



T Level Technical Qualification in Health

Employer set project (ESP)

Core skills

Project brief insert

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Lenn

Lenn is 45 years old and has three children. She is 7 months pregnant with her fourth child. Her first two pregnancies went very well and Lenn gave birth at home. However, there were problems with the third pregnancy; she had high blood pressure and needed careful monitoring.

Lenn is very excited about her pregnancy.

Lenn's children are aged 18, 10 and 6. Her partner, Steve, works as a musician and teaches in the local school. However, Lenn often requires help, particularly with the younger children, one of whom has additional support at school to help with concentration problems and the completion of work. Sometimes, the older child helps with the younger ones, but they are busy with their own life so this cannot be relied upon.

Lenn and Steve struggle financially. They use the income they have creatively but still find it is not enough. Their monthly bills are increasing, and the children want to go on school outings and activities.

Lenn visits her midwife regularly but at 26 weeks, there is concern over the baby's weight. Lenn becomes increasingly anxious about this. She had problems with her third pregnancy. Her stress and anxiety start to affect the family with two of the children starting to miss school, claiming illness.

The midwife is concerned about the baby's growth. Lenn and the baby need to be closely monitored.

Antonio

Antonio is 12 years old and lives with his parents and two siblings; Isabella who is 10 years old and Jose, aged 6. Diego and Selina, his parents, decided to move to England with their three children 2 years ago. They both felt there would be better opportunities for the family compared to their village in Spain.

The three children enjoy school and have quickly learnt enough English to get by and make friends. Antonio is very popular and enjoys many of the after-school activities. He loves tag rugby, football, skateboarding and mountain biking. His siblings all enjoy taking part in community activities such as holiday clubs and team sports.

Antonio's parents both have jobs but have not settled into their new lives quite so quickly. Diego is fluent in English, whereas Selina is not so proficient and has limited communication skills. Diego transferred his job with the banking company for whom he originally worked in Spain while Selina works at the local school as a catering assistant. This is ideal as she is not at work during the school holidays so can be at home for their children. Selina finds her job difficult as she struggles with the language and finds some of her colleagues difficult to engage in conversation.

While playing in a football tournament at school, Antonio injures himself and is in so much pain an ambulance is called. At the hospital, the doctor confirms that Antonio has an anterior cruciate ligament (ACL) tear, a common injury in football. The doctor advises Antonio and his parents that they feel surgery is the best option, giving him optimum recovery time. However, Antonio says he does not want the surgery and shows signs of distress. The nurse on the ward tries to reassure Antonio about the surgery.

Natalia

Natalia, aged 48, is a keen cyclist and takes great pride in the miles she has cycled in the UK and Europe. She fell off her bike while cycling, causing partial skin loss injuries to her left arm and left leg. Natalia thought little of this incident, cleaned up her grazes and carried on with her route.

Over the next few days, Natalia began to feel unwell. She felt like she had flu-like symptoms, feeling hot and her breathing was becoming faster and shallow. She also had sickness and diarrhoea. Natalia was also feeling lightheaded, even when she was not cycling. Initially, Natalia shrugged off these symptoms, but her husband, Giles, became increasingly concerned. Her grazes were not healing, and the one on her leg had become progressively red and inflamed. Then Natalia struggled to stand up, stating she felt very sleepy.

Giles took Natalia to the hospital nearest to where they were staying for the week. On arrival at accident and emergency (A&E), blood, urine, a wound culture and a sputum culture were taken.

The grazes Natalia had sustained when she fell off her bicycle had not healed. They had become infected, and this had led to sepsis.

Natalia was admitted and the consultant and nursing team started to assess her wounds. If the affected areas did not respond to treatment, there was the possibility of the sepsis spreading and of Natalia suffering life-changing injuries.

Natalia's sickness and diarrhoea worsened, she was unable to keep even water down and her temperature increased. Her blood cultures revealed Group A Strep Streptococcus (GAS), her organs were all starting to shut down and her veins had collapsed, making it very difficult to administer medication. She was moved to the high-dependency unit (HDU).

After 12 days in HDU, Natalia was transferred to the medical ward. Her kidney function was a concern and would continue to be monitored. There were also concerns about her circulation as the sepsis was causing her blood to form small clots in blood vessels, which can block blood from reaching limbs.

After a further 4 weeks on the medical ward, Natalia is now being prepared for discharge from hospital and being supported by the multidisciplinary team.

Tianu

Tianu is 43 years old. He lives at home with his wife and two teenage children. He is a self-employed electrician who has depression. He was diagnosed 6 months ago, following several general practitioner (GP) appointments. He understands it is impacting him and his family in a negative way. He also finds it increasingly difficult to generate new business as he finds communication and interaction with existing and potential customers difficult.

Tianu is a coach for the local junior football team. He was a keen footballer, and his son still plays. Tianu also enjoys going to league matches when he has time, and when he can get tickets. Tianu has met most of his friends through his love of football.

Tianu has difficulty getting to sleep at night and is often awake until the early hours, this means that he struggles to get out of bed in the morning. He has also lost his appetite. He says he is lacking in motivation and knows the effect this has on his family, particularly financially. Tianu often wonders what the point of life is. Out of desperation, Tianu's wife seeks help for him. He is persuaded to go back to see his GP to ask about different options that may help with his depression.

When his wife asks about where his feelings of worthlessness are coming from, he says he feels it might have stemmed from the loss of his parents; they both died in a boating accident while on holiday. It was a holiday that Tianu had bought them as a silver wedding anniversary present, so he has feelings of guilt attached to their deaths. The accident happened eleven months ago, and the anniversary of their deaths is next month.

He knows he has a good job; he has built the business up himself. They live in a lovely house and his children are enjoying school and achieving well. However, Tianu believes that his depression is affecting his life and his family.

Tianu goes to his GP appointment but is not willing to take medication or to receive any form of therapy. When questioned about this, he says he hears of people becoming worse after receiving such treatment. He cannot give exact examples but says this is what he thinks. His wife is distraught and cannot see a way forward if this is the response and reaction. He is very reluctant to engage in treatment but agrees to being referred to the Community Mental Health Team.

Lou

Lou is 44 years old and is married with two children. Over the past 5 years, Lou has gradually gained weight and now has a BMI of 40 kg/m². She does not eat a healthy diet and, due to work and other commitments, eats many of her meals on the go. She does not exercise and often feels very tired and lethargic.

Lou manages a busy café and volunteers at her children's school on the Parent, Teacher and Friends Association.

After work one day, Lou starts to feel dizzy and faint, and is clearly unable to walk home. She tells her colleague, who decides to take Lou to accident and emergency (A&E). On arrival at A&E, Lou is seen and reports the symptoms she has been experiencing. This includes fatigue, excessive thirst and frequent urination. Lou's blood test results are concerning; they reveal her blood sugar levels are high and out of the normal range.

The results are so concerning that Lou was admitted overnight. The following morning, the consultant makes recommendations in relation to medication and weight loss management. After the meeting with the consultant, Lou is discharged to her general practitioner (GP) for further support and referral to a dietician. When Lou visits her GP, she starts to recognise the severity of her health. She really wants to make improvements in her health and is keen to know the actions she needs to take. The GP puts her in touch with a supporting healthcare assistant at the surgery whilst she awaits her referral to the dietician.

Lou feels she needs a lot of support with her lifestyle in order to make the necessary changes. She is keen to be a positive role model for her children and prove to them she can make the changes needed to improve her health. Lou is anxious about changing her lifestyle and how this will make her feel.

Document information

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