



T Level Technical Qualification in Health

Occupational specialism assessment (OSA)

Supporting the Mental Health Team

Assignment 1 – Case study

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

Supporting the Mental Health Team

Assignment brief

Assignment 1

Case study

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Guidance for students

Student instructions

- you must read the assignment briefs for each task carefully before starting your work
- you must work independently and make your own decisions as to how to approach the tasks within the case study assessment
- you must clearly name and date the work that you produce during the supervised session
- you must hand over your work to your tutor at the end of the supervised session

Student information

- the maximum time you will have to complete all tasks for this case study assessment is 4 hours and 30 minutes:
 - it is recommended that you should dedicate 30 minutes to read the materials provided in the assignment brief insert
 - it is recommended that you should then read all the tasks and split your time accordingly, planning time to check your work
- at the end of the supervised session, your tutor will collect all assessment materials before you leave the room
- you must not take any assessment materials outside of the room (that is, via a physical memory device)
- you must not upload any work produced to any platform that will allow you to access materials outside of the supervised sessions (including email)
- you can fail to achieve marks if you do not fully meet the requirements of the task, or equally if you are not able to efficiently meet the requirements of the task

Plagiarism

Copying may result in the external assessment task being awarded a U grade. For further guidance, refer to your student handbook – plagiarism guidance and the maladministration and malpractice policy are located on the NCFE website.

Presentation of work

- your work should be completed electronically using black font, Arial size 12, unless otherwise specified, with standard border sizes
- clearly show where sources have been used to support your own ideas and opinions
- clearly reference all sources used to support your own ideas and opinions, including any quotations from websites
- any work not produced electronically must be agreed with your tutor, in which case the evidence you produce should be scanned and submitted as an electronic piece of evidence
- your work should be clearly labelled with the relevant task number, your student details and be legible (for example, front page and headers)

- electronic files should be given a clear file name for identification purposes – see tasks for any relevant naming conventions
- all pages of your work should be numbered in the format 'page X of Y', where 'X' is the page number and 'Y' is the total number of pages
- you must complete and sign the assessment cover sheet (ACS) and include it at the front of your assessment task evidence
- you must submit your evidence to the tutor at the end of the supervised session

SAMPLE

Scenario

Mike Jones is 42 and a business partner in an engineering company who is responsible for the financial side of the firm. He is married to Jill who works part time as a primary school teacher. The business was incredibly successful in the first 10 years, which Mike was very proud of. However, in the last 5 years it has experienced considerable financial difficulty and is at a stage in which there is potential for it to enter bankruptcy. Mike has taken out several credit cards and loans to help support the business.

At the age of 12, Mike experienced a sexual assault and was left feeling powerless, ashamed and angry. A year later he developed an eating disorder known as 'other'. A diagnosis for individuals who do not fit in to the traditional anorexia or bulimia symptoms. While Mike has received treatment over the years to manage his eating disorder, at particularly challenging times in his life it flares up.

The current work issues have exacerbated his stress levels and preoccupation with his weight. Mike's wife has become increasingly concerned as she has noticed Mike losing weight, appearing distracted and less communicative than usual. Mike is also not engaging in his usual activities that he enjoys like tennis and playing his guitar. Jill expresses her concerns to Mike, and he shares some of his distress and anxiety about the business with Jill. However, he is reluctant to talk about his weight loss, but does agree to make an appointment with his GP.

- The resources you will need are: **item A: GP referral letter**
- **item B: SBAR assessment tool**
- **item C: transcript of first meeting between Mike and the community mental health nurse (CMHN) for initial assessment**
- **item D: wellbeing plan**
- **item E: goal planning document**
- **item F: Mind campaign for better mental health**
- **item G: transcript of second meeting between Mike and the community mental health nurse (CMHN)**
- **item H: relapse recovery plan**

Task 1: assessment of the patient/situation

Scenario

Mike has been referred by his GP to the community mental health team (CMHT) due to his current mental health state. His eating disorder, memories about his sexual assault, anxiety and general feelings of worthlessness and guilt are consuming. He is also experiencing a lot of stomach pain, which he recently discussed with his GP. His weight has gone from 10 stone to 9 stone in just over 4 weeks. This is a 10% loss in body weight, which from a BMI calculation categorises him as underweight.

Task

You are working as a mental health support worker with the CMHT. The community mental health nurse (CMHN) has asked you to use the GP referral letter (item A) to complete the SBAR tool (Item B) to communicate information to the team.

You can also use information from the scenario to support you with this task.

(20 marks)

Conditions of the assessment

- task 1 must be completed in supervised conditions
- you will have access to the resources included in the assignment brief insert
- you will not have access to the internet or any other additional resource materials excluding sites and materials included in the assignment brief insert when completing your work for this task:
 - attempting to access other internet sites will be classed as cheating and you may be disqualified from this assessment, resulting in failure of the qualification

Evidence requirements

A Word-processed response and any further relevant evidence.

Submission

- all tasks should be saved separately
- the following filename conventions should be used for all materials produced:
 - (provider_number)_(student registration number)_(surname)_(first name)_task1_(additional detail of document content if multiple documents are produced per task)

Note: Please request your provider number and student number from your tutor.

Task 2: goals/patient outcomes/planned outcomes

Scenario

Mike has had his first meeting with the CMHN and is keen to make progress. He wants to be able to manage his eating disorder, anxiety, previous trauma (sexual assault) and challenges with the business.

Task

The CMHN has asked you to use the information from the transcript of Mike's first meeting with the CMHN (item C) and the wellbeing plan that Mike has completed (item D) to plan some goals for Mike. Complete item E, the Goal Planning document including: a description of 3 goals and 2 actions for each goal. You should also include potential barriers and who is responsible for achieving each goal.

(20 marks)

Conditions of the assessment

- task 2 must be completed in supervised conditions
- you will have access to the resources included in the assignment brief insert
- you will not have access to the internet or any other additional resource materials, excluding sites and materials included in the assignment brief insert, when completing your work for this task:
 - attempting to access other internet sites will be classed as cheating and you may be disqualified from this assessment, resulting in failure of the qualification

Evidence requirements

A Word-processed response and any further relevant evidence.

Submission

- these tasks should be saved separately
- the following filename conventions should be used for all materials produced:
 - (provider_number)_(student registration number)_(surname)_(first name)_task2_(additional detail of document content if multiple documents are produced per task)

Note: Please request your provider number and student number from your tutor.

Task 3: care/treatment/support plan

Scenario

Mike has expressed in his first meeting with the CMHN his desire to start treatment. The CMHN has discussed some support/treatment options with Mike and as part of your continued professional development (CPD) has asked you to recommend some treatments, which would be beneficial for Mike's mental health.

Task

Using information from the Mind website (item F) write a summary to the CMHN recommending 2 treatments for Mike, explaining the advantages and disadvantages of each treatment.

(20 marks)

Conditions of the assessment

- task 3 must be completed in supervised conditions
- you will have access to the resources included in the assignment brief insert
- you will not have access to the internet or any other additional resource materials, excluding sites and materials included in the assignment brief insert, when completing your work for this task:
 - attempting to access other internet sites will be classed as cheating and you may be disqualified from this assessment, resulting in failure of the qualification

Evidence requirements

A Word-processed response and any further relevant evidence.

Submission

- these tasks should be saved separately
- the following filename conventions should be used for all materials produced:
 - (provider_number)_(student registration number)_(surname)_(first name)_task3_(additional detail of document content if multiple documents are produced per task)

Note: Please request your provider number and student number from your tutor.

Task 4: evaluation/monitoring effectiveness/clinical effectiveness

Scenario

Mike has been receiving treatment and support with his financial issues. There have been some improvements with his eating and he has gained some weight. He is also talking more about his feelings and the range of issues that affect him.

He is starting to feel more in control and ready to make longer term plans. Following a second meeting with the CMHN (item G), Mike has completed a relapse prevention plan (item H).

Task

Using the transcript from Mike's second meeting with the CMHN (item G), completed relapse prevention plan (item H) and the other material you have received, evaluate how the relapse prevention plan can be of benefit to Mike and how it can be made more effective. This should be from a holistic and person-centred approach.

(20 marks)

Conditions of the assessment

- task 4 must be completed in supervised conditions
- you will have access to the resources included in the assignment brief insert
- you will not have access to the internet or any other additional resource materials, excluding sites and materials included in the assignment brief insert, when completing your work for this task:
 - attempting to access other internet sites will be classed as cheating and you may be disqualified from this assessment, resulting in failure of the qualification

Evidence requirements

A Word-processed response and any further relevant evidence.

Submission

- these tasks should be saved separately
- the following filename conventions should be used for all materials produced:
 - (provider_number)_(student registration number)_(surname)_(first name)_task4_(additional detail of document content if multiple documents are produced per task)

Note: Please request your provider number and student number from your tutor.

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Owner: Head of Assessment Design

Change History Record

Version	Description of change	Approval	Date of issue
v1.0	Additional sample material		01 September 2023
v1.1	Sample added as a watermark	November 2023	16 November 2023