

# T Level Technical Qualification in Health

Occupational specialism assessment (OSA)

## Supporting the Mental Health Team

Assignment 1 - Case study

Assignment brief

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# Supporting the Mental Health Team

### Assignment brief

Assignment 1

Case study

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# Guidance for students

## Student instructions

- you must read the assignment briefs for each task carefully before starting your work
- you must work independently and make your own decisions as to how to approach the tasks within the case study assessment
- you must clearly name and date the work that you produce during the supervised session
- you must hand over your work to your tutor at the end of the supervised session

## Student information

- the maximum time you will have to complete all tasks for this case study assessment is 4 hours and 30 minutes:
  - it is recommended that you should dedicate 30 minutes to read the materials provided in the assignment brief insert
  - it is recommended that you should then read all the tasks and split your time accordingly, planning time to check your work
- at the end of the supervised session, your tutor will collect all assessment materials before you leave the room
- you must not take any assessment materials outside of the room (that is, via a physical memory device)
- you must not upload any work produced to any platform that will allow you to access materials outside of the supervised sessions (including email)
- you can fail to achieve marks if you do not fully meet the requirements of the task, or equally if you are not able to efficiently meet the requirements of the task

## Plagiarism

Copying may result in the external assessment task being awarded a U grade. For further guidance, refer to your student handbook - plagiarism guidance and the maladministration and malpractice policy located at [www.qualhub.co.uk](http://www.qualhub.co.uk).

## Presentation of work

- your work should be completed electronically using black font, Arial size 12, unless otherwise specified, with standard border sizes
- clearly show where sources have been used to support your own ideas and opinions
- clearly reference all sources used to support your own ideas and opinions, including any quotations from websites
- any work not produced electronically must be agreed with your tutor, in which case the evidence you produce should be scanned and submitted as an electronic piece of evidence
- your work should be clearly labelled with the relevant task number and your student details, and be legible (for example, front page and headers)
- electronic files should be given a clear file name for identification purposes, see tasks for any relevant naming conventions

- all pages of your work should be numbered in the format page X of Y, where X is the page number and Y is the total number of pages
- you must complete and sign the assessment cover sheet (ACS) and include it at the front of your assessment task evidence
- you must submit your evidence to the tutor at the end of the supervised session

SAMPLE

## Scenario

You are a mental health support worker and you are asked to assist in the care of Alex Smith who was discharged from hospital 6 weeks ago.

The community mental health nurse (CMHN) has received a referral for Alex Smith from the district nurse. You were present when the CMHN held a meeting.

The resources you need are:

- **item A: district nurse referral letter**
- **item B: transcript of first meeting between Alex with community mental health nurse (CMHN) for initial assessment**
- **item C: note from Beverly (Alex's partner)**
- **item D: Summary report**
- **item E: wellbeing plan**
- **item F: recovery plan**
- **item G: MIND campaigns for better mental health**
- **item H: transcript of a therapy session between Alex and CMHN**
- **item I: alcohol use disorders identification test \_ Primary Care (AUDIT\_PC)**
- **item J: relapse prevention plan template**

# Task 1: assessment of the patient/situation

## Scenario

At the CMHN meeting you recently attended where a referral was received for Alex Smith, Alex's partner could not be present at that initial meeting, but she left a note.

The CMHN has given you access to the district nurse referral letter (item A); the transcript of the first meeting between Alex and the CMHN for initial assessment (item B); and the note from Beverly, Alex's partner (item C).

## Task

The CMHN asks you to use the information to:

- write a summary report (item D) to the CMHN
- the report must include information about Alex's emotional state, situation and background
- in accordance with professional codes and agreed ways of working, you should identify 3 recommendations and justify your choices (item D).

(20 marks)

## Conditions of the assessment

- task 1 must be completed in supervised conditions
- you will have access to the resources included in the assignment brief insert
- you will not have access to the internet or any other additional resource materials excluding sites and materials included in the assignment brief insert when completing your work for this task
  - attempting to access other internet sites will be classed as cheating and you may be disqualified from this assessment, resulting in failure of the qualification

## Evidence requirements

Word processed response and any further relevant evidence.

## Submission

- all tasks should be saved separately
- the following filename conventions should be used for all materials produced:
  - (provider\_number)\_(student registration number)\_(surname)\_(first name)\_task1\_(additional detail of document content if multiple documents are produced per task)

Note: Please request your provider number and student number from your tutor.

## Task 2: goals/patient outcomes/planned outcomes

### Scenario

Alex was asked to complete a wellbeing plan after the initial meeting (item E). You have been asked to follow this up.

### Task

You need to consider Alex's situation from a holistic point of view and complete her recovery plan (item F).

You should identify 3 goals for Alex and recommend 2 actions for each goal that you have identified.

These actions should utilise Alex's strengths and achievements.

Identify which professionals are responsible for supporting Alex, taking into account any barriers Alex may need to overcome.

(20 marks)

### Conditions of the assessment

- task 2 must be completed in supervised conditions
- you will have access to the resources included in the assignment brief insert
- you will not have access to the internet or any other additional resource materials, excluding sites and materials included in the assignment brief insert, when completing your work for this task
  - attempting to access other internet sites will be classed as cheating and you may be disqualified from this assessment, resulting in failure of the qualification

### Evidence requirements

Word processed response and any further relevant evidence.

### Submission:

- these tasks should be saved separately
- the following filename conventions should be used for all materials produced:
  - (provider\_number)\_(student registration number)\_(surname)\_(first name)\_task2\_(additional detail of document content if multiple documents are produced per task)

Note: Please request your provider number and student number from your tutor.

## Task 3: care/treatment/support plan

### Scenario

Following further assessment, Alex has been diagnosed with severe depression. She has voiced concerns about taking medication to treat her mental health condition. However, Alex is keen to engage in treatment that will support her current needs.

### Task

Using the information from the MIND campaigns for better mental health (item G), recommend 2 different treatments for Alex that reflect her needs.

Explain the advantages and disadvantages of each treatment option.

(20 marks)

### Conditions of the assessment

- task 3 must be completed in supervised conditions
- you will have access to the resources included in the assignment brief insert
- you will not have access to the internet or any other additional resource materials, excluding sites and materials included in the assignment brief insert, when completing your work for this task
  - attempting to access other internet sites will be classed as cheating and you may be disqualified from this assessment, resulting in failure of the qualification

### Evidence requirements

Word processed response and any further relevant evidence.

### Submission:

- these tasks should be saved separately
- the following filename conventions should be used for all materials produced:
  - (provider\_number)\_(student registration number)\_(surname)\_(first name)\_task3\_(additional detail of document content if multiple documents are produced per task)

Note: Please request your provider number and student number from your tutor.



## Task 4: evaluation/monitoring effectiveness/clinical effectiveness

### Scenario

Alex began her treatment for severe depression 4 months ago. She is making progress and is working with you and the community mental health nurse (CMHN) on plans to support her long-term health. Alex and the CMHN had a therapy session in your presence (item H). In this meeting, Alex started to complete the relapse prevention plan entitled 'how I know when things are not going well' (item J).

### Task

The CMHN asks you to:

- complete the alcohol use disorders identification test (item I)
- complete the relapse prevention plan (item J)

Using the notes from Alex and CMHN's therapy session (item H) and other materials in the case study, explain why the plan could be beneficial and how it could be more effective.

(20 marks)

### Conditions of the assessment

- task 4 must be completed in supervised conditions
- you will have access to the resources included in the assignment brief insert
- you will not have access to the internet or any other additional resource materials, excluding sites and materials included in the assignment brief insert, when completing your work for this task
  - attempting to access other internet sites will be classed as cheating and you may be disqualified from this assessment, resulting in failure of the qualification

### Evidence requirements

Word processed response and any further relevant evidence.

### Submission

- these tasks should be saved separately
- the following filename conventions should be used for all materials produced:
  - (provider\_number)\_(student registration number)\_(surname)\_(first name)\_task4\_(additional detail of document content if multiple documents are produced per task)

Note: Please request your provider number and student number from your tutor.

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Owner: Head of Assessment Design

## Change History Record

Version	Description of change	Approval	Date of Issue
v1.0	Post approval, updated for publication.		January 2021
v1.1	NCFE rebrand		September 2021
v1.2	OS review Feb 23		February 2023
v1.3	Sample added as a watermark.	November 2023	20 November 2023