

# T Level Technical Qualification in Health

Occupational specialism assessment (OSA)

## Supporting the Care of Children and Young People

Assignment 2 - Practical activities part 2

Assignment brief

v1.3: Specimen assessment materials  
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## T Level Technical Qualification in Health Occupational specialism assessment (OSA)

# Supporting the Care of Children and Young People

## Assignment brief

Assignment 2

Practical activities part 2

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# Assignment brief cover sheet

This assessment is for the following occupational specialism:

Supporting the Care of Children and Young People

## Date

[date]

## Time allowed

1 hour 40 minutes

## Paper number

[paper number]

## Materials

For this assessment you must have:

- a black or blue ball-point pen

## Student instructions

- this assessment requires you to demonstrate the **4** practical activities scenarios contained within this booklet
- the practical activity scenarios within this booklet have been set up at different stations and you will move between these stations during the assessment
- you have up to **5** minutes when you get to a station to prepare for the practical activity scenario; you should use this time to carefully read each practical activity scenario, including any supporting information and familiarise yourself with the station
- you will have a maximum amount of time to complete the practical activity scenario, the time available is written at the beginning of each practical activity scenario; if you go over this time you will be asked by the assessor to move on to the next station
- fill in the boxes at the top of the next page

## Student information

- the marks available for each practical activity scenario are shown in brackets
- the marks for this assessment are broken down into scenario specific skills and underpinning skills:
  - 16 marks are available for scenario specific skills - you will be awarded a scenario specific skills mark for your performance in each practical activity scenario you demonstrate.
  - 12 marks are available for underpinning skills - you will be awarded an underpinning skills mark for your performance across the practical activity scenarios you demonstrate
- the maximum mark for this assessment is 76

## Submission form

Please complete the detail below clearly and in BLOCK CAPITALS.

Student name	
Provider name	

Student number		Provider number	
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SAMPLE

# Practical activity scenario 1

This practical activity scenario requires you to:

OPA1: Carry out delegated clinical tasks for children and/or young people

You have up to **5** minutes to carefully read through the following scenario and familiarise yourself with the station.

The total amount of time available for this practical activity scenario, including the 5 minutes reading time, is **25** minutes.

## Brief

A 7 year old female child is brought into the accident and emergency department by one of her parents, as she is vomiting and complaining of abdominal pain and blurred vision.

## Task

The nurse in charge has asked you to take the following physiological measurements as part of your training:

- weight
- height
- blood pressure
- body temperature

You should record these on the admittance assessment form (item A). The nurse in charge has also taken a set of physiological measurements to check them against yours and she has requested that you record her measurements on the admittance assessment form.

Once you have carried out these clinical tasks, analyse the results given in the admittance assessment form (item A)

Report your findings to the registrar on duty and in the notes section of the admittance assessment form (item A)

(16 marks)

plus marks for underpinning skills – person-centred and family-centred care and service frameworks, communication techniques and strategies and health and safety

## Supporting information

This practical activity scenario involves role play. The child and parents in this practical activity scenario are played by members of staff and the registrar is played by the assessor.

You have been given the admittance assessment form (item A).

You have access to the following equipment:

- a handwashing area
- aprons
- gloves
- masks
- sick bowls
- wipes
- waste disposal
- weighing scales
- a stadiometer
- an automatic blood pressure monitor
- a digital thermometer

## Performance outcome

This practical activity scenario assesses:

PO1: Assist with clinical tasks and treatment for children and young people

PO2: Provide care and support to children and young people before, during and after clinical or therapeutic procedures

## Item A: admittance assessment form

Patient history
Patient is 7 years old and lives with both parents. No previous hospital admissions. Attending with a parent. No allergies. Immunisations up to date. No overseas recent travel.

General appearance
Positive parent-child interactions. Engages with Mum and is distressed when she leaves. Positive gross and fine motor skills. Appropriate speech. Low mood – crying due to pain. Tired.

Physical assessment
Vomiting, abdomen pain and blurred vision.

Measurements	Measurements you have taken	Nurse measurements
Weight		18kg
Height		3'11 (121cm)
Temperature		37.5 ° Celsius
Blood pressure		90/60

### Additional measurements

Test	Normal readings	Child's readings
C peptide test	0.8–3.85ng/mL (nanograms/millilitre)	0.5 ng/mL
Fasting glucose test	3.9–5.4 mmols/l (minimols/mole)	5.5 mmols/l
Oral glucose tolerance test	Lower than 140 mg/dL (milligrams/decilitre)	155 mg/dL
Urine test	Under 250 mg/dL	280 mg/dL

## Notes

SAMPLE



## Practical activity scenario 2

This practical activity scenario requires you to:

OPA7: Provide care and support to children and/or young people using therapeutic play and learning strategies and interventions before, during and after clinical or therapeutic procedures

You have up to **5** minutes to carefully read through the following scenario and familiarise yourself with the station.

The total amount of time available for this practical activity scenario, including the 5 minutes reading time, is **30** minutes.

### Brief

A 5 year old child has been referred by a registrar to the surgical team for an exploratory procedure for her stomach to confirm the provisional diagnosis being considered. The child's parents are concerned that their child does not understand what is happening and want to make them feel as reassured as possible.

You ask one of the hospital's play therapists for them to arrange a session with the child before their procedure.

As you will be accompanying the child to theatre for this procedure, you will assist the play therapist during their session.

### Task

Set up and undertake an appropriate therapeutic play session with a child using the information provided in the brief about the child.

On completion of the session, record the session narrative on the play session notes record (item B) including what you did and what the outcome of the session was.

You have **5** minutes to set up the session, **10** minutes with the child and **10** minutes to record the session.

(16 marks)

plus marks for underpinning skills – person-centred and family centred care and service frameworks, communication techniques and strategies

### Supporting information

This practical activity scenario involves role play. The role of the child in this practical activity scenario is played by a member of staff and the play therapist is played by the assessor.

You have access to tools for therapeutic play such as::

- puppets
- crafts and art materials
- music
- building blocks

## Performance outcome

This practical activity scenario assesses:

PO1: Assist with clinical tasks and treatment for children and young people

PO2: Provide care and support to children and young people before, during and after clinical or therapeutic procedures

SAMPLE

## Item B: play session notes

### Play session notes

SAMPLE

## Practical activity scenario 3

This practical activity scenario requires you to:

OPA8: Use dietary assessment tools to support and enable children and/or young people to maintain adequate nutrition and hydration

You have up to 5 minutes to carefully read through the following scenario and familiarise yourself with the station.

The total amount of time available for this practical activity scenario, including the 5 minutes reading time, is 25 minutes.

### Brief

A 10 year old child is recovering from an abdominal procedure. The child's abdomen pain has subsided, but they are not eating well and have lost weight since first becoming ill.

### Task

You have been asked by the hospital dietician, as part of your training, to suggest a nutrition plan for the child to follow over the next week, using the information from the 24 hour diet recall assessment (item C).

The dietician will consider your nutrition plan as part of the aim to increase the child's food consumption and calorie intake.

Working with the child and the parent, complete item C (signs of poor nutrition) and D to develop a suitable 1 week nutrition plan.

The Eatwell Guide is provided for reference (item E).

(16 marks)

plus marks for underpinning skills – person-centred and family-centred care and service frameworks and communication techniques and strategies

### Supporting information

This practical activity scenario involves role play. The child and their parents will be played by member of staff.

You have been given the child's 24 hour recall form (item C), which includes all of the food and beverages consumed by the child in the past 24 hours, a template for a 1 week nutrition plan to complete (item D) and the Eatwell Guide (item E).

You have access to the following equipment:

- a table with 4 chairs

### Performance outcome

This practical activity scenario assesses:

PO1: Assist with clinical tasks and treatment for children and young people

PO2: Provide care and support to children and young people before, during and after clinical or therapeutic procedures

## Item C: 24 hour diet recall form

Time	Food or beverage consumed	Quantity/amount consumed
10:00am	Water	1 small cup (approx. 150ml)
11:15am	Chocolate biscuit	1 biscuit
12:00pm	Ham sandwich: 2 slices of white bread buttered, 2 slices of ham	½ of the sandwich eaten
12:15pm	Lemonade	1 cup (approx. 200ml)
2:00pm	Water	1 cup (approx. 200ml)
3:00pm	Ready salted crisps	1 bag
5:00pm	Tinned sausage and beans	½ tin consumed
5:15pm	Coca Cola	1 cup (approx. 200ml)
6:30pm	Chocolate cake bar	1 single cake bar
7:30am	Blackcurrant squash	1 cup (approx. 200ml)
8:00am	Rice Krispies cereal with 250ml milk	¼ of the cereal consumed
8:15am	Water	1 cup (approx. 200ml)
10:00am	Packet of jelly sweets	½ packet consumed

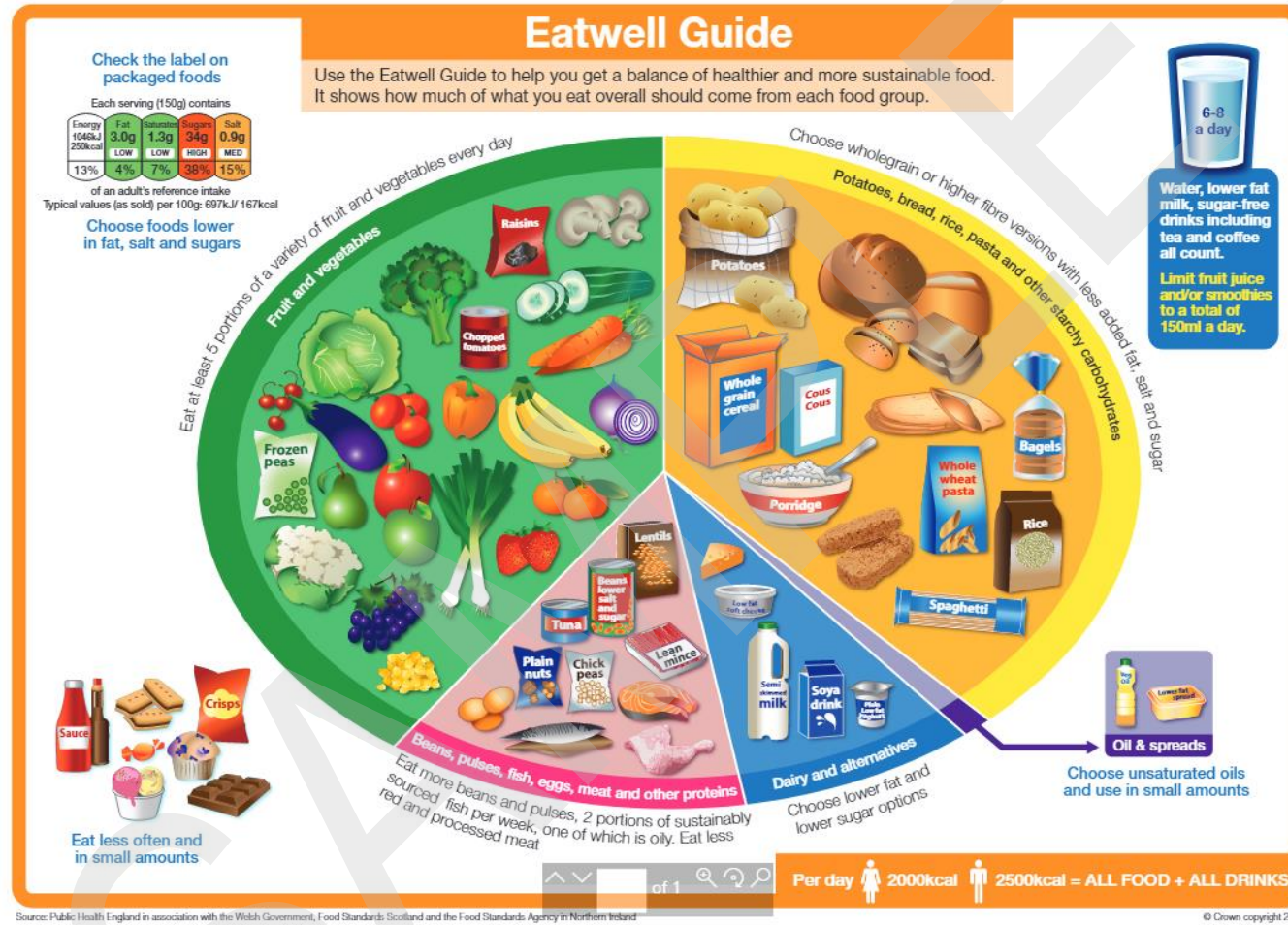
### Signs of poor nutrition

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## Item D: 1 week nutrition plan template

Time of day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Evening meal							
Snacks							
Hydration							

## Item E: Eatwell Guide



## Practical activity scenario 4

This practical activity scenario requires you to:

OPA6: Support parent, families and carers to meet the needs of the child and/or young person by offering advice and support on how to manage the child or young person's condition

You have up to **5** minutes to carefully read through the following scenario and familiarise yourself with the station.

The total amount of time available for this practical activity scenario, including the 5 minutes reading time, is **20** minutes.

### Brief

A 12 year old young person has recently been diagnosed with asthma.

They have come to the health centre with their parent to learn strategies to manage their own condition.

### Task

You will demonstrate how to measure peak flow and use the peak flow chart (item F) and how to complete a peak flow diary (item G) to enable the young person and parent to monitor occurrences which trigger asthma attack.

Using this information, you should provide advice and information to support the development of strategies to enable the young person and their parent to better manage their condition.

(16 marks)

plus marks for underpinning skills – person-centred care, family-centred care, service frameworks, communication techniques and strategies and health and safety

### Supporting information

This practical activity scenario involves role play. The young person and the parent will be played by members of staff.

You have been given a peak flow chart (item F) and peak flow diary template (item G).

You have access to the following equipment:

- a peak flow meter
- a selection of public health materials pertinent to local and national public health campaigns

### Performance outcome

This practical activity scenario assesses:

PO1: Assist with clinical tasks and treatment for children and young people

PO2: Provide care and support to children and young people before, during and after clinical or therapeutic procedures

PO3: Support parents, families and carers to meet the needs of children and young people



## Item F: peak flow chart

# PAEDIATRIC NORMAL VALUES

## PEAK EXPIRATORY FLOW RATE

For use with EU / EN13826 scale PEF meters only

Height (m)	Height (ft)	Predicted EU PEFR (L/min)	Height (m)	Height (ft)	Predicted EU PEFR (L/min)
0.85	2'9"	87	1.30	4'3"	212
0.90	2'11"	95	1.35	4'5"	233
0.95	3'1"	104	1.40	4'7"	254
1.00	3'3"	115	1.45	4'9"	276
1.05	3'5"	127	1.50	4'11"	299
1.10	3'7"	141	1.55	5'1"	323
1.15	3'9"	157	1.60	5'3"	346
1.20	3'11"	174	1.65	5'5"	370
1.25	4'1"	192	1.70	5'7"	393

SAM

## Item G: peak flow diary template

		WEEK 1							WEEK 2						
Day of the week		M	T	W	T	F	S	S	M	T	W	T	F	S	S
Warning symptoms	Used reliever inhaler														
	Had asthma symptoms such as shortness of breath, tight chest, coughing or wheezing														
	Waking at night with asthma symptoms														
	Feeling like you can't keep up with your normal day-to-day activities														
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
	800														
	780														
	760														
	740														
	720														
	700														
	680														
	660														
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	420														
	400														
	380														
	360														
	340														
	320														
	300														
	280														
	260														
	240														
	220														
	200														
	180														
	160														
	140														
	120														
Weekly comments: anything unusual this week that might have resulted in a lower score? eg, 'I was stressed', 'I exercised', 'I came into contact with a pet.'															

Feel free to photocopy empty pages to add them to your diary or download more from our resources section at [www.asthma.org.uk/advice/resources](http://www.asthma.org.uk/advice/resources)

## Document information

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Owner: Head of Assessment Design

## Change History Record

Version	Description of change	Approval	Date of Issue
v1.0	Post approval, updated for publication.		January 2021
v1.1	NCFE rebrand		September 2021
v1.2	OS review Feb 23		February 2023
v1.3	Sample added as a watermark.	November 2023	22 November 2023