

T Level Technical Qualification in Health

Occupational specialism assessment (OSA)

Supporting the Mental Health Team

Assignment 3 – Professional discussion

Assignment brief

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Supporting the Mental Health Team

Assignment brief

Assignment 3

Professional discussion

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Student instructions

The themes and questions that will form the basis of the professional discussion for this series are below.

You have 45 minutes to read through this material and prepare notes for your response.

You have 1 hour to complete the professional discussion with the discussion supervisor.

You may refer to any experience or situation, either in the classroom or on workplace placement, in your answer. This could include:

- an action you have completed yourself
- something you observed that made an impact on you
- something you know that you can apply to the question

There are 3 templates provided, one for each theme, which you can use to take notes in preparation for your response.

You can use the same significant learning experience more than once if each theme also has one new learning experience. For example, you may have significant learning experiences that overlap more than one theme.

You will be asked 2 questions, which have part A and part B, for each theme. Each theme is worth 32 marks, made up of one 12-mark question and one 20-mark question. You should answer part A first, followed by part B when prompted.

The discussion supervisor will ask you up to 3 questions per theme throughout the discussion, plus an additional question to give you the opportunity to add or expand on any part of your response before progressing to the next theme. This is a requirement and does not necessarily reflect a poor or insufficient response.

You cannot return to discuss a theme once you have moved on to the next theme.

You may ask for a question to be repeated or clarified.

The professional discussion will be recorded, and the discussion marked by an external examiner. It should last no longer than 1 hour.

Theme 1: assisting the mental health team with mental health tasks and therapeutic interventions

Question 1

Part A

Referring to your own learning and experience, discuss why it is good practise to monitor the physical health of individuals with a diagnosed mental health condition.

Part B

Referring to your own learning and experience, explain observations that could show someone's physical health has declined.

(12 marks)

Question 2

Part A

Referring to your own learning and experience, explain how communication skills can be used to support effective interventions with service users.

Part B

Referring to your own learning and experience, evaluate the impact of your communication skills in relation to a service user.

(20 marks)

Theme 2: promoting an individual's mental wellbeing

Question 3

Part A

Referring to your own learning and experience, discuss how signs and symptoms associated with a specific mental health condition impact on an individual's health and wellbeing.

Part B

Referring to your own learning and experience, outline the benefits **and** drawbacks of a treatment that is available for the mental health condition you discussed in **part A**.

(12 marks)

Question 4

Part A

Referring to your own learning and experience, analyse the process taken when planning to discharge a service user from hospital.

Explain how this process supports the service user's health and wellbeing.

Part B

Referring to your own learning and experience, reflect on a situation where a service user has been effectively supported during a significant life event.

(20 marks)

Theme 3: risk assessment and prevention

Question 5

Part A

Referring to your own learning and experience, explain the importance of the Mental Health Act (2007).

Part B

Reflect on a situation in your placement, or learning experience, where a specific section of the Mental Health Act (2007) has been applied when working with a service user.

(12 marks)

Question 6

Part A

Referring to your own learning and experience, discuss the importance of safeguarding in a mental health care setting.

Part B

Reflect on a situation in your placement, or a learning experience where strategies were used effectively to minimise risk to a service user with a specific mental health condition.

(20 marks)

Preparation templates

Theme 1

Describe what happened. (When, where, who was present; what did you do; why were you in the situation; what did you want to happen?)

How did you feel you impacted on the situation? (During, before and after; what did others feel during and after the situation; what do you think now?)

Evaluate your experience. (What went well/not so well; what was good/bad; what did you, and others contribute positively or negatively?)

Analyse what happened, with reference to your own knowledge, skills, and behaviours. (Why did things go well/not so well; what sense can be made of it; what knowledge do I/others have to help me understand the situation?)

What conclusions can I draw from the situation? (What did I learn; how could it be more positive for everyone involved; what skills do I need to improve; what else could I have done?)

What actions are planned for next time? (What would I do differently in the same situation; how will I develop the skills required; how can I make sure I take the right steps?)

Theme 2

Describe what happened. (When, where, who was present; what did you do; why were you in the situation; what did you want to happen?)

How did you feel you impacted on the situation? (During, before and after; what did others feel during and after the situation; what do you think now?)

Evaluate your experience. (What went well/not so well; what was good/bad; what did you, and others, contribute positively or negatively?)

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