

# T Level Technical Qualification in Health

Occupational specialism  
assessment (OSA)

## Supporting the Adult Nursing Team

Assignment 2 – Practical activities part 2

Assignment brief

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# Supporting the Adult Nursing Team

## 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 Adult Nursing Team.

## Date

Sample assessment materials.

## Time allowed

1 hour 30 minutes.

## Paper number

Sample assessment material.

## 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, 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 details 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:

OPA5: Support risk assessments for adults and escalate findings.

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

An 87-year-old female was admitted to her local care home following concerns of self-neglect. An assessment was completed as part of her admission to the care home, which included calculating her body mass index (BMI). Since admission four weeks ago she has expressed that her appetite has decreased further and there are concerns that she is losing more weight.

The senior care worker has asked you to help them to address the weight loss concern.

## Task

Take the individual's height and weight and use this information to calculate their BMI. Record on the daily care notes (Item B). Using information from the admission paper care plan (Item A) and your record of her current weight/BMI, complete the malnutrition screening tool (MST) (Item C) with the individual, to score their risk of malnutrition.

Provide a written plan of care for the individual, using the information above.

Update all actions taken on the daily care notes (Item B).

[16 marks]

Plus marks for underpinning skills – person-centred care and service frameworks, communication and health and safety.

## Supporting information

This practical activity scenario involves role play. A member of staff will play the role of the individual. The individual should be sat in a chair with the student sat in the adjacent chair at the start of the assessment.

## Resources

You will be provided with the individual's admission paper care plan (Item A), daily care notes (Item B) and the malnutrition screening tool (MST) (Item C).

## Equipment

You have access to the following equipment:

- two chairs
- measuring tape
- weighing scale
- handwashing equipment

- calculator

### **Performance outcomes (POs)**

This practical activity scenario assesses:

OPA5: Support risk assessments for adults and escalate findings.

SAMPLE

## Item A: admission paper care plan

<b>Name</b>	Individual
<b>Date of birth</b>	22/01/1936
<b>Home address</b>	Small Flat Modern City
<b>Next of kin</b>	Alone
<b>Name of GP</b>	Dr Sharif
<b>Social history</b>	Widowed
<b>Occupation</b>	Retired
<b>Smoking</b>	Previous smoker
<b>Alcohol</b>	None
<b>Exercise</b>	Sedentary lifestyle
<b>Diet</b>	Poor. Admits has been skipping meals due to lack of appetite. Individual enjoys sweet food and favourite foods are desserts, chocolate and having biscuits with her warm drinks.
<b>Children</b>	2 daughters – live away
<b>Medical history</b>	Previous hip replacement
<b>Mental health status</b>	Can be forgetful
<b>Medication</b>	N/A
<b>Allergies</b>	N/A
<b>Additional information</b>	Individual admitted due to self-neglect at home Able to mobilise independently No communication issues known Weight on admittance: 48kg BMI on admittance: 18.7

## Item B: daily care notes

	Daily Log Patient: Individual DOB: 22/01/1936		
Date	Time	Actions taken	Signatures

SAMPLE



## Item C: Malnutrition screening tool

### STEP 1 QUESTION A & QUESTION B

**Question A: Have you lost weight recently without trying?**

No = 0  
 Unsure = 2

**If YES, how much weight (in kg\*) have you lost?**

1-5 kg = 1  
 6-10 kg = 2  
 11-15 kg = 3  
 >15 kg = 4  
 Unsure = 2

**Weight Loss Score:**

---

**Question B: Have you been eating poorly because of a decreased appetite?**

No = 0  
 Yes = 1

**Appetite Score:**

### STEP 2 TOTAL MST SCORE

**Add Weight Loss & Appetite Scores**

**Total MST Score:**

**MST Score 2 or more = Patient at Risk**

### STEP 3 MANAGEMENT PLAN

**Score 0-1:** Monitor weight and re-screen weekly or in line with local policy.

**Score 2 or more:** Monitor nutritional intake, use strategies to improve nutritional intake and refer to dietitian or implement local policy.

#### Approximate Weight Conversion Chart

Kilograms	Pounds	Score
1-5 kg	2-11 lbs	1
6-10 kg	12-22 lbs	2
11-15kg	23-33 lbs	3
>15 kg	> 33 lbs	4

## Practical activity scenario 2

This practical activity scenario requires you to:

OPA8: Undertake and record interventions to treat and prevent skin conditions.

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 30-year-old individual has attended his local general practice (GP) to discuss worsening symptoms of his psoriasis. He previously was prescribed steroid cream but did not finish using the treatment.

The GP has undertaken a skin integrity assessment and has noted that the skin on the areas affected is raised, dry, irritated, and red with a silvery white scale. The patient has communicated that the areas are very itchy.

The GP has asked you to support in recording the skin assessment and discussing care and treatment with the individual.

### Task

Using the information in the brief and the photograph of the patient's psoriasis (Item E), complete the body map (Item F) with all relevant information.

Carry out a discussion with the patient about the care and treatment of their skin condition. Using information from the patient's notes (Item D) provide guidance about any lifestyle changes the patient can make to help reduce symptoms.

[16 marks]

Plus marks for underpinning skills – person-centred care and service frameworks, communication and health and safety.

### Supporting information

This practical activity scenario involves role play. A member of staff will play the role of the patient. The patient should be sat in a chair with the student sat in the adjacent chair at the start of the assessment.

### Resources

You will be provided with the patient's notes (Item D), a photograph of the patient's psoriasis (Item E) and a blank body map (Item F)

### Equipment

You have access to the following equipment:

- two chairs
- table with resources for the assessment on

## **Performance outcomes (POs)**

This practical activity scenario assesses:

OPA8: Undertake and record interventions to treat and prevent skin conditions.

SAMPLE

## Item D: patient's notes

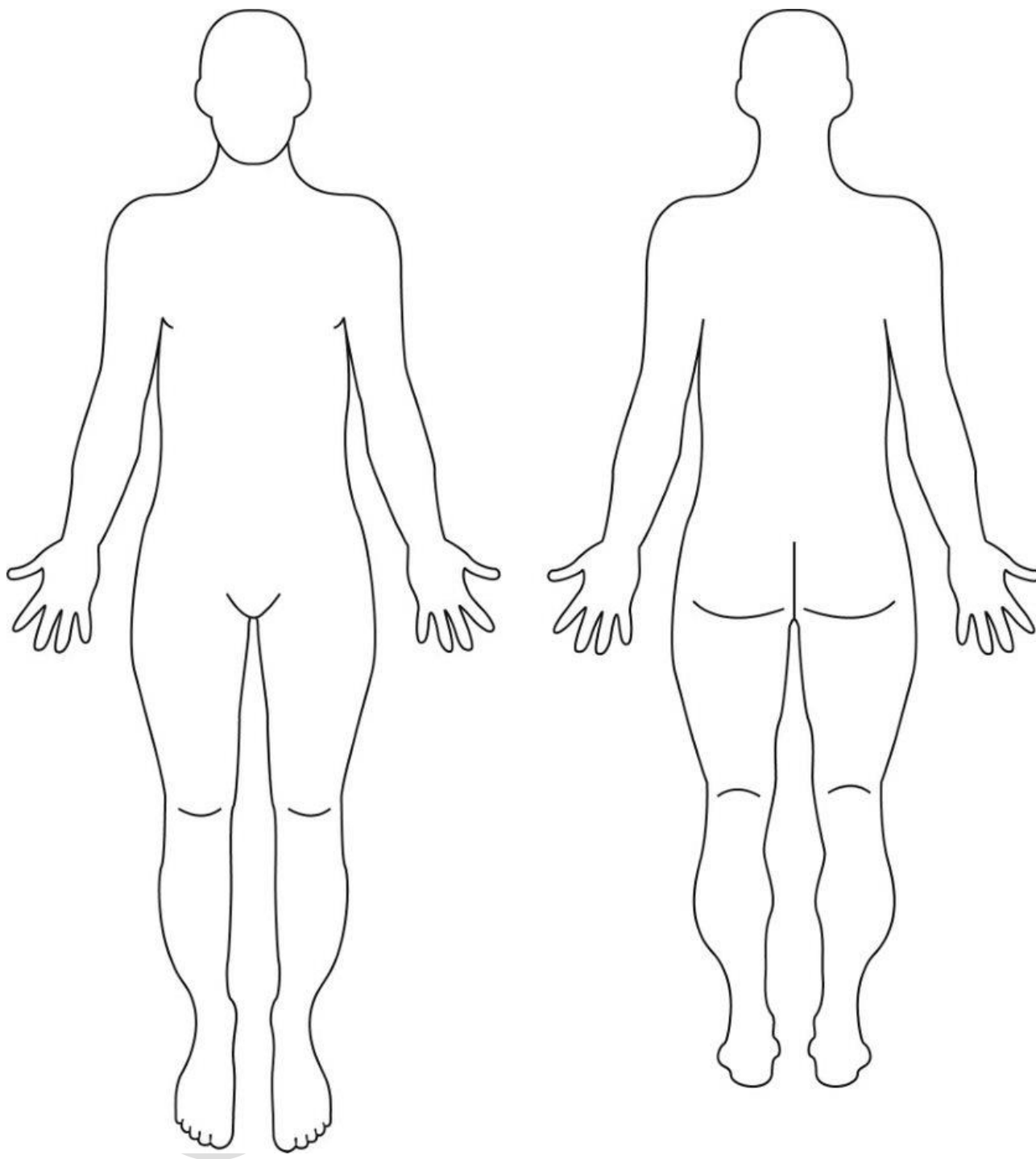
<b>Name</b>	Individual
<b>Date of birth</b>	27/10/1993
<b>Home address</b>	The Cottage Small Town
<b>Next of kin</b>	Wife
<b>Name of GP</b>	Dr Smith
<b>Social history</b>	Lives with wife and son
<b>Occupation</b>	Finance manager
<b>Smoking</b>	Smoker - 10 per day
<b>Alcohol</b>	14 units per week
<b>Exercise</b>	Sedentary lifestyle
<b>Diet</b>	Eats a lot of high fat food
<b>Children</b>	1 son – 2 years old
<b>Medical history</b>	Psoriasis from childhood
<b>Mental health status</b>	Good – no concerns
<b>Medication</b>	N/A
<b>Allergies</b>	N/A

## Item E: photograph of patient's psoriasis



SAMPLE

## Item F: body map



## Practical activity scenario 3

This practical activity scenario requires you to:

OPA7: Provide the appropriate care to reduce the risk of pressure ulcers developing or deteriorating and record interventions.

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 59-year-old patient with a diagnosis of multiple sclerosis has been admitted to his local hospital with a suspected urinary tract infection. The patient has difficulties with speech and speaks slowly.

The patient is bedbound and requires assistance with pressure area care.

### Task

Using information from the moving and handling risk assessment (Item H) turn the patient in bed, providing instructions to the healthcare assistant on how they can assist you.

Complete the daily care notes document (Item G) with all relevant information.

[16 marks]

Plus marks for underpinning skills – person-centred care and service frameworks, communication and health and safety.

### Supporting information

This practical activity scenario involves role play. A member of staff will play the role of a healthcare assistant who can assist with the turning of the patient. The patient will be played by a manikin. An additional member of staff will communicate for the manikin.

### Resources

You will be provided with the daily care notes document (Item G) and the patient's moving and handling risk assessment (Item H).

### Equipment

You have access to the following equipment:

- a manikin
- a hospital bed
- slide sheets
- pillows
- PPE: gloves, apron

- handwashing equipment

### **Performance outcomes (POs)**

This practical activity scenario assesses:

OPA7: Provide the appropriate care to reduce the risk of pressure ulcers developing or deteriorating and record interventions.

SAMPLE



## Item G: daily care notes

	Daily log Patient: Individual DOB: 05/01/1964		
Date	Time	Actions taken	Signatures

SAMPLE

## Item H: moving and handling risk assessment

Person's Name: Individual

Address: 26 Oak Street

Date of Birth: 05.1.1964

Weight: 73 (kgs)

Independent - no further action required:  Stature:  Tall  Medium  Short

### Safer Handling Plan

Task	No. of staff	Equipment	Method/Notes
Turning in bed	2	Slide sheets	To alternate positions and for a pillow to be placed in-between the knees to prevent pressure sores
Moving up/down the bed	2	Slide sheets/hoist if appropriate	To alternate positions and for a pillow to be placed in-between the knees to prevent pressure sores
Sitting up in bed	1/2	Hospital bed mechanism or slide sheets if appropriate	Pillow to be placed between the patient's knees Collar cushion to be used to support the patient's neck
In and out of bed	2	Hoist	Hoist sling in patient's bedside cabinet (check date for replacement)
Transfer bed to trolley	2	Hoist	Hoist sling in patient's bedside cabinet (check date for replacement)
Transfer bed to chair	2	Hoist	Hoist sling in patient's bedside cabinet (check date for replacement)
Transfer chair to chair	2	Hoist	Hoist sling in patient's bedside cabinet (check date for replacement)
Repositioning in chair	2	Slide sheets/hoist	Clinical judgement needed for appropriate equipment for the reposition needed
Transfer to standing	N/A	N/A	Patient unable to stand
Toileting	2	Hoist	Hoist sling in patient's bedside cabinet (check date for replacement) Hoist onto commode
Bathing/washing	2	Slide sheets/hoist	Clinical judgement needed for appropriate equipment for the reposition needed

## Practical activity scenario 4

This practical activity scenario requires you to:

OPA3: Perform the sequence to steps for basic life support (BLS).

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

As part of a care home's mandatory training for new staff, they require staff to undertake basic life support (BLS) training.

You have attended this training as a new member of staff and have been asked by the care home manager to demonstrate your knowledge and skills of basic life support (BLS).

### Task

Demonstrate the sequence of steps for basic life support (BLS) on the manikin.

Verbally explain each step to the care home manager.

[16 marks]

Plus marks for underpinning skills – person-centred care and service frameworks and communication.

### Supporting information

This practical activity scenario involves role play. A member of staff will play the role of the care home manager.

### Equipment

You have access to the following equipment:

- PPE: gloves, apron
- a manikin (CPR)
- cleaning wipes
- handwashing equipment

### Performance outcomes (POs)

This practical activity scenario assesses:

OPA3: Perform the sequence to steps for basic life support (BLS).

## Document information

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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	20 November 2023