

T Level Technical Qualification in Health (603/7066/X)

Core knowledge and understanding

Paper A Elements 1-11

Paper number: PXXXXX

Specimen 2021 **morning/afternoon**

Time allowed: 2 hours 30 minutes

Student instructions

- Use black or blue ink.
- Fill in the boxes at the bottom of this page.
- Answer all questions.
- Read each question carefully.
- You must write your responses in the spaces provided. There may be more space than you need.
- You may do rough work in this answer book. Cross through any work you do not wish to be marked.

Student information

- The marks available for each question are shown in brackets. This is to help you decide how long to spend on each question.
- The maximum mark for this paper is 116.
- In questions **7, 13, 18 and 24**, you will be assessed on the quality of your written communication (QWC). Specifically, your ability to:
 - use good English
 - express and organise ideas clearly and logically
 - use appropriate technical terms.

Please complete the details below clearly and in **BLOCK CAPITALS**.

Student name _____

Provider name _____

Student number Provider number

To be completed by the examiner			
Question	Mark	Question	Mark
1		13	
2		14 (a)	
3 (a)		14 (b)	
3 (b)		15	
3 (c)		16	
4		17	
5		18	
6		19	
7		20	
8		21	
9		22	
10		23	
11		24	
12			
Total mark			

Do not turn over until the invigilator tells you to do so.

Section A: Working in the healthcare sector

This section is worth 30 marks; plus 3 marks for the quality of written communication (QWC). Answer **all** questions in the spaces provided.

1 Outline the purpose of continuing professional development (CPD) for a healthcare practitioner. **[1 mark]**

2 Identify **one** practical CPD activity for healthcare assistants when working with stroke patients.

Explain how the activity would support the healthcare assistant when working with stroke patients. **[3 marks]**

3 Anna, A nursing home resident, has her care provided by female only healthcare practitioners. This is due to her cultural beliefs.

3 (a) Name **one** policy which the nursing home **must** have in place to support Anna's wishes. **[1 mark]**

3 (b) Define indirect discrimination and give **one** example that Anna could face.

[3 marks]

3 (c) Discuss how indirect discrimination could affect Anna's mental or physical health.

[3 marks]

SAMPLE

4 'The clinical expertise of nurses is the most important element in evidence-based practice'.

Discuss to what extent you agree or disagree with this statement.

Your response should demonstrate:

- understanding of evidence-based practice
- reasoned judgements and conclusions.

[6 marks]

5 Mary is due to give birth soon. She has a midwife to support with her care.

Identify **one** aspect of the midwife's job role **and** briefly explain how this contributes to the care of Mary and her baby.

[3 marks]

6 Give **one** way to reduce the risks of infection via oral transmission in a healthcare setting.

[1 mark]

Please turn over for the next question.

SAMPLE

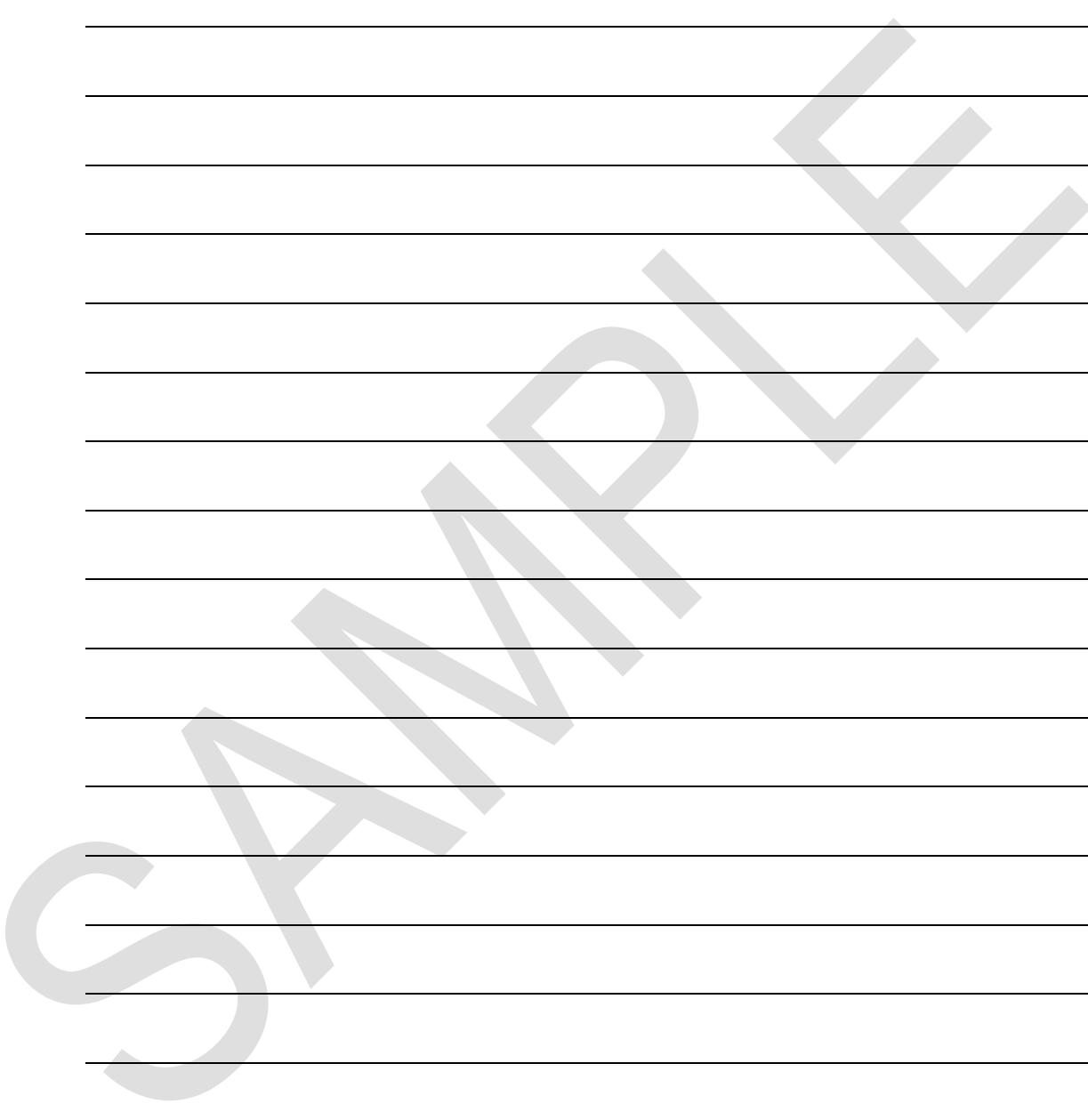
7 Discuss the impact of artificial intelligence (AI) on the role of healthcare practitioners.

Your response should demonstrate:

- reasoned judgements
- conclusions about the impact of AI on the role of healthcare practitioners.

[9 marks, plus 3 marks for QWC]

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Please turn over for the next section.

SAMPLE

Section B: Managing personal information and data in the healthcare sector

This section is worth 22 marks; plus 3 marks for the quality of written communication (QWC). Answer all questions in the spaces provided.

8 State **one** advantage of collecting qualitative data during a research study. **[1 mark]**

9 A healthcare practitioner is supporting a patient who has reduced immunity following a transplant. The healthcare practitioner is taking the patient's temperature and blood pressure after they complained of feeling unwell.

Give **one** reason why it is important to ensure the information is accurate and explain a possible impact of not doing so. **[2 marks]**

10 Discuss the impact on working practices of using an electronic system for patient records. **[6 marks]**

11

Whilst working on a delivery suite in a hospital as a midwife, you are required to attend shift handover. The purpose of a shift handover is to inform the new team of the women in the suite, to include the stage of labour and their individual care needs.

Identify **one** format for sharing this information. Describe **two** benefits of using this format.

[3 marks]

12

Give **one** reason for restricting the use of a personal mobile phone in a healthcare setting.

[1 mark]

Please turn over for the next section.

SAMPLE

Section C: Health and safety in the healthcare sector

This section is worth 22 marks; plus 3 marks for the quality of written communication (QWC). Answer **all** questions in the spaces provided.

14 (a) Outline the purpose of the Health and Safety at Work etc Act 1974.
[1 mark]

14 (b) Outline the purpose of the Control of Substances Hazardous to Health (COSHH) Regulations 1994. **[1 mark]**

15 You are working in a hospital ward and have been asked to assist a female patient who is 4 hours post-op surgery. The patient needs to use the toilet. Due to the surgery, she is weak and unsteady on her feet.

Identify **one** possible hazard and for this hazard, give **one** way you could minimise the risk of harm.

[2 marks]

16

You work as a healthcare assistant in a nursing home. It is your employer’s responsibility to follow the Personal Protective Equipment (Enforcement) Regulations 1992.

Explain how the PPE (Enforcement) Regulations 1992 apply to the nursing home setting and discuss the limitations of the regulations for promoting health and safety in the nursing home.

Your response should include reasoned judgements.

[6 marks]

A series of horizontal lines provided for writing the answer, overlaid with a large, diagonal watermark reading "SAMPLE".

17 Tom is 84 years old and after a long stay in hospital is being discharged. Tom struggles with his mobility.

The discharge team note that Tom lives alone and has support from his son and daughter.

Give **three** types of support which could help Tom's continued recovery at home. **[3 marks]**

18 Discuss the practices used in hospitals for infection prevention and control to comply with the Control of Substances Hazardous to Health (COSHH) Regulations 2002 and the Hazardous Waste Regulations 2005.

Your discussion should include:

- explanations of the regulations
- the impact of not following these practices
- analysis of the external factors that could lead to these practices not being followed.

[9 marks, plus 3 marks for QWC]

Section D: Person-centred care in the healthcare sector

This section is worth 30 marks; plus 3 marks for the quality of written communication (QWC). Answer **all** questions in the spaces provided.

19 Briefly describe **one** early symptom of Alzheimer’s disease. **[1 mark]**

20 State **one** physical change that may indicate someone is nearing the end of their life and give the reason for this change. **[2 marks]**

21 88-year-old Raya fractured her hip in a fall in her care home and was taken to accident and emergency (A&E).

A&E admitted Raya onto the orthopaedic ward, dehydrated and in pain with a grade 2 pressure sore on her right heel. A&E had not documented the pressure sore. Raya was administered pain relief and fluids, as prescribed by A&E 6 hours earlier.

Give **two** safeguarding actions that should be carried out, and for each, explain **two** reasons why they are necessary for Raya. **[6 marks]**

SAMPLE

Please turn over for the next question.

22

Samira is a 72 year old widow receiving palliative care at home for uterine cancer. Her son, Amir, lives in the home and is her main carer. You are her community nurse and

Samira tells you she accepts dying but is worried about Amir.

Amir tells you he is very anxious about his mother dying in pain as she is not able to swallow her medication. He has also expressed concerns about her dying alone.

Describe **three** ways you could address Amir’s specific concerns.

For **each**, describe how you would check the effectiveness of the intervention.

[6 marks]

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23

Stephen is 25, he has Down's syndrome and lives with his parents.

Charles is Stephen's key worker and has supported him to get a part-time job at a local supermarket, where Stephen has started a relationship with co-worker Gail. Stephen has confided in Charles that he would like a sexual relationship.

Stephen's mother, Marie, has contacted Charles to suggest that Stephen should stop working at the supermarket because then he would not be able to meet Gail. Marie believes Stephen is not capable of fully understanding the sexual health risks or dealing with the emotions and other consequences of sexual intimacy.

There are five principles of the Mental Capacity Act (2019).

Explain how **two** of the principles would support Stephen in a person-centred way. Give justifications for your answer.

[6 marks]

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24

Dorothy is a 68 year old woman and has recently been diagnosed with type 2 diabetes. She typically consumes over 3000 kcal per day, is overweight and has a body mass index (BMI) in the obese range.

Dorothy enjoys gardening, baking and family time with her grandchildren. She relies on her car to get around, even locally, and does not take regular exercise.

In the evening, Dorothy likes to have a few glasses of wine whilst watching TV.

There are several lifestyle factors which are affecting Dorothy’s health.

Evaluate the lifestyle changes that Dorothy could make to improve her diabetes and overall health and wellbeing.

Your response should demonstrate:

- justification for recommended lifestyle changes
- conclusions about the overall benefits of these lifestyle changes.

[9 marks, plus 3 marks for QWC]

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Owner: Head of Assessment Design

Change History Record

Version	Description of change	Approval	Date of Issue
v1.0	Published.		2020
v1.1	NCFE rebrand.		September 2021
v1.2	ODSR_H_024 – Question 16 update	January 2022	March 2022
v1.3	Sample added as a watermark	November 2023	21 November 2023