



# T Level Technical Qualification in Health

Employer Set Project (ESP)

## Core skills

Project brief insert

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## Nia

Nia is 28 years old and works at Healthy Minds mental health unit as a health support worker. Nia has a 2-year-old called Bobbie. Nia is currently in hospital. She has recently given birth to twins Skyla and James.

When Bobbie was born, Nia made the decision to bottle feed. However, Nia has decided that she would like to try and breastfeed with the twins. Nia knows this could be difficult but does not plan to have any more children so would like the experience.

Nia had a hospital delivery, with no complications. She has been in hospital since her twins were born a week ago. When she was completing her discharge papers, Nia told the nurse on the ward that she did not want to go home. The nurse recorded this:

Nia appears anxious and stressed about the idea of discharge and returning home. Nia's partner Jo has not visited, and Nia is reluctant to talk about him. Whilst I was arranging Nia's discharge, Nia said she won't go home, but won't say why. Both babies are thriving, and Nia has managed a combination of breastfeeding and bottle feeding.

## Alex (Clara)

Clara is the youngest of 3 children. Her sister Lily is 17 and is the eldest, her brother Jake is 14 and Clara is 12. Clara has always felt different to her siblings and friends.

From the age of 5, Clara has often said to her family she is a boy. Clara has just reached the age of 12 and has told her parents she is serious, she really 'feels she is a boy'. Clara explained that she does not like her body because it is not the body she is supposed to have. Clara has told her parents that she wants to take drugs that stop puberty and be called Alex. Clara has told her parents that she has heard about these drugs from a lesson in PSHE in school. However, she does not really know anything about the drugs, as they were only briefly mentioned in school.

Clara has also become increasingly self-conscious about her body. On days when she has PE, Clara often pleads with her parents to let her stay at home because she has a stomach-ache. She wants her parents to write a letter to the school asking for her to be excused. Clara has told her friend she does not like PE as she feels embarrassed about her body as it is a 'girl' body.

Clara's parents are worried, confused and feel very protective over Clara. They are very concerned about how distressed Clara feels. They are also concerned about how other people will respond to Clara. Clara's parents know it is time to seek help.

# Tamsin

Tamsin is 26 years old and has a learning disability. Tamsin's learning disability makes it hard for her to take in information and learn new things. Sometimes her behaviour can be challenging. This is usually when she is feeling anxious or unwell.

Tamsin is very particular about how she approaches situations, and she often has to do tasks in a certain order otherwise she can feel very anxious.

Tamsin has a high frequency hearing loss and wears a hearing aid. Due to her hearing loss, she has some trouble speaking certain sounds. She has had speech therapy input over the years to help her with her speech and expressing herself more confidently. Tamsin likes sensory stimulation and has various pieces of soft material cut into squares that she carries around with her and likes to rub. Tamsin finds loud noises unnerving and sounds like alarms going off can upset her easily.

Tamsin has always had sore throats. Her mum, Kim says this is her weak spot. For the past 3 years, Tamsin has been treated for tonsillitis. The last infection was particularly bad. Tamsin's GP referred her for a tonsillectomy in line with current NHS recommendations.

The hospital has given a date for Tamsin's tonsillectomy. Tamsin is feeling agitated and anxious about the operation. As the date approaches, Tamsin has been asking Kim lots of questions. Tamsin is unsure about the procedures for her operation and is increasingly worried and anxious. Tamsin has only stayed away from home a couple of times before with her mum, and never on her own. Tamsin is not sleeping well, and this is having an impact on her daily routines and anxiety. Kim is concerned that Tamsin may not cope very well when admitted for her operation. Due to these concerns, Kim has contacted the hospital to request information. Tamsin has been referred to the learning disability liaison nurse. An appointment has been made and Tamsin is going to visit the nurse next week.

## Frances

Frances is 24 years old and is currently a voluntary inpatient at a psychiatric hospital. Frances' GP made the referral. Frances' GP made the referral after previously making a diagnosis of depression. However, he became very concerned by how Frances presented and what she told him in the consultation. Frances told the GP she had not slept properly for 2 weeks but believed that she did not need any sleep. Frances also said that she had not been to college for 6 months where she has been studying a foundation degree. She also said she had no money. She had emptied her bank account by shopping online throughout the night. Frances said she was at the limit of 5 credit cards and had borrowed money from her parents and 5 friends. She needed the money to pay for online shopping. This was erratic and many items were unwrapped or still in boxes. Frances does not think of her shopping or sleep pattern as erratic or unusual.

Frances was reluctant to be admitted to the local psychiatric hospital. However, she agreed after some persuasion by her parents and encouragement from her GP. Frances has been an inpatient for 4 weeks and has finally been diagnosed with bipolar disorder. After experiencing mania, Frances is now very low in mood. The diagnosis is a shock to Frances, and she is frustrated and confused about it. Frances has been told that she may have ignored or avoided her mood changes in the past. The psychiatrist has tried to reassure Frances that this is a provisional diagnosis that they will monitor and consider over time. They have taken the time to outline to Frances all the ongoing support that is available.

The psychiatrist has recommended that Frances should be discharged from hospital in one week and receive appropriate care as an outpatient. The psychiatrist also recommends that it would be positive if Frances returns to college. It is unclear what support Frances will receive when she is discharged or how she will manage. Frances wants to be discharged from the hospital as she sees no point in being there any longer. However, Frances is also reluctant to go home as she lives on her own and is scared. She is scared what this diagnosis will mean for her in everyday life and worried about how she will manage at home. She is also concerned about the college work she has missed and how she is going to catch up.

# Harry

Harry is 67 years old and dad to Simon, who is a Mental Health Support Worker at Healthy Minds.

Harry had a coronary artery bypass graft (CABG) 6 months ago. After spending some time in hospital post-surgery, he was discharged and had follow-up care at home. Harry lives in a bungalow with a small garden. He lives on his own.

Harry worked as warehouse operative for Ford Motor Company for most of his working life. He had many friends at work and a full social life. He belonged to the darts team at his local pub and was involved in his local rotary club for over 30 years. He enjoys reading science fiction and completing the daily crossword in his newspaper that he has delivered. He is a keen cricket fan.

Harry gave up smoking 10 years ago. He found it hard but knew that it was not good for his health. He joined a stop smoking group at his local health centre and was given patches which really helped. Harry has never liked organised exercise. He tried a gym once, but he did not enjoy it. He had to lose some weight before he was able to have his surgery.

Simon visits his dad regularly and they have a good relationship. Simon sometimes arranges to cook and eat together with dad. Simon tries to make sure that he makes Harry a healthy meal as he thinks his dad's diet is unhealthy. Simon has noticed a lot of biscuits and crisps in his dad's food cupboard. Harry has been relying on ready meals most days as they are quick and easy.

When Harry first had his operation, he happily followed the nurses' advice. However, as time has gone by, he has begun eating more 'easy' foods and has put on quite a few pounds in weight. Simon has tried to encourage him to go out with him, but Harry does not appear very motivated saying he will do it another time.

Harry had his regular review at the GP surgery last week. His blood pressure (BP) was taken, and it was slightly higher than normal. His GP was concerned that Harry's weight had increased. The GP asked Harry some questions about his current diet and exercise routines and about his mood. The GP decided it would be helpful to make a referral to the community dietetic service.

## Document information

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