



T Level Technical Qualification in Health

Occupational specialism assessment (OSA)

Supporting the Care of Children and Young People

Assignment 2 - Practical activities part 2

Assignment brief

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Assignment brief

Assignment 2

Practical activities part 2

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Assignment brief cover sheet

This assessment is for the following occupational specialism:

Supporting the Care of Children and Young People

Date

02 May 2023 – 26 May 2023

Time allowed

1 hour 25 minutes

Paper number

P002000

Materials

For this assessment, you must have:

- a black or blue ball-point pen

Student instructions

- this assessment requires you to demonstrate the **4** practical activity scenarios contained within this booklet
- the practical activity scenarios within this booklet have been set up at different stations and you will move between these stations during the assessment
- you have up to **5** minutes when you get to a station to prepare for the practical activity scenario; you should use this time to carefully read each practical activity scenario, including any supporting information, and familiarise yourself with the station
- you will have a maximum amount of time to complete the practical activity scenario:
 - the time available is written at the beginning of each practical activity scenario
 - if you go over this time, you will be asked by the assessor to move on to the next station
- fill in the boxes at the top of the next page

Student information

- the marks available for each practical activity scenario are shown in brackets
- the marks for this assessment are broken down into scenario-specific skills and underpinning skills:
 - 16 marks are available for scenario-specific skills – you will be awarded a scenario-specific skills mark for your performance in each practical activity scenario you demonstrate
 - 12 marks are available for underpinning skills – you will be awarded an underpinning skills mark for your performance across the practical activity scenarios you demonstrate

- the maximum mark for this assessment is 76

Submission form

Please complete the detail below clearly and in BLOCK CAPITALS.

Student name	
Provider name	

Student number		Provider number	
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Practical activity scenario 1

This practical activity scenario requires you to:

OPA4: Assist with teaching parenting skills.

You have up to **5** minutes to carefully read through the following scenario and familiarise yourself with the station.

The total amount of time available for this practical activity scenario, including the 5 minutes' reading time, is **25** minutes.

Brief

A 5 year old child has been receiving treatment for atopic dermatitis on their elbows, knees, and the left-hand side of their face. After the most recent flare-up, the general practitioner (GP) has referred the child and their parent to the children's outpatient's clinic for support in managing the child's condition. You are working as a healthcare support assistant within this clinic and have been asked to meet with the child and parent to assist with teaching the parent strategies on how to support the child to manage their condition.

Task

Using the information from item (a), discuss with the child and parent about the child's dermatitis, current issues and the importance of applying the atopic medication.

Demonstrate and provide advice to the parent on how to implement a reward chart (item (b)) to help manage their child's condition and help the parent apply the atopic medication to improve the child's dermatitis.

(16 marks)

plus marks for underpinning skills – person-centred and family-centred care, service frameworks, communication techniques and strategies, and health and safety

Supporting information

This practical activity scenario involves role play. The child and parent are played by 2 members of staff.

You have been given the patient information form (item (a)) and a blank reward template (item (b)).

You have access to the following equipment:

- coloured stickers
- pen
- table and chairs

Performance outcomes (POs)

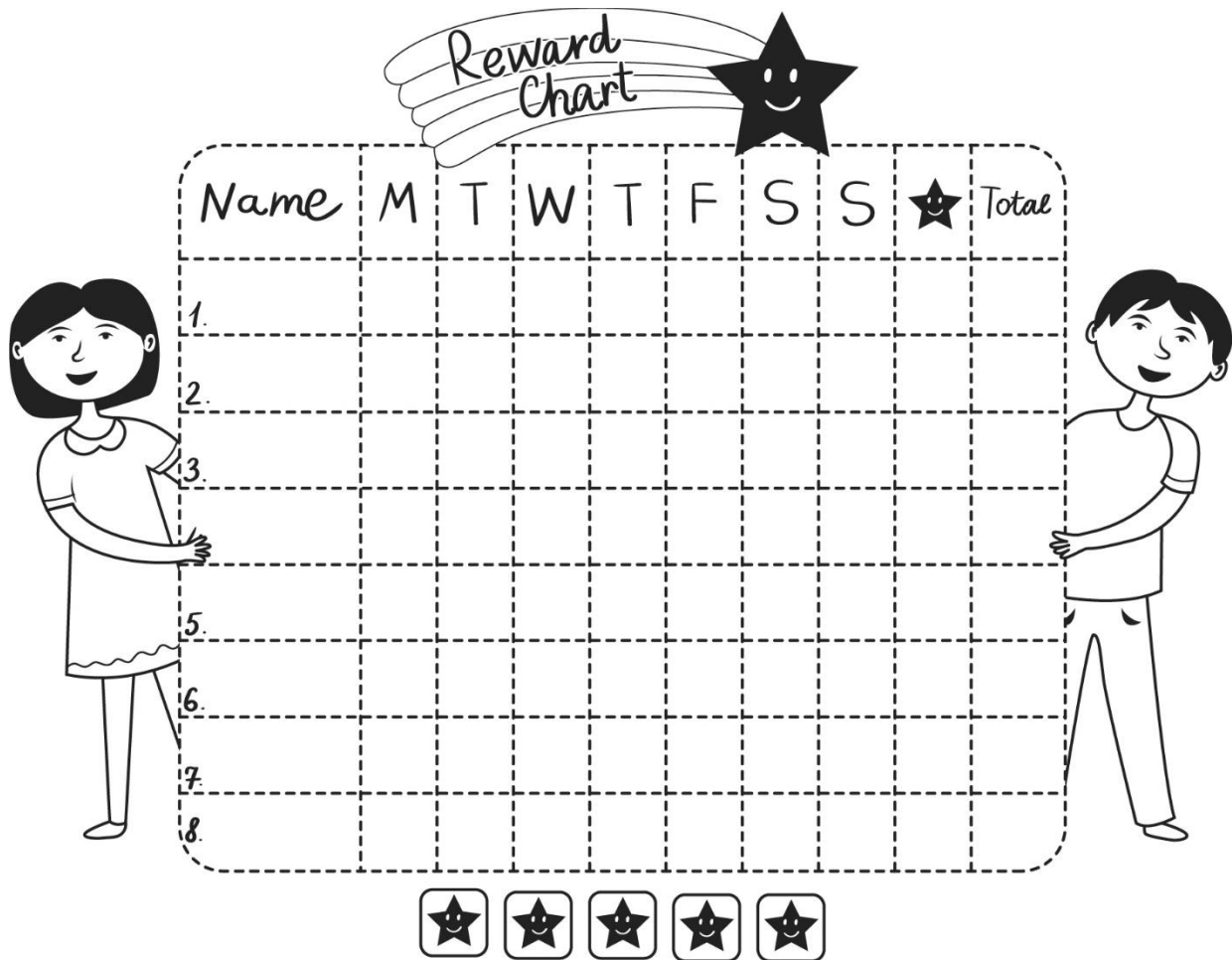
This practical activity scenario assesses:

PO1: Assist with clinical tasks and treatment for children and young people

PO2: Provide care and support to children and young people before, during and after clinical or therapeutic procedures

PO3: Support parents, families, and carers to meet the needs of children and young people

Item (b): reward chart template



Practical activity scenario 2

This practical activity scenario requires you to:

OPA10: Support or enable children and/or young people to maintain good personal hygiene.

You have up to **5** minutes to carefully read through the following scenario and familiarise yourself with the station.

The total amount of time available for this practical activity scenario, including the 5 minutes' reading time, is **20** minutes.

Brief

As part of the government's Health Matters programme for improving dental health in children and young people, your local NHS is delivering health education to primary schools.

The community healthcare team is visiting primary schools to support year 4 children who are learning about the importance of looking after their teeth.

Task

Provide information about the importance of keeping teeth clean and give a demonstration to two 9 year old children on how to brush their teeth properly using the teeth cleaning handout (Item C) and dental kit provided.

(16 marks)

plus marks for underpinning skills – person-centred and family-centred care, service frameworks, communication techniques and strategies, and health and safety

Supporting information

This practical activity scenario involves role play. The children are played by 2 members of staff.

You have been given the handout on how to brush your teeth: a step-by-step guide (item C).

You have access to the following equipment:

- handwashing area
- gloves
- aprons
- dental kit – toothbrush, staining tablets, fluoride toothpaste, dental floss
- timer
- table and chairs

Performance outcomes (POs)

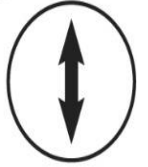
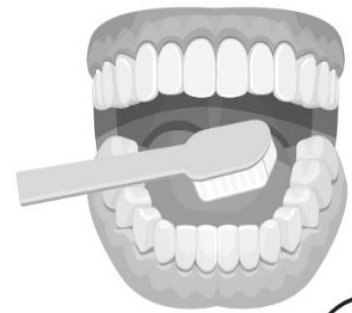
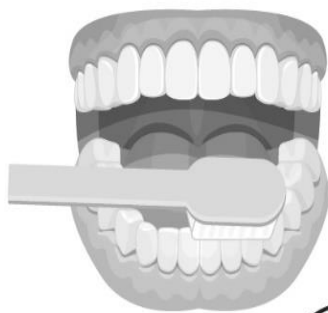
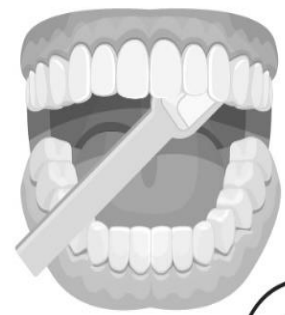
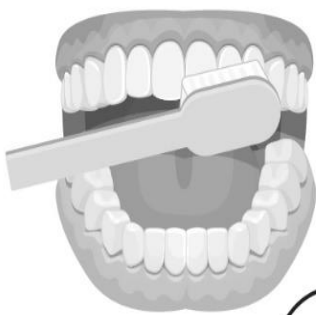
This practical activity scenario assesses:

PO1: Assist with clinical tasks and treatment for children and young people

PO2: Provide care and support to children and young people before, during and after clinical or therapeutic procedures

Item (c): teeth cleaning handout – step-by-step guide

HOW TO BRUSH YOUR TEETH



Practical activity scenario 3

This practical activity scenario requires you to:

OPA13: Promote awareness with families and carers on how to maintain and contribute to health and wellbeing of children and/or young people.

You have up to **5** minutes to carefully read through the following scenario and familiarise yourself with the station.

The total amount of time available for this practical activity scenario, including the 5 minutes' reading time, is **20** minutes.

Brief

The health centre offers a health clinic for children and young people to provide advice and support to parents and children about children's health and wellbeing.

An 8 year old boy has been referred by their GP and has come to the centre with their parent. The boy's BMI score of 18.3 falls within the overweight range. This is the second session out of 5 providing health educational information.

Task

Using the information available, including the public health materials on exercise (item (d)) and the Eatwell Guide (item (e)), you should provide advice and guidance about the benefits of physical activity and diet to support a healthy lifestyle.

The aim is for the child and parent to:

- understand the benefits of exercise and of maintaining a healthy weight for the child's overall health
- identify suitable activities in which both child and parent can engage
- investigate the family and the child's diet
- provide dietary advice

(16 marks)

plus marks for underpinning skills – person-centred and family-centred care, service frameworks, communication techniques and strategies, and health and safety

Supporting information

This practical activity scenario involves role play. The child and their parent are played by 2 members of staff.

You have been given a selection of public health materials pertinent to national and local health campaigns on exercise and exercise facilities (item (d)) and the Eatwell Guide (item (e)).

You have access to the following equipment:

- table and chairs

Performance outcomes (POs)

This practical activity scenario assesses:

PO2: Provide care and support to children and young people before, during and after clinical or therapeutic procedures


PO3: Support parents, families, and carers to meet the needs of children and young people

Item (d): public health materials on exercise

Physical activity for children and young people (5 – 18 Years)



**BUILDS
CONFIDENCE &
SOCIAL SKILLS**




**STRENGTHENS
MUSCLES
& BONES**



**MAINTAINS
HEALTHY
WEIGHT**



**DEVELOPS
CO-ORDINATION**



**IMPROVES
HEALTH
& FITNESS**



**IMPROVES
SLEEP**



**IMPROVES
CONCENTRATION
& LEARNING**



**MAKES
YOU FEEL
GOOD**

Be physically active

Spread activity
throughout
the day

Aim for an
average of at least

60

minutes per day
across week

Activities to
develop
movement
skills, and
muscle and
bone strength

**ACROSS
WEEK**

All activities
should make you
breathe faster
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE



SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

Get strong



INACTIVITY

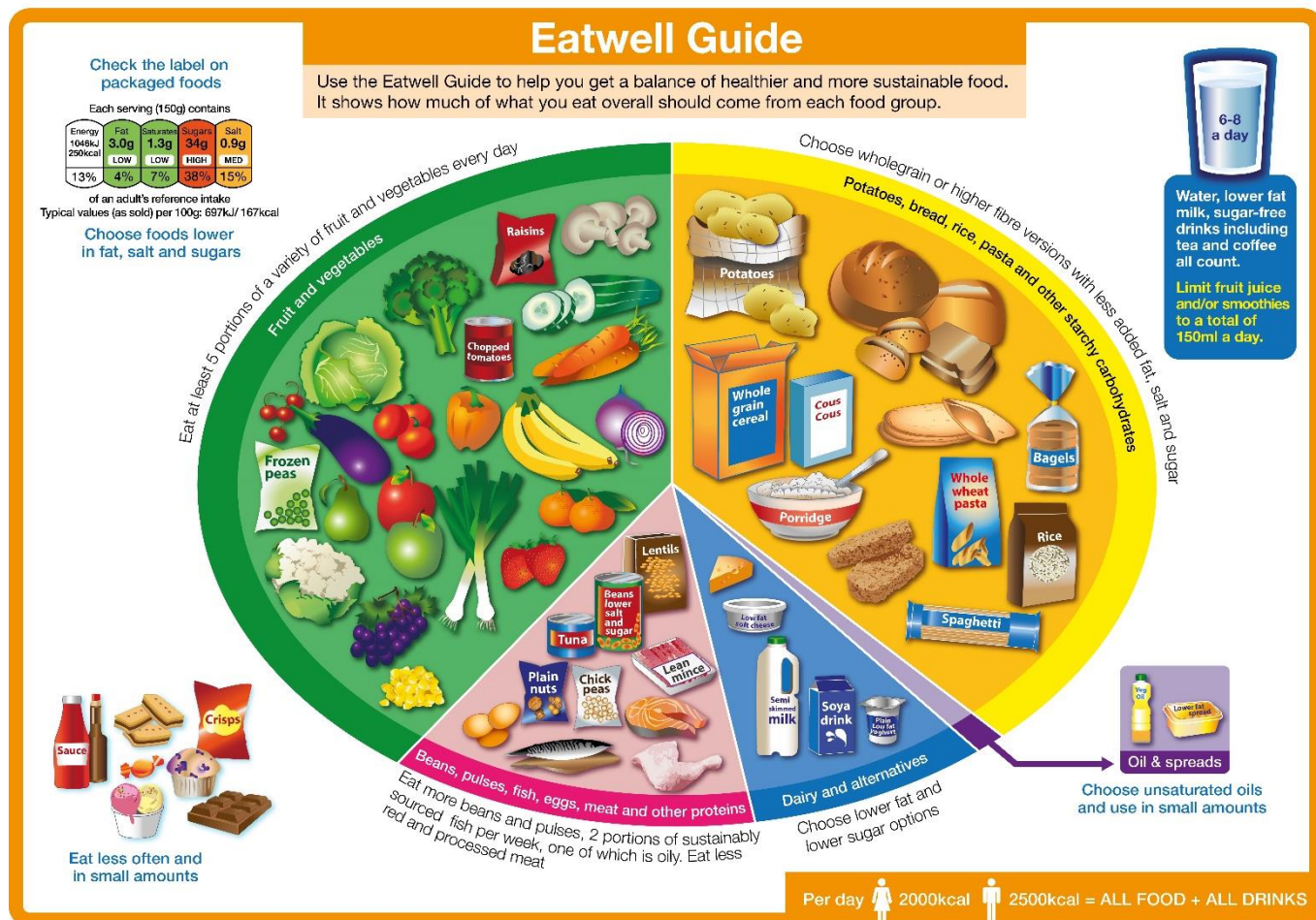
Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Adapted from the UK government's Department of Health and Social Care (2019). *Physical activity guidelines: infographics*. Available at: www.gov.uk/government/publications/physical-activity-guidelines-infographics (Accessed: 15 February 2023).

Item (e): Eatwell Guide



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Practical activity scenario 4

This practical activity scenario requires you to:

OPA3: Support risk assessments for children and/or young people, following the collection of specimens and undertaking observations, and escalate where appropriate.

You have up to **5** minutes to carefully read through the following scenario and familiarise yourself with the station.

The total amount of time available for this practical activity scenario, including the 5 minutes' reading time, is **20** minutes.

Brief

A 6 year old child is recovering from emergency appendicectomy surgery. They have been administered analgesic pain relief post-surgery every 4 hours for the last 48 hours.

Pain assessments are now being undertaken with the child to assess the level of pain. Pain assessments are taken every 4 hours to inform the amount of suitable pain relief to be administered.

Task

The ward charge nurse has asked you to make a pain assessment and report the results.

You should use the Face, Legs, Activity, Cry, Consolability (FLACC) scale (item (f)) and the faces pain rating scale (item (g)) with the child.

You should record the results on the patient record form (item (h)).

Once you have completed the pain assessment, you should report your findings to the ward charge nurse. Your feedback must include a short evaluation of your observations of the child and a justification of the final pain rating.

(16 marks)

plus marks for underpinning skills – person-centred care, family-centred care, service frameworks, communication techniques and strategies, and health and safety

Supporting information

This practical activity scenario involves role play. The child is played by a member of staff and the ward charge nurse is played by the assessor.

You have been given a FLACC scale (item (f)), a faces pain rating scale (item (g)), and a patient record form (item (h)).

You have access to the following equipment:

- hand sanitiser
- pen
- timer
- glass of water
- a table

- a chair

Performance outcomes (POs)

This practical activity scenario assesses:

PO1: Assist with clinical tasks and treatment for children and young people

Item (f): FLACC scale

Name:	Hosp No:
DOB:	NHS no:

Revised FLACC Scale

Categories	Scoring		
	0	1	2
Face	No particular expression or smile	Occasional grimace/frown; withdrawn or disinterested; appears sad or worried	Consistent grimace or frown; frequent/constant quivering chin, clenched jaw; distressed-looking face; expression of fright or panic
Individual Behaviours			
Legs	Normal position or relaxed; usual tone and motion to limbs	Uneasy, restless, tense; occasional tremors	Kicking, or legs drawn up; marked increase in spasticity, constant tremors or jerking
Individual Behaviours			
Activity	Lying quietly, normal position, moves easily; Regular, rhythmic respirations	Squirming, shifting back and forth; tense or guarded movements; mildly agitated (eg. head back and forth, aggression); shallow, splinting respirations, intermittent sighs	Arched, rigid, or jerking; severe agitation, head banging, shivering (not rigors); breath-holding, gasping or sharp intake of breaths; severe splinting
Individual Behaviours			
Cry	No cry/verbalisation	Moans or whimpers; occasional complaint; occasional verbal outburst or grunt	Crying steadily, screams or sobs, frequent complaints; repeated outbursts, constant grunting
Individual Behaviours			
Consolability	Content and relaxed	Reassured by occasional touching, hugging, or being talked to; distractible	Difficult to console or comfort; pushing away caregiver, resisting care or comfort measures
Individual Behaviours			

(Adapted from Malviya et al, 2006)

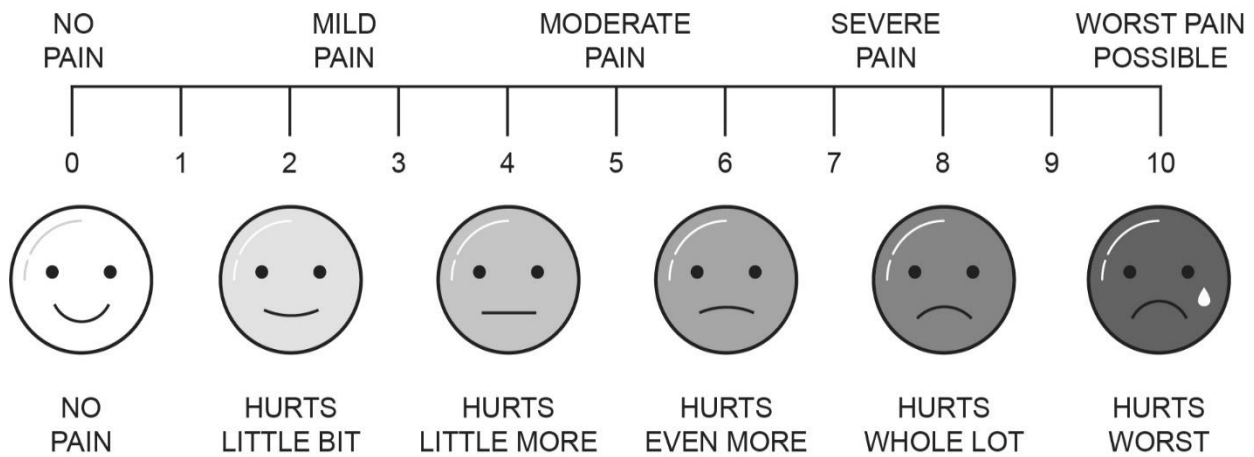
Revised FLACC – Instructions for Use

- **Individualise the tool:** The nurse should review the descriptors within each category with the child's parents or carers. Ask them if there are additional behaviours that are better indicators of pain in their child. Add these behaviors to the tool in the appropriate category.
- Each of the five categories (F) Face; (L) Legs; (A) Activity; (C) Cry; (C) Consolability is scored from 0-2, which results in a total score between zero and ten.
- **Patients who are awake:** Observe for at least 1-3 minutes. Observe legs and body uncovered. Reposition patient or observe activity, assess body for tenseness and tone. Initiate consoling interventions if needed.
- **Patients who are asleep:** Observe for at least 5 minutes. Observe body and legs uncovered. If possible reposition the patient. Touch the body and assess for tenseness and tone.

Great Osmond Street Hospital for Children NHS Trust (2020). *Revised FLACC Scale*. Available at:
https://media.gosh.nhs.uk/documents/Revised_FLACC_Paperwork.doc.pdf (Accessed: 15 February 2023).

Item (g): faces pain rating scale

PAIN MEASUREMENT SCALE



Instructions for use:

- the faces represent levels of pain (for example, face 0 = no pain and face 10 = worst pain possible)
- ask the child to point to the face that matches their level of pain

Item (h): patient record form

Patient history:

- surgical procedure – appendicectomy (emergency)
- no surgical complications
- age 6
- no previous hospital admissions
- no reported allergies

Post-operative assessment:

- pain relief administered
- analgesia administered every 4 hours for 48 hours post-surgery
- assessed pain procedure

Date:

Time:

FLACC score:

Self-reporting face pain rating scale:

Reported to:

Time:

Signature:

Document information

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