list-style-type: none"> • Women: being overweight or obese can affect ovulation and therefore fertility, making it harder to conceive. • Women: being overweight or obese can make fertility treatments less likely to work • Men: Being overweight or underweight can affect the quality of sperm • Men: being overweight can impact the quantity of sperm 	<p>Explain how men and women can ensure good pre-conception health before starting a family. Use two factors. [6 marks)</p> <p>Top tip:</p> <ul style="list-style-type: none"> • Give a thorough explanation • Explain two factors and how they can affect both men and women • Develop your points • Consistently use appropriate terminology.
Smoking		<ul style="list-style-type: none"> • Women: Can affect fertility • Men: May have a lower sperm count and may produce a higher number abnormal sperm • Infertility rates in both female and male smokers are about twice the rate of that in non-smokers • The risk for fertility problems increases with the number of cigarettes smoked each day. 	
Drinking alcohol		<ul style="list-style-type: none"> • Men: can cause lower sperm counts and affect the quality of sperm • Women: even drinking lightly can have an affect on women's fertility • The more a woman drinks while pregnant, the higher the risk to her baby 	



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Know More	Remember More	Understand it	Apply It
Taking recreational drugs	<ul style="list-style-type: none"> • Health can impact levels of fertility for men and women • Health can impact risks to the pregnant mother and the baby • Around 50% of pregnancies are not planned. Unplanned pregnancies at a higher risk of preterm birth and low birthweight babies • Around 1 in 8 babies are born too early. • Being healthy helps safeguard a mother and her baby • For men being healthy is essential to keep sperm in good condition • Very serious damage can be caused to an unborn child by smoking, drinking alcohol, and using recreational drugs when pregnant. • When a woman stops having a reproductive cycle (menopause), she will no longer be able to get pregnant. 	<ul style="list-style-type: none"> • If taken over a long period, recreational drugs can cause permanent problems with the reproductive system and fertility • Men: Sperm quality and quantity can be damaged • Women: hormonal production, ovulation, and menstrual cycles may become erratic 	<p>Explain how men and women can ensure good pre-conception health before starting a family. Use two factors. [6 marks)</p> <p>Top tip:</p> <ul style="list-style-type: none"> • Give a thorough explanation • Explain two factors and how they can affect both men and women • Develop your points • Consistently use appropriate terminology.
Parent Age		<ul style="list-style-type: none"> • The age of the couple can effect the likelihood of conception • Around one third of couple where the woman is over 35 have fertility problems, two thirds where the woman is over 40 	
Folic Acid		<ul style="list-style-type: none"> • Folic acid helps prevent birth defects known as neural tube defects. • Women should take 400 mcg of folic acid supplement per day until the 12th week of pregnancy • Women should also eat folate rich foods to consume a total of 6000mcg a day • Folate rich foods include: green vegetables, brown rice, and fortified breakfast cereals. 	
Up-to-date immunisations		<ul style="list-style-type: none"> • Up-to-date immunisations will help keep a mother healthy before and during pregnancy. This in turn benefits the baby. 	



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Methods of Conception: Barrier methods



Know More	Remember More	Understand it	Apply It
<p>Barrier Methods: Device or preparation stops the sperm reaching the egg</p>	<p>Male Condoms: A sheath made from latex or polyurethane that is put onto the erect penis.</p>	<ul style="list-style-type: none"> • 98% effective, helps protect against STIs. • Can come off or split open, making it ineffective • Widely available from chemists, supermarkets, pubs, clubs, garages • Provided free by family planning clinics • Allows the man to take responsibility for contraception • Male condoms can be used at any time following a birth 	<p>Nina gave birth to her son, Leo, six weeks ago. Nina is breastfeeding Leo.</p> <p>She and her partner Kai do not want Nina to become pregnant again until Leo is at least two years old.</p> <p>The health visitor suggests two methods of contraception:</p> <ul style="list-style-type: none"> • the male condom • the contraceptive implant <p>Discuss the advantages and disadvantages of each method of contraception to help Nina and Kai decide which method to use. [8 marks]</p> <p>Top tip:</p> <ul style="list-style-type: none"> • Discuss advantage and disadvantage in detail • Make sure your whole response is focused on the questions • Consistently use subject terminology.
	<p>Female Condoms: A sheath made from polyurethane that is put inside the vagina before it comes into contact with the penis.</p>	<ul style="list-style-type: none"> • 95% effective, protects against STIs • It is possible for the condom to be pushed too far into the vagina • Female condoms are widely available from chemist and supermarkets but they are more expensive than male condoms • Female condoms can be used at any time following a birth 	
	<p>Diaphragm or cap: A dome-shaped piece of latex or silicone that covers the cervix.</p>	<ul style="list-style-type: none"> • 92% effective, helps to protect against some STIs. • Must be used with spermicidal gel or cream, which will kill sperm. • It can be inserted a few hours in advance • It is reusable, and must be removed and washed after intercourse. • Can be difficult to use • Can cause cystitis • Can be used from 6 weeks after giving birth 	



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Methods of Conception: Hormonal Methods – Contraceptive Pills

Know More	Remember More	Understand it	Apply It
<p>Hormonal Method: Hormones prevent eggs from being released from the ovaries, thicken cervical mucus to prevent sperm from entering the uterus, and thin the lining to prevent implantation</p>	<p>Contraceptive Pill (Combined Pill): a tablet containing oestrogen and progestogen that prevents ovulation. The combined pill is taken for 21 days, then has a break for 7 days during which time a woman will have a period.</p>	<ul style="list-style-type: none"> • 99% effective, but a woman can become pregnant if she forgets to take it, vomits after taking it or has severe diarrhea. • Prevents ovulation so reduces the likelihood of sperm reaching and egg and the egg becoming implanted in the womb lining. • Must be taken regularly at the same time of day. • It can help with heavy/painful periods and may help to protect against cancer of the womb, ovaries, and colon. • Side effects include weight gain, headaches, mood swings or depression, raised blood pressure, and (uncommonly) blood clots. • It is usually fine to take the combined pill from three weeks after giving birth. If a woman is breastfeeding or at risk of blood clots, they are generally advised not to take the combined pill until at least six weeks after birth. 	<p>Nina gave birth to her son, Leo, six weeks ago. Nina is breastfeeding Leo.</p> <p>She and her partner Kai do not want Nina to become pregnant again until Leo is at least two years old.</p> <p>The health visitor suggests two methods of contraception:</p> <ul style="list-style-type: none"> • the male condom • the contraceptive implant <p>Discuss the advantages and disadvantages of each method of contraception to help Nina and Kai decide which method to use. [8 marks]</p>
	<p>Contraceptive Pill (Progestogen Only): a tablet that contains progestogen that thickens cervical mucus and thins the womb lining.</p>	<ul style="list-style-type: none"> • 99% effective, but a woman can become pregnant if she forgets to take it, vomits after taking it or has severe diarrhea, or takes certain medication. • Causes the mucus in the cervix to thicken so that sperm cannot come into contact with an egg. It also thins the womb lining, stopping a fertilized egg from becoming implanted. Some women stop ovulating when taking this pill. • Women who cannot take oestrogen may be able to take this pill. • Side effects include spot-prone skin, tender breasts, and irregular periods. • This method can be used immediately after giving birth. 	
	<p>Emergency Contraceptive Pill: Designed to prevent pregnancy after unprotected sex or if another method has failed. The two main types are Levonelle and ellaOne.</p>	<ul style="list-style-type: none"> • The sooner a woman takes an emergency contraceptive pill after unprotected sex, the more effective it will be. • It can be brought from a pharmacy, and is available free of charge by GP surgeries, family planning and sexual health clinic, NHS walk-in centres and hospitals. • Levonelle must be taken within 72 hours. It is thought to prevent 95% of pregnancies if taken within 24 hours, 85% if taken within 25-48 hours and up to 58% if taken within 49-72 hours. • ellaOne must be taken within five days (120 hours). It is thought to remain up to 98% effective throughout the 5-day window. • ellaOne should not be taken more than once in one menstrual cycle. • Leconvelle is safe to take when breastfeeding, Women should take ellaOne should not breastfeed for a week after taking the pill. 	



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Methods of Conception: Hormonal Methods – IUD, IUS, Contraceptive Patch, Contraceptive injection

Know More	Remember More	Understand it	Apply It
<p>Hormonal Method: Hormones prevent eggs from being released from the ovaries, thicken cervical mucus to prevent sperm from entering the uterus, and thicken the lining to prevent implantation</p>	<p>Intrauterine Device/System: A small T-shaped plastic device that is inserted into the uterus and releases the progesterone hormone.</p>	<ul style="list-style-type: none"> • 99% effective for five years or three years, depending on the type. • Causes the mucus in the cervix to thicken so that sperm cannot come into contact with an egg. It also thins the womb lining, stopping a fertilised egg from becoming implanted. Some women stop ovulating. • It may make periods lighter, shorter, or stop altogether so can help painful/heavy periods. • Can be used by women who cannot take the combined pill. • Side effects include mood swings, skin problems, breast tenderness, and getting an infection after it is inserted. Insertion can be uncomfortable. • It is also available as a copper IUD which uses copper to stop the sperm moving through the womb. It is common to have spotting and light bleeding between periods and heavier periods or prolonged pain. 	<p>Nina gave birth to her son, Leo, six weeks ago. Nina is breastfeeding Leo.</p> <p>She and her partner Kai do not want Nina to become pregnant again until Leo is at least two years old.</p> <p>The health visitor suggests two methods of contraception:</p> <ul style="list-style-type: none"> • the male condom • the contraceptive implant <p>Discuss the advantages and disadvantages of each method of contraception to help Nina and Kai decide which method to use. [8 marks]</p>
	<p>Contraceptive Patch: Worn on the skin and introduces oestrogen and progesterone to the body.</p>	<ul style="list-style-type: none"> • 99% effective and may protect against some cancers and infections. • It is still effective if the woman vomits or has severe diarrhoea. • It causes the mucus in the cervix to thicken so that sperm cannot come into contact with an egg. It also thins the womb lining, stopping a fertilised egg from becoming implanted. • Side effects included headaches, raised blood pressure, and (uncommonly) blood clots. • It must be changed each week for three weeks, then there is a week off. 	
	<p>Contraceptive Injection: A woman receives an injection every few weeks, typically every 12 weeks.</p>	<ul style="list-style-type: none"> • 99% effective and can protect against some cancers and infections • This might be a suitable choice for women who find it difficult to take a tablet at the same time each day. • Works by causing the mucus in the cervix to thicken so that sperm cannot come into contact with an egg. It also thins the womb lining, stopping a fertilised egg from becoming implanted. Some women stop ovulating. • Side effects include headaches, tender breasts, weight gain, mood swings, and irregular periods. • After stopping injections, it can take up to a year to get fertility levels back to normal. • This method can be used immediately after giving birth. 	



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Methods of Conception: Hormonal Methods –Implant, and Natural Family Planning

Know More	Remember More	Understand it	Apply It
<p>Hormonal Method: Hormones prevent eggs from being released from the ovaries, thicken cervical mucus to prevent sperm from entering the uterus, and thicken the lining to prevent implantation</p>	<p>Contraceptive Implant: A small flexible tube that is inserted into the skin of a woman's upper arm.</p>	<ul style="list-style-type: none"> • 99% effective, does not protect against STIs. Some medicines may make it ineffective • Releases progesterone to stop the ovaries from releasing an egg and the mucus in the cervix to thicken so that sperm cannot come into contact with an egg. It also makes the womb less likely to accept a fertilised egg. • Side effects include swelling, tenderness or bruising after it is inserted. Period may change to become lighter, heavier, or longer. • It is removed after three years. It can be used immediately after giving birth. 	<p>Nina gave birth to her son, Leo, six weeks ago. Nina is breastfeeding Leo.</p> <p>She and her partner Kai do not want Nina to become pregnant again until Leo is at least two years old.</p> <p>The health visitor suggests two methods of contraception:</p> <ul style="list-style-type: none"> • the male condom • the contraceptive implant <p>Discuss the advantages and disadvantages of each method of contraception to help Nina and Kai decide which method to use. [8 marks]</p>
<p>Natural Family Planning: A woman records the symptoms in her body that indicate when she is fertile and able to conceive. A woman may monitor all or some of the symptoms (temperature, bodily functions,</p>	<p>Temperature Method: monitoring temperature</p>	<ul style="list-style-type: none"> • A woman record the symptoms in her body that indicate when she is fertile and able to conceive. • She may monitor all of these or some of these and might use a diary or an app to track observations. • A woman will be fertile and able to conceive for around eight days in each month. On these days, a condom can be used or a couple can abstain. • This method requires rigorous tracking and accurate monitoring. • 98% effective if used correctly but it can take time to learn to identify the fertile days. • It does not protect against STIs, there are no side effects or costs. • It can be used while breastfeeding. • It is compatible with all cultures and faiths. 	
	<p>Cervical Mucus Method: monitoring bodily secretions</p>		
	<p>Calendar Method: monitoring dates in the menstrual cycle.</p>		



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The Female Reproductive System



Know More	Remember More	Understand it	Apply it
Ovaries	<ul style="list-style-type: none"> Ovaries Control the production of hormones Ovaries Contains undeveloped egg cells (ova, one egg cell is an ovum) 	<ul style="list-style-type: none"> The hormones produced by the ovaries govern the development of the female body and the menstrual cycle Each month, the ovaries release one egg into a fallopian tube 	<p>What is the role of the uterus? [1 mark]</p> <p>Top tip:</p> <ul style="list-style-type: none"> Be specific Use subject terminology Avoid vague answers
Fallopian Tubes	<ul style="list-style-type: none"> Tubes which connect the ovaries to the uterus 	<ul style="list-style-type: none"> Lined by minute hairs called cilia The cilia in the fallopian tubes waft the egg into the uterus 	
Uterus/ Womb	<ul style="list-style-type: none"> Hollow, pear-shaped muscular bag where the foetus grows and develops 	<ul style="list-style-type: none"> The lining of the uterus will be thickened during the menstrual cycle and ready for an egg to be fertilized by sperm. If this happens, a foetus will start to grow. 	
Cervix	<ul style="list-style-type: none"> A strong ring of muscles between the uterus and vagina, usually closed. 	<ul style="list-style-type: none"> The cervix keeps the foetus securely in place throughout pregnancy. The cervix dilates (open) during labour to allow the baby to be born. 	
Vagina	<ul style="list-style-type: none"> A muscular tube that leads downwards, connect the cervix to the outside of the body. During sex, a man's penis enters the body here. 	<ul style="list-style-type: none"> Folds of skin called labia meet at the entrance of the vagina. This forms the vulva. Urine passes through the urethra, which also opens to the vulva but this is separate from the vagina. 	
The Menstrual Cycle	<ul style="list-style-type: none"> The cycle in which women have their periods and are fertile (able to conceive). Girls begin having their periods when they become sexual mature (average age 12) and they continue until menopause (average age 51). A period signals the start of the cycle. 	<ul style="list-style-type: none"> Women experience periods differently, but menstruation/a period generally lasts 3-7 days (5 days average) A period is when blood flows from the uterus and leaves the body via the vagina A new egg then develops in one of the ovaries. About 14 days after the first day of menstruation, the egg is released from the ovary and travels through the fallopian tube. If the egg is fertilized, it will be implanted in the uterus and a foetus will start to 	



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The Male Reproductive System



Know More	Remember More	Understand it	Apply it
Testes	<ul style="list-style-type: none">The two tests are contained in the scrotum (a bag of skin)Produces sperm and hormones	<ul style="list-style-type: none">The hormones produced by the testes govern the development of the male bodyThe testes make millions of sperm (the male sex cell)	<p>What is the role of the vas deferens? [1 mark]</p> <p>Top tip:</p> <ul style="list-style-type: none">Be specificUse subject terminologyAvoid vague answers
Sperm Duct system/epididymis	<ul style="list-style-type: none">This system consists of epididymis which contains the sperm and vas deferens	<ul style="list-style-type: none">Sperm passes through this systemGlands produce nutrient-rich fluid called semen which mixes with the sperm and carries it.	
Urethra	<ul style="list-style-type: none">This tube inside the penis carries both urine and semen (not at the same time).It is controlled by a ring of muscles.	<ul style="list-style-type: none">The sperm, having mixed with the semen, passes through the urethra and out of the body through the penis.	
Penis	<ul style="list-style-type: none">The shaft (the main part that goes inside of vagina) and the glans (the tip)	<ul style="list-style-type: none">There is a small opening in the tip when sperm and urine separately leave the body (via the urethra)	
Vas deferens	<ul style="list-style-type: none">A muscular tube that extends upwards from the testicles	<ul style="list-style-type: none">The vas deferens transfers sperm that contains semen to the urethra.	
Seminal Vessel	<ul style="list-style-type: none">A pair of glands found in the male pelvisProduces many of the ingredients of semen.	<ul style="list-style-type: none">During ejaculation, the smooth muscle layer of the seminal vesicle contracts, releasing the seminal vesicle fluid.	



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How Reproduction Takes Place



Know More	Remember More	Understand it	Apply it
Ovulation	<ol style="list-style-type: none"> Ovulation Conception/fertilisation Implantation Development of the Embryo 	<ol style="list-style-type: none"> An egg is released from one of the ovaries and travels along the Fallopian tube (moved by the cilia), around day 14 of the cycle. Conception occurs when a sperm penetrates an egg. Following ejaculation the sperm passes through the cervix and the uterus, meeting the egg in the fallopian tube. After around 7 days, the fertilised eggs arrives in the uterus and implants itself in the lining. At this point the egg is called an embryo. After 8 weeks, the embryo becomes a foetus. The outer cells of the embryo link with the mother's blood supply which form the baby's support system (the umbilical cord, amnion, and placenta) 	<p>Explain the different between identical and non-identical twins [2 marks]</p> <p>Top tips:</p> <ul style="list-style-type: none"> Be specific Avoid vague answers Fully explain your answer.
Foetus (amniotic fluid, umbilical cord, placenta)	<ol style="list-style-type: none"> Amniotic fluid is the protective liquid contains in an amniotic sac Umbilical cord is a tube that connects the foetus to the mother during pregnancy The placenta is an organ that develops in the uterus during pregnancy and is attach to the wall of the uterus. 	<ol style="list-style-type: none"> The amniotic fluid provides a cushion for the foetus, helping to keep it safe from bumps and injury. It contains nutrients, hormones, and important antibodies. At first it consists of water and the foetus grows, the baby's urine. The umbilical cord has a vein that takes food and oxygen from the placenta to the baby and two arteries that carry waste from the baby to the placenta. The placenta supplies oxygen and nutrients to the baby and removes waste products. 	



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Signs and Symptoms of Pregnancy



Know More	Remember More	Understand it	Apply it
Signs and symptoms of pregnancy	<ol style="list-style-type: none">1. Breast Changes2. Missed Period3. Nausea4. Passing Urine frequently5. Tiredness	<ol style="list-style-type: none">1. The breasts may become larger and feel tender. Some women feel tingling and have more visible veins. The nipples may appear darker and may stand out.2. A missed period (or a very light one) is often the first sign of pregnancy.3. Feeling sick and nauseous and/or vomiting when pregnant generally starts around 6 weeks after a pregnant woman's last period. It is often called morning sickness but can occur at any time of the day.4. Pregnant women may need to pass urine more frequently, they may also be constipated and have an increase of vaginal discharge without soreness or irritation.5. Women may feel tired or exhausted especially during the first 12 weeks because of hormonal changes in the body. This can also cause emotional changes.	<p>Explain three signs that may indicate a woman is pregnant. [6 marks]</p> <p>Top tips:</p> <ul style="list-style-type: none">• Use the correct terminology in your answers• Be specific• Avoid vague answers• Fully explain and develop your answer.



Crucial Knowledge

Unit R057 Topic Area 2

Antenatal Care and Preparation for Birth

Know More	Remember More	Understand it	Apply It
<p>Antenatal Care</p>	<ul style="list-style-type: none"> Antenatal care is the care given to a pregnant mother and her unborn baby during pregnancy and ahead of birth. Some aspects of antenatal care also involve the father or mother’s partner. 	<ul style="list-style-type: none"> Antenatal clinics through regular appointments prepare the mother for a safe pregnancy and delivery by: <ol style="list-style-type: none"> Carrying out routine tests/checks Carrying out screening and diagnostic tests Providing antenatal (parenting) classes The first antenatal clinic appointment often happens between weeks 8-12 of pregnancy. 	<p>Abbi and Mark want to start a family. Identify two health professionals who would support Abbi through her pregnancy. Describe two different ways in which they would support her.[6 marks]</p> <p>Top tip:</p> <ul style="list-style-type: none"> Read the question carefully – identify 2 professionals and describe how they can support. Be clear in your description on how they can support her (what is their role)
<p>Roles of Health Professionals</p> <ol style="list-style-type: none"> General Practitioner (GP) Midwife Obstetrician 	<ol style="list-style-type: none"> A GP is the mother’s first port of call following a positive home pregnancy test. The GP will confirm the pregnancy and book the mother into the ‘maternity system’ so that specific appointments for scans and check ups are set up. Midwives look after a pregnant woman and baby throughout the antenatal care phase, during labour and birth and for up to 28 days after birth. Complex pregnancies or those that require medical intervention are taken on by an obstetrician rather than a midwife. 	<ol style="list-style-type: none"> The GP will also answer any initial questions the pregnant mother may have, discuss specific issues relevant to the pregnancy such as existing medical conditions. Treat the mother for non pregnancy related medical problems. Respond to emergency concerns relating to the pregnancy. Potentially be involved in delivery at GP-led units. Provide postnatal medical care including contraception advice. They will provide full antenatal care including parenting classes, clinical examinations and screening. Identify high risk pregnancies. Monitor women and support them during labour and the birthing process. Teach new and expectant mothers how to feed, care for and bathe their new babies. Obstetricians may be involved in response to pre-existing medical conditions in the mother that complicates the pregnancy and/or birth. A complication with the mother or baby identified during pregnancy. A baby becoming distressed during labour. An obstetrician will also assist delivery and perform caesarean sections 	



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Unit R057 Topic Area 2

Routine Tests and Checks at Antenatal Clinics



Know More	Remember More	Understand it	Apply It
<p style="text-align: center;">Routine tests/checks and what conditions they identify.</p> <ol style="list-style-type: none"> 1. Baby's heartbeat 2. Blood pressure 3. Blood tests 4. Examination of the uterus 5. Urine test 6. Weight check 	<ul style="list-style-type: none"> • At the first antenatal appointment the midwife will carry out some routine checks. • These checks are repeated at later visits, to monitor the health of mother and baby. 	<ol style="list-style-type: none"> 1. The baby's heartbeat will be checked and monitored, it confirms the baby is alive. The midwife will listen to hear if the heartbeat is normal around 110-160 beats per minute. 2. A baseline blood pressure measurement is taken and later measurements will be compared to this. A healthy range is 110/70 – 120/80. Blood pressure above 140/90 can indicate pre-eclampsia. 3. Blood tests check for the following: anaemia, high blood sugar, blood group, German measles (rubella), hepatitis B and C, HIV. 4. Wearing gloves and inserting the index and middle finger into the vagina and up to the cervix a doctor or midwife will assess how soft the cervix is, if there is any thinning or opening of the cervix, the position of the cervix, how far into the pelvis the baby has dropped and which way the baby is facing. 5. A urine test can reveal potential problems during pregnancy such as protein in the urine may mean an infection or indicate the beginning of pre-eclampsia. Glucose in urine can indicate diabetes. Ketones present if the mother has been vomiting excessively and require hospitalisation to treat. STI;s which can be harmful for an unborn baby. 6. This is recorded and tracked throughout the pregnancy. If a woman gains more weight than expected it could be a sign of pre-eclampsia, and weight loss could indicate the baby has stopped growing or a sign of illness in the mother. Expected weight gain is 10-12.5kg. 	<p>A urine test is routinely carried out at the antenatal clinic.</p> <p>Give two reasons why a urine test is carried out. [2 marks)</p> <p>Top tip:</p> <ul style="list-style-type: none"> • Give only two reasons • Ensure your reasons relate to a urine test only



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Reasons for Screening Tests

Know More	Remember More	Understand it	Apply It
<p>Reasons for screening tests and what conditions they can identify</p> <p>Ultrasound scans</p> <ol style="list-style-type: none"> Dating scan Anomaly scan Nuchal fold translucency (NT) test <p>Blood Tests</p> <ol style="list-style-type: none"> Triple test Non-invasive prenatal testing (NIPT) 	<ul style="list-style-type: none"> Screening tests are offered to all pregnant mothers. They can reveal whether a baby has a high chance of being born with certain conditions. When a screening test reveals this, a diagnostic test will be offered to establish if the baby has the condition or not. Screening tests are done first, because diagnostic tests carry a risk of miscarriage. 	<p>Ultrasound scans</p> <ol style="list-style-type: none"> A dating scan is offered around 8-14 weeks. It checks how far along the pregnancy is, the baby's development, whether more than one baby is expected and that the baby is growing in the right place. Some abnormalities may also be detected. An anomaly scan is more detailed and is carried out between weeks 18 and 21. It checks for major physical abnormalities. If a scan picks up a problem, further tests may be offered Nuchal translucency refers to the fluid under the skin at the back of the unborn baby's neck. The amount of fluid can be measured using ultrasound. Babies with Down's syndrome often have an increased amount of this fluid. <p>Blood tests</p> <ol style="list-style-type: none"> The triple test is carried out between 10 and 14 weeks and assesses the chance of a baby having Down's syndrome, Edwards' syndrome and Patau's syndrome. The NIPT assesses the likelihood of a baby having Down's syndrome, Edwards' syndrome and Patau's syndrome. It can be carried out from week 10 which is earlier than alternative tests, it is also more accurate and does not carry a risk of miscarriage. 	<p>Non-invasive prenatal testing (NIPT) is a specialist antenatal screening blood test.</p> <p>State how many weeks of pregnancy this test can be carried out (1 mark)</p> <p>Name one condition this blood test is used to detect (1 mark)</p> <p>Top tip:</p> <ul style="list-style-type: none"> Focus on NIPT only, as this is what screening test the question is referring to.



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Screening and Diagnostic Tests



Know More	Remember More	Understand it	Apply It
<p>Reasons for diagnostic tests and what conditions they can identify</p> <ol style="list-style-type: none">1. Chorionic villus sampling (CVS)2. Amniocentesis	<ul style="list-style-type: none">• If a screening test reveals that there may be an issue, one of the diagnostic tests will be offered. <ol style="list-style-type: none">1. Chorionic villus sampling checks if the baby has a genetic disorder through the removal and testing of a small sample of cells from the placenta. It is usually carried out between weeks 11 and 14 of pregnancy.2. Amniocentesis also tests for genetic disorders and may be offered as an alternative to CVS. It is generally carried out between weeks 15 and 18 when a small sample of amniotic fluid is removed for testing.	<ol style="list-style-type: none">1. The CVS test carries a risk of miscarriage. There is also a risk of infection and for these reasons not all mothers offered the test will decide to go ahead. There is no cure for the conditions detected by CVS, the mother may choose to continue with the pregnancy or consider termination.2. The risk of miscarriage is slightly reduced with amniocentesis when compared to CVS, but results cannot be given until a later stage of pregnancy. This creates more difficulties for terminating pregnancy if a problem is found.	<p>Which test involves a hollow needle used to remove some amniotic fluid from the uterus. Screens for Down's syndrome after 15 weeks of pregnancy. (1 mark)</p> <p>Which test involves a hollow needle used to take a small sample of placenta tissue. Screens for Down's syndrome after 10 weeks of pregnancy. (1 mark)</p> <p>Top tip:</p> <ul style="list-style-type: none">• Read the question carefully and check where the sample is being taken from.



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Purpose and Importance of antenatal (parenting) classes

Know More	Remember More	Understand it	Apply It
<p>Purpose and importance of antenatal classes</p> <ol style="list-style-type: none"> 1. Prepares both parents for labour and parenthood 2. Promotes healthy lifestyle and diet 3. Provides advice on feeding and caring for the baby 	<ul style="list-style-type: none"> • Most mothers will start attending antenatal classes once a week around weeks 30-32 of pregnancy. • Those who are expecting twins generally begin in week 24 as the babies are more likely to be born early • Mothers may be offered two separate classes, one focused on pregnancy, labour and birth and another focused on parenthood and baby care. • Parents may only be offered antenatal classes on the NHS, but may choose to attend private parenting classes. • Classes are generally run by a midwife. 	<ol style="list-style-type: none"> 1. Classes will prepare both parents by covering: <ul style="list-style-type: none"> - What happens during labour and birth so they know what to expect - How to cope with labour including pain relief and relaxation techniques - Information on different types of labour and birth to help create a personal birth plan - Information on different types of birth interventions - Caring for the baby - Mothers health after birth - How the father/partner can plan their participation in birth and support the mother 2. Antenatal classes also provide advice on staying fit and health during pregnancy through: <ul style="list-style-type: none"> - Safe exercise - A healthy diet - Learn about the negative impact of smoking, alcohol and recreational drugs during pregnancy and after birth - Learning about the benefits of breastfeeding - Information on foods to avoid or food and drinks to be limited 3. A really important part of antenatal classes is learning how to care for a baby. This includes: <ul style="list-style-type: none"> - Feeding - Sleeping - Bathing <ul style="list-style-type: none"> • In the first two weeks breast feeding is encouraged as mothers produce a concentrated form of milk called colostrum. This is high in protein and contains antibodies and immunoglobulins that protect newborns from viruses and bacteria. 	<p>Describe two ways that antenatal and parenting classes help prepare a mother for pregnancy and delivery. (4 marks)</p> <p>Top tip:</p> <ul style="list-style-type: none"> • Focus on how it prepares for pregnancy and delivery only. • Two ways described for full marks.



Crucial Knowledge

Unit R057 Topic Area 2

The Choices Available for Delivery



Know More	Remember More	Understand it	Apply it
Hospital Birth	<p>Hospital provision can include:</p> <ul style="list-style-type: none">• Consultant-led units• Midwife or GP-led units• Birthing centres <p>Delivery rooms in hospitals are becoming home-like and comfortable with furniture such as soft chairs and bean bags to enable to mother to change position to manage pain. Warm baths and showers can also soothe and ease pain in early labour. Many now also offer birthing pools which offer comfort and pain relief and enable a water birth</p>	<ul style="list-style-type: none">• Advantages of hospital births include:<ul style="list-style-type: none">- Highly trained staff and equipment available should an emergency arise- Some types of pain relief can only be given in hospital- Forceps, ventouse and caesarean section deliveries can only be carried out in hospital.- Midwives are on hand after the birth to help with concerns and issues- The demands of a mother home life are left behind.• Other considerations/disadvantages of hospital births include:<ul style="list-style-type: none">- Interventions such as forceps and ventouse are more likely in hospital- Older siblings will not be part of the birthing experience- A mother is less likely to be looked after by a midwife she knows- A mother may feel more relaxed at home	<p>Amy is pregnant with her first child.* Amy needs to decide where she would like to give birth to her baby.</p> <p>Explain the advantages and disadvantages of giving birth in a hospital to help Amy make up her mind (8 marks)</p> <p>Top tips:</p> <ul style="list-style-type: none">• Quality of written communication will be assessed as this is a leveled long answer question.• Plan out your answer• Focus only on hospital birth• Cover both advantages and disadvantages giving a thorough explanation.



Crucial Knowledge
Unit R057 Topic Area 2
The Choices Available for Delivery



Know More	Remember More	Understand it	Apply it
Home Birth	<ul style="list-style-type: none">• Home birth is an option if pregnancy is normal and mother and baby are both well.• Support is given by a midwife, who attends during labour.• If labour does not progress normally or the mother needs help the midwife will arrange a transfer to hospital.	<ul style="list-style-type: none">• Advantages of home births include:<ul style="list-style-type: none">- The mother is in familiar and relaxed surroundings- Labour is not interrupted by travelling to hospital- Older siblings can be involved in labour/birth- The mother is more likely to be looked after by a midwife she has seen through pregnancy- Intervention such as forceps or ventouse is less likely than when giving birth in hospital.• Other considerations/disadvantages of home births include:<ul style="list-style-type: none">- A transfer to hospital may be needed if there are complications- Women having their first baby as a home birth slightly increases the risk of a poor outcome.- Epidurals (pain relief) are not given at home- A midwife or doctor may advise a hospital birth is safer in some circumstances	<p>Give three advantages of having a home birth. (3 marks)</p> <p>Top tips:</p> <ul style="list-style-type: none">• 1 mark for each advantage given• Ensure advantages only relate to home birth



Crucial Knowledge

Unit R057 Topic Area 2

The Choices Available for Delivery



Know More	Remember More	Understand it	Apply it
Domino scheme	<ul style="list-style-type: none">This is operated by some hospitals. It involves community midwives providing antenatal care and then meeting the mother at the hospital for the delivery	<ul style="list-style-type: none">In many cases, the midwife can assess the mother closely during labour, so the move to hospital will not be made until close to the delivery.If all is well mother and bay are able to leave the hospital after 6 hours, which reduces the time in hospital	Explain how the domino scheme works and one advantage of choosing this delivery option (4 marks) Top tips: <ul style="list-style-type: none">Give a clear explanation of how the scheme worksEnsure advantages only relate to the domino scheme
Private care	<ul style="list-style-type: none">Some parents pay for a private hospital or independent midwife rather than accessing free NHS provision.The decision may be made as parents can afford it and they feel the standard of provision is higher than that of the NHS.	<ul style="list-style-type: none">A private hospital is also a popular choice for families who are in the public eye. As these hospitals are not public buildings it is easier to protect privacy.	
Independent midwives	<ul style="list-style-type: none">An independent midwife may not undertake all the responsibilities of NHS midwives, so mothers may use both services.	<ul style="list-style-type: none">A mother may for example have an independent midwife who has completed their role following the birth, but if advice on feeding is needed after a few weeks, the mother may contact an NHS midwife.	



Crucial Knowledge

Unit R057 Topic Area 2

The Role Of The Birth Partner In Supporting The Mother Through Pregnancy and Birth

Know More	Remember More	Understand it	Apply it
<p>The benefits of having a birth partner</p> <ol style="list-style-type: none">1. Physical Support2. Emotional Support	<ul style="list-style-type: none">• A birth partner is someone who will support the mother throughout the pregnancy and birth.• It could be the baby's father, her partner, a family member or friend• It is normal for a mother to feel apprehensive about birth and caring for a newborn, so it is important to have support.	<ol style="list-style-type: none">1. Physical support can include:<ul style="list-style-type: none">- Practical support when the mother is tired such as helping with food shopping- Help the mother during labour and birth such as massaging the back, shoulders or legs, offering drinks and snacks- Learning relaxation and breathing techniques alongside the mother and encourage her to use these.1. Emotional support can include:<ul style="list-style-type: none">- Be emotionally supportive if the mother is anxious- Help the mother during labour and birth through encouragement, talking or finding ways to pass the time.- Helping with arrangements at home such as sorting childcare for older siblings when the mother goes to hospital	<p>Explain two ways the father/partner can support the mother through pregnancy or birth</p> <p>Top tips:</p> <ul style="list-style-type: none">• Be specific about the support they can offer• Use subject terminology• Avoid vague answers



Crucial Knowledge

Unit R057 Topic Area 2

Methods Of Pain Relief When In Labour



Know More	Remember More	Understand it	Apply it
Epidural Anesthetic	<ul style="list-style-type: none">This is a local anaesthetic that numbs the nerves that carry the pain impulses from the birth canal to the brain.It can provide total pain relief, but is not always 100% effective.	<ul style="list-style-type: none">It can only be given by an anaesthetist in hospitalIt takes 10mins to administer and 15mins for it to work. It can be topped up if requiredSide effects include: legs feeling heavy, blood pressure dropping, prolonged 2nd stage labour as contractions may not be felt, difficulty passing urine, a headache and sore back.	Give two advantages and two disadvantages for Entonox. Top tips: <ul style="list-style-type: none">Ensure answers relate to Entonox.Be sure to give two advantages and two disadvantages.Use specific terminology.
Gas and air (Entonox)	<ul style="list-style-type: none">The mixture of oxygen and nitrous oxide gas does not remove all the pain, but it can help reduce it.	<ul style="list-style-type: none">Mothers breathe in the gas and air through a mouthpiece which they hold, this gives them a sense of control.It works within about 20 secondsThere may be a light-headed sensation, and some mothers may stop using as they feel sick, sleepy or unable to concentrate.A painkilling injection can be given alongside if the pain relief is not sufficient.	



Crucial Knowledge

Unit R057 Topic Area 2

Methods Of Pain Relief When In Labour



Know More	Remember More	Understand it	Apply it
Pethidine	<ul style="list-style-type: none">This opiate-based drug is given by injection.It quickly makes the mother relax as it causes the muscles to relax. This makes pain more tolerable but does not take it away completely	<ul style="list-style-type: none">It cannot be used too close to birth because the mother may not be alert enough, and it could cause the baby to become sleepy which can negatively affect feeding and even breathing.It can cause some mothers to feel sick or disorientated.	<p>Zophia is nine months pregnant. Zophia's partner Tomaz drives her to the hospital. Zophia has chosen TENS as her preferred method of pain relief.</p> <p>Explain how TENS works. (3 Marks)</p> <p>Top tips:</p> <ul style="list-style-type: none">Focus on what the TENS is and how it reduces painUse specific terminology.
TENS	<ul style="list-style-type: none">A TENS machine is a small device that has leads connected to sticky pads called electrodes.	<ul style="list-style-type: none">The electrodes are attached to the mother's skin. Small electrical impulses are delivered.The impulses reduce the pain signals going to the spinal cord and brain, relieving pain and relaxing muscles.It has no side effects but it should not be used if the mother has a pacemaker, epilepsy, heart problems or some cases early in pregnancy.	



Crucial Knowledge

Unit R057 Topic Area 2

Labour



Know More	Remember More	Understand it	Apply it
Signs that labour has started	<ol style="list-style-type: none"> 1. A show 2. The waters break 3. Contractions 	<ol style="list-style-type: none"> 1. A show – not experienced by all women, but it can occur when a plug of mucus that has sealed off the uterus during pregnancy comes away from the cervix as it dilates (gets wider) 2. The waters break – a bag of amniotic fluid around the baby bursts, causing a trickle or gush of liquid from the vagina. 3. Contractions – the uterus muscles start to contract and release. Contractions gradually become stronger and occur increasingly closer together. 	<p>Seema is 6 months pregnant. She is attending an antenatal appointment with her midwife to discuss arrangements for the birth of her baby. Seema wants to know what happens during the first stage of labour.</p> <p>Identify four features of the first stage of labour so that Seema knows what to expect.(4 marks)</p> <p>Top tips:</p> <ul style="list-style-type: none"> • Use the correct terminology in your answers. • Features means what is happening at this stage.
The three stages of labour and their physiological changes <ol style="list-style-type: none"> 1. Stage 1 – labour 2. Stage 2 - birth 3. Stage 3 – delivery of the placenta and membranes 	<ol style="list-style-type: none"> 1. During stage 1 the neck of the uterus opens and the cervix dilates to 8-10cm. The baby’s head will move into position. 2. This stage starts when the cervix becomes fully dilated at 10cm and ends when the baby has been born. 3. This is the shortest stage of labour which follows the birth. 	<ol style="list-style-type: none"> 1. When contractions get even closer together, stronger and more intense, the mother enters the transition stage that leads to the second stage of labour. 2. The vagina and open cervix now form a single passage called the birth canal and the head of the baby moves into this canal. The mother will push with each contraction. When the baby’s head can be seen (crowning) pushing will stop so the head is born gradually and safely. Once the head is born the baby will be turned so the shoulders are delivered one at a time followed by the rest of the baby’s body and finally the umbilical cord will be clamped and cut. 3. Contractions begin again to push the placenta out. An injection of syntocion may be given to speed up the process. Any tear to the perineum or if a cut was made at stage 2 will be sewn up. 	<p>Identify four features of the first stage of labour so that Seema knows what to expect.(4 marks)</p> <p>Top tips:</p> <ul style="list-style-type: none"> • Use the correct terminology in your answers. • Features means what is happening at this stage.



Crucial Knowledge

Unit R057 Topic Area 2

Methods Of Assisted Birth



Know More	Remember More	Understand it	Apply it
Forceps	<ul style="list-style-type: none">A curved metal instrument that fits around the baby's head	<ul style="list-style-type: none">As the mother pushes with each contraction, an obstetrician gently pulls to help deliver the babyOften more successful than ventouse but are more likely to result in vaginal tearing.	Describe a ventouse delivery. (2 marks) Top tips: <ul style="list-style-type: none">Use the correct terminology in your answersWhat is ventouse and how does it work?
Ventouse	<ul style="list-style-type: none">A plastic or metal cup that fits firmly on the baby's head and is attached by suction.	<ul style="list-style-type: none">As the mother pushes with each contraction, an obstetrician gently pulls to help deliver the baby.The process leaves a small swelling on the baby's head which will disappear quickly.Not used on babies before 34 weeks as their head is too soft.	
Episiotomy	<ul style="list-style-type: none">An incision made in the perineum which is the tissue between the vaginal opening and the anus.	<ul style="list-style-type: none">Used if it is necessary to quickly enlarge the opening for the baby to pass through.	



Crucial Knowledge

Unit R057 Topic Area 2

Methods Of Assisted Birth



Know More	Remember More	Understand it	Apply it
Risks of Assisted Birth	<ul style="list-style-type: none">• Vaginal tearing or episiotomy• A higher chance if having a vaginal tear that involves the muscle or wall of the anus or rectum.• Higher risk of blood clots, leaking urine and anal incontinence.	<ul style="list-style-type: none">• A catheter is also sometimes used which is a small hollow tube inserted through the urethra into the bladder to remove urine. It is uncomfortable when inserted and some women find it difficult to urinate when removed.	<p>Sunita has given birth to her first child, a son, by emergency caesarean section delivery.</p> <p>Give two possible reasons why Sunita needed an emergency caesarean section delivery. (2 marks)</p> <p>Top tips:</p> <ul style="list-style-type: none">• Use the correct terminology in your answers.• Focus on why an emergency caesarean is needed.
Elective/Emergency Caesarean Section	<ul style="list-style-type: none">• This is an operation to deliver the baby through a cut made in the abdomen and womb.• It can be recommended as an elective (planned) procedure or done in an emergency if vaginal birth becomes unsafe.	<ul style="list-style-type: none">• Reasons for a caesarean include:<ul style="list-style-type: none">- the baby lying in a breech position (feet first)- A low lying placenta- Pre-eclampsia- Infections such as STI's or HIV- The baby not getting enough oxygen or nutrients- Labour not progressing- Excessive vaginal bleeding	



Crucial Knowledge

Unit R057 Topic Area 3

Postnatal checks



Know More	Remember More	Understand it	Apply It
<p>The postnatal checks that are carried out on a baby immediately after birth</p> <ol style="list-style-type: none"> 1) Apgar Score 2) Skin 3) Weight 4) Length 5) Head circumference 	<ol style="list-style-type: none"> 1. The Apgar score is used to evaluate the physical condition of a newborn by assessing five vital signs: heartbeat, breathing, muscle tone, reflex response and colour. 2. A baby's skin will be checked for birthmarks. 3. The baby's weight is recorded in their personal child health record so that their weight can be tracked. 4. As with weight, length is also recorded on centile charts to track growth. 5. The shape of the baby's head is assessed and the circumference is measured. 	<ol style="list-style-type: none"> 1. The score is used to assess how well the baby is doing outside the womb and whether it needs medical assistance. This quick assessment is carried out one minute after birth and repeated again after 5 minutes. Scores are given out of 10, a healthy baby will generally score 9, a paediatrician will be informed of a score of 6 or under 5 after five minutes, a score between 5 and 7 will show signs of lack of oxygen and may need treatment, between 3 and 4 indicates moderate lack of oxygen and the need for treatment, between 0 and 2 indicates severe lack of oxygen and will need emergency resuscitation. 2. Salmon patches (stork marks) are flat red or pink patches that appear on eyelids, neck or forehead. Blue-grey spots are bluish patches that appear commonly over the bottom and on black skin. Infantile haemangiomas (strawberry marks) usually red raised marks that appear anywhere on the body. Vernix which is a white waxy substance that covers the baby's skin. Lanugo which is soft, fine hair which is usually shed at 7-8 months of pregnancy but is sometimes present. 3. Full term baby is usually 2.7 – 4.1kg, steady weight gain shows a baby is health and feeding well. 4. The length of a newborn is usually 50-53cm and their growth is tracked on centile charts which is different for boys and girls as their growth pattern is slightly different. 5. The measurements are used to track development over the coming weeks and months. A squashed appearance is common due to the baby's head coming through the birth canal, and this usually resolves within 2 days. 	<p>Zophia gives birth to a healthy baby girl. Straight after the birth the baby's five vital signs are checked and the baby is given a score.</p> <p>What is the name given to this score? [1]</p> <p>Identify the baby's five vital signs that are checked as soon as the baby is born. [5]</p> <p>Top tips:</p> <ul style="list-style-type: none"> • Check the spelling of your answer for the name given to the score • Remember the score is based on vital signs (vital signs show life and response)



Crucial Knowledge

Unit R057 Topic Area 3

Postnatal checks



Know More	Remember More	Understand it	Apply It
<p>The checks that are carried out on the baby within one to five days of birth</p> <p>1) Physical examination</p> <p>2) Heel prick test (blood spot test)</p>	<p>1. The physical examination includes screening tests to find out if the baby has any problems with their eyes, heart, hips and in boys, testicles. The aim is to spot any problems so early treatment can be started</p> <p>2. The heel prick screening test helps identify several rare but serious diseases with a small blood sample.</p>	<p>1.</p> <ul style="list-style-type: none">• Feet - Toes are counted and checked for webbing and the natural resting position of feet and ankles will be observed top check for clubfoot.• Fingers - fingers will be counted and checked for webbing and the palm checked for two creases running across them. One crease is often associated with Down's syndrome.• Hips – They will check the baby for developmental dysplasia of the hip, which is a condition in which the hip joints have not formed properly.• Eyes – tests allow professionals to check for cataracts and other conditions by looking at appearance and movement of eyes by shining a light into the eyes.• Heart – The heart will be checked by feeling the baby's pulse and listening to the heart to identify any heart murmurs.• Testicles in boys – these are checked to ensure they are in the right place.• Fontanelle – the baby's head has soft spots, called fontanelles between the bones in the skull as the bones have not yet fused (joined) together when the baby is born. <p>2. The diseases it checks for include cystic fibrosis and sickle cell disease</p>	<p>After the birth the midwife will carry out some routine physical checks to assess the health of the newborn baby.</p> <p>Discuss what physical checks are made on the newborn baby and why they are carried out. [6]</p> <p>Top tips:</p> <ul style="list-style-type: none">• This is a long answer question so consider your structure and SPAG• Remember to discuss WHY the checks are carried out and do not just list• To achieve a top level answer you should discuss two or more checks in detail



Crucial Knowledge

Unit R057 Topic Area 3

Postnatal care of the mother and baby

Know More	Remember More	Understand it	Apply It
<p>Postnatal care of the mother and baby</p> <ol style="list-style-type: none"> The role of the health visitor How the partner, family and friends can provide physical and emotional support The purpose of the mother's 6 week postnatal check with the GP 	<ol style="list-style-type: none"> A health visitor is a qualified nurse or midwife who has had extra training. They will give all families support from pregnancy up until children are aged 5. The partner if the mother has a significant role and it is important they bond with the new baby alongside the mother. Family and friends can also be a huge help, particularly if they have experience with babies and children. Mothers are offered a postnatal check with the GP 6 to 8 weeks after giving birth to make sure they are feeling well and are recovering properly. 	<ol style="list-style-type: none"> They provide information, advice and support on all aspects of care such as feeding and safe sleeping to prevent sudden infant death syndrome (SIDS). Run clinics offering development reviews and vaccinations. Give advice and suggest where to find help if there are struggles with mental health. Put parents in touch with groups where they can meet other parents. Are available for parents to talk about any issues with their child. They will often visit the home for the first time 10 days after the baby is born. The father/partner should ensure the mother has the help and support she needs to take care of herself too. Family and friends can offer practical help and advice for example helping with shopping and sharing childcare tips. The following usually happens: <ul style="list-style-type: none"> A general discussion about the mother's mental health and wellbeing They will be asked if they still have any vaginal discharge or have had a period since giving birth Blood pressure is checked An examination to see if stitches have healed if they had a caesarean or episiotomy. If they were due cervical screening during pregnancy this will be booked for 12 weeks after birth. The mother will be asked about contraception. If the mother is overweight or obese they will be given guidance on healthy eating and exercise. 	<p>Mannie and Latitia have recently had a baby boy, Josh, who is now six weeks old. Latitia is attending her postnatal check-up with the health visitor.</p> <p>Describe two ways that Mannie can support Latitia after the birth of Josh. [4]</p> <p>Top tip:</p> <ul style="list-style-type: none"> Identify TWO ways and explain how/why it supports Latitia



Crucial Knowledge

Unit R057 Topic Area 3



The developmental needs of children from birth to five years

Know More	Remember More	Understand it	Apply It
<p>The developmental needs of children from birth to five years</p> <ol style="list-style-type: none"> 1. Warmth 2. Feeding 3. Love and emotional security 4. Rest/Sleep 5. Fresh air 6. Exercise 7. Cleanliness/hygiene 8. Stimulation 	<ul style="list-style-type: none"> • In order to thrive, develop and grow children need certain basic development needs to be met by their parents and carers. 	<ol style="list-style-type: none"> 1. Ensure children are kept warm by providing sufficient clothing for all weathers and temperatures. Adequate bedding and home heating. 2. Provide food and drink that contains the right nutrients for them at each stage of development. 3. This is demonstrated when a child's needs are met by loving parent(s)/carer(s), who have their wellbeing and best interests at heart, are kind to them, interested in them and happy to devote time to them. 4. Ensuring children have enough rest/sleep is crucial and they should be allowed to rest and sleep whenever they need to, good routines at bedtime are helpful. 5. Fresh air can help children feel energized, improve mood and promote better sleep. Whilst it is important to protect their skin from sun, exposure to sun can raise vitamin D levels. 6. Exercise is important for healthy growth and development, and can include tummy time for babies or ride on toys for toddlers. 7. Children's immune systems are less mature so it is much easier to pick up an infection. It is important to keep environments, clothing, bedding and children themselves clean and hygienic. 8. Stimulation is needed in order to feel energized and interested in the world. It helps them to learn and develop social, intellectual, language and communication skills. 	<p>All babies and children have the same basic developmental needs. An example is warmth.</p> <p>Identify three basic primary needs of a child, other than warmth.</p> <p>Top tips:</p> <ul style="list-style-type: none"> • Read the question carefully so that you do not list a need already given. • It is an identify question so you only need to list the needs.



Crucial Knowledge
Unit R057 Topic Area 3

The developmental needs of children from birth to five years

Know More	Remember More	Understand it	Apply It
<p>The developmental needs of children from birth to five years</p> <ol style="list-style-type: none"> 9. Routine (bath time/feeding) 10. Shelter/home 11. Socialisation/play 12. Opportunities for listening and talking 13. Acceptable patterns of behaviour 	<ul style="list-style-type: none"> • In order to thrive, develop and grow children need certain basic development needs to be met by their parents and carers. 	<ol style="list-style-type: none"> 9. Routines help young children feel safe and secure. They also help adults to ensure that all their care needs are met effectively such as feeding spread out across the day to ensure they have the nutrition to keep going and a bath every 24 hours, usually done as part of a pre-bed routine. 10. At the most basic level every child needs shelter/a home to stay that will keep them safe and secure whatever the environment and whatever the weather. Parents should ensure it is healthy to live in (e.g. not damp as this can cause asthma/chest infections) 11. All children need opportunities to play in ways that are appropriate for their stage of development. Play is a perfect way for children to socialize with peers, allowing them to interact and form relationships. 12. Listening and talking with a child shows that you care about them and are interested in them. It is important for social and emotional development and is also vital for intellectual and language development. 13. Children need to learn how to behave in socially acceptable ways and adults should be positive role models. Children need to be aware of boundaries set for their behaviour and these should be consistent. Positive behaviour should also be promoted, such as verbal praise or reward systems like a reward chart. 	<p>Identify and explain one way that parents/carers could promote positive behaviour in their child. [4]</p> <p>Top tip:</p> <ul style="list-style-type: none"> • The questions is asking you to identify a way and explain how it promotes positive behaviour. Ensure you focus on positive methods and not negatives like 'the naughty step'



Crucial Knowledge
Unit R057 Topic Area 4
Signs and Symptoms of illness in children



Know More	Remember More	Understand it	Apply It
<p>Key signs and symptoms of illness</p> <ol style="list-style-type: none">1) Vomiting and diarrhoea2) High temperature3) Tiredness/disturbed sleep4) Reduced appetite5) Flushed or pale complexion/lip area6) Irritable/fretful behaviour7) Lack of desire to play8) Headache9) swollen glands10) Runny/blocked up nose11) cough	<ul style="list-style-type: none">• You will often see two or more of these signs together.• A child displaying these symptoms will need to be monitored and have sympathetic care.	<ul style="list-style-type: none">• Certain childhood ailments and illnesses have specific signs and symptoms <ol style="list-style-type: none">1. Mumps – pain. Swelling of the jaw in front of ears, fever, eating and drinking is painful.2. Measles – high fever, fretful, heavy cold – running nose and discharge from eyes, a cough later.3. Tonsillitis – are you sore throat, fever, headache, pain on swallowing, aches and pains in the back and limbs.4. Chicken pox – slight fever, itchy rash, mild onset then child feels ill, often with severe headache.5. Common cold – sore throat, sneezing, running nose, headache, slight fever, irritability, partial deafness.6. Gastroenteritis – vomiting and diarrhoea, signs of dehydration.7. Meningitis – high fever, vomiting, headache, stiff neck, drowsiness, confusion, dislike of bright lights, seizures.	<p>For each of the below signs and symptoms identify the illness [4]</p> <ol style="list-style-type: none">1) Pain, swelling of the jaw in front of the ears, fever, pain when eating and drinking.2) Vomiting, diarrhoea, abdominal pain3) Headache, neck stiffness and joint pains, inability to tolerate light, fever.4) Slight fever, itchy rash, child feels ill, severe headache. <p>Top tip:</p> <ul style="list-style-type: none">• Consider all the symptoms together rather than an individual symptom.



Crucial Knowledge

Unit R057 Topic Area 4

Signs and Symptoms of illness in children

Know More	Remember More	Understand it	Apply It
<p>Key signs and symptoms of when to seek emergency medical help</p> <ul style="list-style-type: none"> • Breathing difficulties. • Child unresponsive. • baby becomes unresponsive and/or the body seems to be floppy or limp. • High fever/temperature that cannot be lowered. • Seizures/fitting 	<ul style="list-style-type: none"> • These signs and symptoms indicate that you need to call for urgent medical attention – call for an ambulance. 	<ul style="list-style-type: none"> • A child with meningitis may have the following symptoms and a doctor should be called immediately as it is life-threatening. Re-assure the child and keep them cool until help arrives: <ul style="list-style-type: none"> • A high temperature or fever • Vomiting • Severe headache • Stiff neck • Drowsiness • Confusion • Dislike of bright lights • Seizures/fitting • A skin rash of red/purple pinprick spots which will not fade when the side of a glass is pressed against it. • Breathing difficulties may occur after contact with allergens such as dust, pollen or pet hair, and can also be caused by the child having a cold, experiencing stress or extreme cold. If the child is a known asthmatic they should have a blue 'reliever' inhaler so re-assure them and give this as instructed. • The normal temperature reading for a child is between 36.5°C and 37.4°C. Children may have a higher temperature when ill and to help lower this remove warm clothing so that just a cool layer is worn, and provide a cool drink. Some children may be given paracetamol syrup if they have convulsions brought on by high temperatures. • Seizures/fitting may be due to high temperatures or epilepsy. There may be violent muscle twitching, clenched fists and an are back, which may lead to unconsciousness. Call an ambulance, clear the area around the child and surround them with pillows or padding for protection, cool them gradually, if the seizure stops before help arrives place them in the recovery position. 	<p>Below is a list of some signs and symptoms of illness in children.</p> <p>Raised temperature Breathing difficulties Reduced appetite Cough Vomiting that persists for more than 24 hours Cannot be woken/unusually drowsy Flushed or pale complexion Rash that does not fade when pressed with a glass</p> <p>Identify four signs or symptoms listed above that indicate a child needs immediate emergency help.[4]</p> <p>Top tip:</p> <ul style="list-style-type: none"> • Consider only signs where emergency medical help is needed, not common symptoms.



Crucial Knowledge

Unit R057 Topic Area 4

Meeting the needs of an ill child

Know More	Remember More	Understand it	Apply It
<p>How to meet the needs of an ill child</p> <ul style="list-style-type: none"> • When a child is unwell they rely on adults to meet all of their needs which fall into four categories 	<ol style="list-style-type: none"> 1. Physical needs 2. Intellectual needs 3. Emotional needs 4. Social needs 	<ol style="list-style-type: none"> 1. When a child is sick they will need plenty of rest so adjust routines for extra naps. You will need to adjust their diet if they have an upset stomach and ensure they have plenty of water. Monitor them carefully and if their condition worsens be ready to call for medical help. Be ware of medical conditions such as asthma and diabetes and know what to do if there is a problem. Know how to care for them if they have a high temperature or fever. 2. Children will need quiet activities to keep them amused and stimulated while they are not up to active play. Stories, colouring and IT devices are popular. If a child is ill or will be recovering for a long period, it is important to think about activities that will help to continue their learning and development. 3. An ill child will need empathy and plenty or re-assurance especially when they are too young to understand how they feel. It can be confusing and frightening to suddenly feel unwell. Adults should explain the illness to the child and talk positively about medication, naps and healthy eating. 4. Children’s desire to have company might be just as strong as ever, so activities you can do together are helpful to meet their social needs. Visits from friends and family can also be beneficial as children can miss wider social contact. 	<p>Identify the category of need that each example falls into (physical, intellectual, emotional or social) [5]</p> <ul style="list-style-type: none"> • Arranging for the child’s friends to visit them. • Giving medication when needed. • Giving the child love and affection. • Giving the child books to read. • Making sure the child gets enough sleep. <p>Top tip:</p> <ul style="list-style-type: none"> • Remember physical relates to the body, intellectual to learning and stimulation, emotional to feelings and social to relationships.



Crucial Knowledge

Unit R057 Topic Area 4

How to ensure a child-friendly safe environment






Know More	Remember More	Understand it	Apply It
<p>1. What is a hazard?</p> <p>2. Recognising common hazards</p> <p>3. Roads</p>	<p>1. A hazard is an item or situation that could cause harm to a child. A risk is the likelihood of a hazard actually causing harm.</p> <p>2. Most accidents occur at home so it can be useful to consider each area or room at a time: Kitchen, toilet/bathroom, stairs, play areas/gardens.</p> <p>3. Young children should be under close, direct supervision of adults when walking on the pavement or crossing the road.</p>	<p>1. Hazards can be physical (unsafe objects), security (insecure exits or windows), fire (heaters or electrical appliances), food (faulty refrigerators or unsafe produce), personal safety (stranger danger; busy roads).</p> <p>2.</p> <ul style="list-style-type: none"> • Kitchen – chemicals, hot equipment, hot taps, water, fragile items, sharp equipment. • Toilet/bathroom – water, unhygienic items, slippery items when wet, chemicals, hot water. • Stairs – items left on stairs that can be tripped over, risk of falling, faulty or missing handrail. • Play areas/gardens – insecure gates or boundaries, strangers and animals, not enough shelter from the sun, open litter bins and drains, litter, glass, poisonous plants, animal faeces, unsafe play equipment. <p>3. Adults should follow with children the five point Green Cross Code.</p> <ol style="list-style-type: none"> 1) find the safest place to cross 2) stop just before you get to the kerb 3) look all around for traffic and listen 4) If traffic is coming let it pass 5) When it is safe go straight across the road and do not run. 	<p>Most accidents to children happen in the home.</p> <p>Identify four hazards in the living room that could cause an accident. [4]</p> <p>Top tips:</p> <ul style="list-style-type: none"> • This is an identify question so you need to list your responses. • The question is asking for a specific room, so be careful not to identify items you would not find in this area.



Crucial Knowledge

Unit R057 Topic Area 4

How to ensure a child-friendly safe environment

Know More	Remember More	Understand it	Apply It
<p>1. Preventing Hazards</p>	<p>1. Key safety equipment when used correctly can be used to prevent accidents</p>	<ul style="list-style-type: none"> • Harness and reins – prevent falls from prams, pushchairs and high chairs and prevent children from escaping/running into the road. • Safety gates – prevent access to kitchens, stairways and outdoors. Gates should always be at the top and bottom of stairs. • Locks for cupboards and windows – prevents children getting hold of dangerous substances or falling from windows. • Safety glass/safety film – prevent glass from breaking into pieces, causing injuries. • Socket covers – prevent children poking their fingers into electrical sockets. • Play pens – create a safe area for babies • Smoke alarms – detect smoke and sound the alarm • Cooker guards – prevent children pulling pans from the cooker • Firefighting equipment such as fire blankets or extinguishers – may be used to tackle minor fires 	<p>Zophia and Tomaz have bought their new baby a teddy bear. Before buying the teddy bear they checked that it was labelled with the 'Lion Mark'.</p> <p>Explain why the Lion Mark is used on toys.</p> <p>Top tips:</p> <ul style="list-style-type: none"> • Give accurate information about the purpose of the Lion Mark • Who's standards does the symbol indicate the toy meets?
<p>Safety Labelling</p>	<p>1. Safety labelling tells you whether a product or piece of equipment is safe for use by children</p>	<ul style="list-style-type: none"> • BSI Kitemark – used to identify products where safety is paramount such as bike helmets. It gives assurance the product should be safe and reliable. • Lion Mark – developed by the British Toy and Hobby Association to act as a symbol denoting safety and quality. • CE Symbol – By law it has to be displayed and proves a toy has been tested for compliance to EU standards. It is a declaration that the toy meets all safety requirements. It is being phased out in great Britain to be replaced in January 2022 by UKCA mark and the UKNI mark in Northern Ireland. • Age advice symbol – Identifies when equipment or a product isn't safe for children under 36 months and is mainly displayed on toys that do not pass the 'choke hazard test' or have small parts that could be removed and swallowed. • Children's nightwear labelling – nightwear can burn quickly if set alight by an open fire or other heat source. You should check labelling to ensure garments meet flammability performance requirements <div style="display: flex; justify-content: space-around; align-items: flex-end; margin-top: 10px;"> <div style="text-align: center;"> <p>BSI Kitemark</p>  </div> <div style="text-align: center;"> <p>Lion mark</p>  </div> <div style="text-align: center;"> <p>CE Symbol</p>  </div> <div style="text-align: center;"> <p>UKCA Mark replacing the CE symbol in the UK and UKNI in Northern Ireland</p>  </div> <div style="text-align: center;"> <p>Age Advice symbol</p>  </div> </div>	