

# T Level Technical Qualification in Health

Occupational specialism assessment (OSA)

## Supporting the Therapy Teams

Assignment 2 - Practical activities part 2

Assignment brief

## T Level Technical Qualification in Health Occupational specialism assessment (OSA)

# Supporting the Therapy Teams

### 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 Therapy Teams

## Date

[date]

## Time allowed

1 hour 35 minutes

## Paper number

[paper number]

## Materials

For this assessment you must have:

- a black or blue ballpoint pen

## Student instructions

- this assessment requires you to demonstrate the 4 practical activities scenarios contained within this booklet
- the practical activity scenarios within this booklet have been set up at different stations, 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.

<b>Student name</b>	
<b>Provider name</b>	

<b>Student number</b>		<b>Provider number</b>	
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SAMPLE

# Practical activity scenario 1

This practical activity scenario requires you to:

OPA3: Assess and prepare the therapeutic environment and/or equipment, kit and devices, for undertaking specific therapy support interventions and/or setting up specialist equipment

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

An individual who is recovering from lower spinal surgery and has mobility issues from the waist down is due a routine appointment to check on their recovery and progress in the physiotherapy suite.

## Task

A physiotherapist has asked you to assess the suitability of the physiotherapy suite for the appointment **and** prepare the following equipment in line with the individual's care plan (item A) and prior attained risk assessment (item B):

- walking sticks
- a walking frame

(16 marks)

plus marks for underpinning skills – health and safety

## Supporting information

You have been given the individual's care plan (item A) and a risk assessment form (item B).

You have access to the following equipment:

- cleaning products
- walking sticks
- a walking frame

## Performance outcomes

This practical activity scenario assesses:

PO1: Carry out a range of therapeutic techniques to support allied health professionals

PO3: Prepare and maintain the therapeutic environment, equipment, and resources for use

## Item A: individual's care plan

### Confidential patient record form

Health Simulation Centre

<b>Name</b>	Individual				
<b>Date of birth</b>	20/05/1960				
<b>Home address</b>	25 Privet Street Hart Langley				
<b>Next of kin</b>	Husband				
<b>Name of GP</b>	Dr Hall				
<b>Social history</b>	Lives with husband has been married for 30 years Has an adult son, who lives nearby, and an adult daughter who is away at university				
<b>Occupation</b>	Retired early due to illness				
<b>Smoking</b>	Smoked when younger				
<b>Alcohol</b>	Drinks less than the weekly recommended allowance				
<b>Exercise taken</b>	Takes part in a chairbics class 3 times per week				
<b>Diet</b>	Eats 3 meals per day, likes to cook fresh meals				
<b>Height</b>	5 feet 7 inches	<b>Weight</b>	13 stones 2 pounds		
<b>Lives with</b>	Husband				
<b>Children/dependents</b>	Age	Age	Age	Age	Age
	N/A				

<b>Medical history</b>	<b>Self</b>	<b>Family</b>
<b>Long-term conditions</b>	Osteoporosis within the spine Arthritis in the left wrist COPD	Arthritis (both parents)
<b>Mental health status</b>	Stress due to mobility issues	None known
<b>Surgery</b>	Lower spinal surgery	N/A

Medication	Methotrexate 50mg Vitamin tablets Anti-inflammatory medication	N/A
Allergies	N/A	N/A
What can the individual do independently?	<p>The individual can:</p> <ul style="list-style-type: none"> <li>• support own weight usually, but due to surgery cannot do this for longer periods of time</li> <li>• transfer between furniture and from bed to chair usually, but due to surgery requires assistance from one other person</li> </ul> <p>sit to stand independently using armchairs for support</p>	
Aids	<p>Walking sticks, walking frame. Sometimes uses walking support rails in the house.</p>	

SAMPLE

## Item B: risk assessment form

Confidential patient record form

Health simulation centre

Patient person-centred risk assessment

<b>Name</b>	Individual
<b>Date of birth</b>	20/05/1960
<b>Home address</b>	25 Privet Street Hart Langley
<b>Current risks</b>	<ul style="list-style-type: none"><li>• risk of trips or falls especially due to recent surgery which means they cannot hold weight for longer periods of time</li><li>• had a recent fall, sustained minimal bruising and a graze to the knee</li><li>• blood clot risk</li><li>• disengagement from the service due to feeling embarrassment about mobility issues.</li></ul>



## Practical activity scenario 2

This practical activity scenario requires you to:

OPA2: Demonstrate how to use specific equipment to meet an individual's needs

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

You are supporting an 18 year old individual in their own home.

The individual has scoliosis and osteoporosis, which means that they have postural problems and fragile bones.

Their condition affects their mobility, and they require a high level of support with personal care needs, including washing and dressing.

### Task

You have been asked by a senior care worker to show the individual how to use a bath chair **and** then support them whilst they have a practice of using it.

You have been given the individual's care plan (item C) and the manufacturers guide/instructions (item D).

(16 marks)

plus marks for underpinning skills – person-centred care, communication and health and safety

### Supporting information

This practical activity scenario involves role play. The individual will be played by a member of staff.

You have been given the individual's care plan (item C) and the manufacturer's guide/instructions for the bath chair (item D – provided separately from this booklet).

You have access to the following equipment:

- a hoist
- a walking frame
- walking sticks
- a wheelchair
- a bath
- a bath chair
- a towel
- a sponge

## Performance outcomes

This practical activity scenario assesses:

PO1: Carry out a range of therapeutic techniques to support allied health professionals

PO2: Assist with the therapy support process and provide advice to help individuals develop and improve their health and/or maintain skills for daily living

SAMPLE

## Item C: individual's care plan

### Confidential patient record form

Health Simulation Centre

Name	Individual				
Date of birth	14/11/2002				
Home address	5 Grange Road Old Newton Manor Park				
Next of kin	Mother				
Name of GP	Dr Smith				
Social history	Lives with parents Parents work full time				
Occupation	Student				
Smoking	Never smoked				
Alcohol	Rarely drinks alcohol				
Exercise taken	Attends physiotherapy weekly and swims 3 times per week				
Diet	Has a balanced diet				
Height	5 feet 5 inches	Weight	11 stones 3 pounds		
Lives with	Parents				
Children/dependents	Age	Age	Age	Age	Age
	N/A				
Current situation	<p>Patient has a carer who comes in once per day to support with personal care needs. Uses a wheelchair when pain is particularly bad/when going out for long periods but can use walking sticks/a frame to aid mobility around the house.</p> <p>Previously lived somewhere with a shower only and Mum/Carer was supporting patient in personal care. Patient sometimes using wipes/sink and cloth for hygiene purposes. Wishes to be able to use the bath since recently the family have moved house.</p>				

<b>Medical History</b>	<b>Self</b>	<b>Family</b>
Long-term conditions	Osteoporosis and Scoliosis	None
Mental health status	Illness related stressors	None known
Surgery	None	N/A
Medication	Calcium and Vitamin D Regular anti-inflammatory medication	N/A
Allergies	None known	N/A

SAMPLE

## Practical activity scenario 3

This practical activity scenario requires you to:

CPA8: Use tools to measure and record the progress individuals make, analysing and evaluating against defined outcomes where applicable

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 30 minutes.

### Brief

The individual you have been asked to meet is registered as disabled due to an injury they sustained at a younger age, which resulted in their ankle joint being shattered.

They have had reconstructive surgery, but this was unsuccessful, and they have been left in permanent discomfort and as a result they struggle with mobility.

The individual is now due for a routine review to check their mobility in relation to completing daily tasks.

The review is taking place at the foot and ankle reconstruction unit.

### Task

The therapy team has asked you to meet with the individual to assess their ability to perform activities of daily living by completing the Barthel index (BI) (item E).

You should ask the individual to demonstrate the following activities as part of your assessment:

- transfer
- mobility
- feeding
- dressing
- grooming

Report your findings to the senior member of the rehabilitation team.

(16 marks)

plus marks for underpinning skills – person-centred care, communication and health and safety

### Supporting information

This practical activity scenario involves role play. The individual will be played by a member of staff and the senior member of the rehabilitation team will be played by the assessor.

You have been given an adapted Barthel index (BI) (item E).

You have access to the following equipment:

- a table
- two chairs
- walking frame

- walking stick
- wheelchair
- cutlery
- grooming equipment (e.g a comb/make-up/toothbrush)
- coat and shoes

## **Performance outcomes**

This practical activity scenario assesses:

PO1: Carry out a range of therapeutic techniques to support allied health professionals

PO2: Assist with the therapy support process and provide advice to help individuals develop and improve their health and/or maintain skills for daily living

SAMPLE

## Item E: adapted Barthel index (BI)

Aspect	Score	Aspect	Score
<b>Bowels</b> 0 = incontinent 1 = occasional accident (once or twice a week) 2 = continent		<b>Dressing</b> 0 = dependent 1 = needs help but can complete half-body dressing unaided 2 = independent	
<b>Transfer</b> 0 = unable/no sitting balance 1 = needs major help and can sit (one or 2 people physically helping) 2 = minor help (verbal or physical help) 3 = independent		<b>Toilet use</b> 0 = dependent 1 = needs some help, but can do something alone 2 = independent (on and off, dressing and wiping)	
<b>Bladder</b> 0 = incontinent/catheterised and unable to manage themselves 1 = has the occasional accident (max once per 24 hours) 2 = continent (for over one week)		<b>Stairs</b> 0 = unable 1 = needs help (physical/verbal/carrying aid) 2 = independent (up and down)	
<b>Mobility</b> 0 = immobile 1 = wheelchair independent 2 = walks with help (one person helping – verbal/physical) 3 = independent (may use walking aids)		<b>Feeding</b> 0 = unable 1 = needs help with food preparation and using cutlery 2 = independent	
<b>Grooming</b> 0 = needs help with personal care 1 = independent		<b>Bathing</b> 0 = dependent (needs assistance) 1 = independent (no assistance needed)	
<b>Total</b>		<b>Total</b>	
<b>Grand total</b>			

## **Scoring**

Total possible scores range from 0 to 20. Lower scores indicate increased disability and difficulty completing daily activities. Increased scores indicate more ability and less dependency on others for assistance when completing activities of daily living.

## **Guidelines**

The index should be used as a record of what a patient does, not a record of what a patient could do.

SAMPLE



## Practical activity scenario 4

This practical activity scenario requires you to:

OPA9: Provide advice and support in line with care plans and in consultation with the therapy team, and registered professionals and carers and families 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 25 minutes.

### Brief

An individual has a history of eating large amounts of junk foods and a very high intake of sugar by drinking fizzy drinks from a young age.

They have also never exercised and often get out of breath when doing normal daily activities due to weight issues.

Since having gastric band surgery, they are now trying to change these poor choices in an effort to change their lifestyle and aid recovery, however this is proving difficult for the individual and they are struggling to eat better and exercise.

### Task

You have been asked to have a conversation with the individual who is attending the healthy lifestyle clinic, to provide them with guidance and advice on healthy eating and exercise.

You have been given the individual's care plan (item F).

You have 10 minutes to prepare for the conversation. The conversation with the individual should last no longer than 10 minutes.

You should record any key points of discussion or suggestions on A4 paper, to give to the individual at the end of the conversation, as well as any leaflets or visual aids that you think will be useful.

(16 marks)

plus marks for underpinning skills – person-centred and communication

### Supporting information

This practical activity scenario involves role play. The individual will be played by a member of staff.

You have been given the individual's care plan (item F).

You have access to the following equipment:

- a table and 2 chairs
- A4 paper
- a variety of leaflets and visual aids on:
  - healthy eating
  - exercise
  - healthy lifestyle

## Performance outcomes

This practical activity scenario assesses:

PO1: Carry out a range of therapeutic techniques to support allied health professionals

PO2: Assist with the therapy support process and provide advice to help individuals develop and improve their health and/or maintain skills for daily living

SAMPLE

## Item F: individual's care plan

Name	Individual				
Date of birth	21/02/1987				
Home Address	1 The Avenue Old Village New Town				
Occupation	Engineer				
Smoking	Non-smoker				
Alcohol	Does not drink				
Exercise taken	No exercise at present				
Diet	Poor diet – eats a lot of junk food				
Lives with	Family – wife and 2 young children				
Children/dependents	Age	Age	Age	Age	Age
	5	10			

Medical History	Self	Family
Long-term conditions	Overweight	History of heart disease
Mental health status	Stable	N/A
Surgery	Gastric band surgery	N/A
Medication	Codeine for pain management post-operative	N/A
Allergies	Penicillin	N/A

## Document information

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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	22 November 2023