

NCFE

CACHE

Sample Assessment Materials (SAMs) (holistic) Optional Units - Allied Health Profession Therapy Support

**NCFE CACHE Level 3 Technical Occupational Entry in
Senior Healthcare Support (Diploma)
QN: 610/3988/3**

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Assessment 1

Your assessor will be able to holistically assess criteria from the following eight units:

AHP 1 Provide information and advice to individuals on eating to maintain optimum nutritional status.

AHP 4 Monitor individuals' progress in relation to managing their body weight and nutrition.

AHP 6 Deliver exercise sessions to improve individuals' health and wellbeing.

AHP 7 Assist in testing individuals' abilities prior to planning physical activities.

AHP 8 Support individuals' in undertaking their chosen activities.

DHCS 4 Person-centred practice, choice, and independence.

DHCS 13 Communicate with individuals about promoting their health and wellbeing.

DHCS 19 Undertake physiological measurements.

Your first patient is Mr Wills who is a 58-year-old semi-retired engineer. He has struggled with his weight management over the past 25 years and has progressively increased in size. He admits that his dietary intake is poor and has tried dieting in the past with minimal success. He is 5'10 and weighs 15 stone.

Outline the different factors that could affect Mr Wills nutritional intake. (AHP 1: AC1.1)

What components of a nutritional plan are essential for Mr Wills? (AHP 1: AC2.4)

Explain how evidenced based practice, national guidelines, and legislation guides the development of weight and nutritional management plans. (AHP 4: AC1.1)

List which body measurements you would assess for Mr Wills and justify why they were chosen. (AHP 1: AC2.5, DHCS 19: AC2.5, 2.7)

The clinic has tasked you with conducting research on the significance of weight management. Based on your findings, create an information handout for patients like Mr Wills, make sure to include the following points:

- the importance of exercise in weight management (AHP 6: AC2.1, AHP 7: AC3.1 and AHP 8: AC2.2)
- the relationship of different food and their nutritional composition (AHP 1: AC4.1)
- the basic physiology of maintaining ideal nutritional status. (AHP 1: AC1.2, 1.3, 1.4)

Six weeks after his initial assessment Mr Wills has returned for his follow up. You have been asked to review Mr Wills' progress.

Prepare for a professional discussion with your supervisor/assessor to show how you would prepare for the review with Mr Wills.

You will be required to discuss the following:

- the types of information you would aim to gather from Mr Wills to assess his progress (AHP 4: AC1.2 and DHCS 4: AC1.6)
- how encouragement and feedback on Mr Wills' progress could be used (AHP 4: AC1.3 and DHSC 13: AC3.2)
- contrast how body measurements will be used in Mr Wills' follow up review in comparison to his initial assessment to highlight progress (AHP 4: AC1.4, 3.3)

- three scenarios when you would refer Mr Wills to a different practitioner to modify his plan. (AHP 4: AC1.5 and DHSC 13: AC4.8)

Assessment 2

Your assessor will be able to holistically assess criteria from the following seven units:

AHP 1 Provide information and advice to individuals on eating to maintain optimum nutritional status.

AHP 2 Principles of health promotion.

AHP 6 Deliver exercise sessions to improve individuals' health and wellbeing.

AHP 7 Assist in testing individuals' abilities prior to planning physical activities.

AHP 8 Support individuals' in undertaking their chosen activities.

DHCS 2 Promote effective handling of information in care settings.

DHCS 13 Communicate with individuals about promoting their health and wellbeing.

Your second patient in the clinic is Jennifer who is 28 years old and currently unemployed. Jennifer has a 10-year history of eating disorders and was diagnosed with anorexia and bulimia. Jennifer was referred by her doctors (GP, psychiatrist, and specialists) to the clinic after sharing that she would like to return to swimming. Jennifer was a regional swimmer during her early teens before losing interest in the activity.

Produce a PowerPoint presentation to show how Jennifer could be supported. Include the following:

- a description of what local and national services are available for individuals who require information and support about changing their health behaviour. Carry out research in your local area, identifying any registered dietitians. How did you find them? What methods of contact can be used? (AHP 1: AC2.1, 2.2 and DHCS 2: AC1.1)
- an explanation of how evidenced based practice, national guidelines and legislation would guide you in supporting Jennifer in her return to swimming (AHP 8: AC1.1)
- five factors that could motivate an individual to change their lifestyle. Explain how each could be applicable to Jennifer's case (AHP 8: AC2.1 and DHCS 13: AC2.1)
- a description of the benefits swimming will have on Jennifer's psychological state, emotional wellbeing, and general health (AHP 8: AC2.2 and AHP 6: AC2.1, 2.3)
- a summary of how you would identify the physical, psychological, and social demands that Jennifer will face returning to swimming (AHP 8: AC2.3)
- a short-, medium- and long-term goal for Jennifer using the SMART (Specific, Measurable, Achievable, Relevant, Time-bound) format. Justify why these goals are important. (AHP 8: AC2.4, AHP 6: AC5.4, 5.5 and AHP 7: AC5.4)

Compose an essay on an example of behavioural change you have learnt about or witnessed that has had either positive or negative health effects. It must identify theories of behaviour change, factors that influenced change and the barriers to change. (AHP 2: AC2.1, 2.2, 2.3)

Change history record

Version	Description of change	Approval	Date of issue
V1.0	First publication		August 2025