



T Level Technical Qualification in Health

Occupational specialism assessment (OSA)

Supporting the Therapy Teams

Assignment 2 - Practical activities part 2

Assignment brief

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

Supporting the Therapy Teams

Assignment brief

Assignment 2

Practical activities part 2

Contents

Assignment brief cover sheet	3
Practical activity scenario 1	5
Item A: patient notes form	6
Practical activity scenario 2	7
Item B: blank Barthel Index template	8
Practical activity scenario 3	10
Item C: risk assessment forms	11
Risk assessment form	12
Practical activity scenario 4	14
Item D: Eatwell Guide	15
Document information	17
Change History Record	17

Assignment brief cover sheet

This assessment is for the following occupational specialism:

Supporting the Therapy Teams

Date

[date]

Time allowed

1 hour 50 minutes

Paper number

[paper number]

Materials

For this assessment you must have:

- a black or blue ballpoint 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 detail below clearly and in BLOCK CAPITALS.

Student name			
Provider name			
Student number		Provider number	

SAMPLE

Practical activity scenario 1

This practical activity scenario requires you to:

OPA9: Provide advice and support in line with care plans and in consultation with the therapy team and registered professionals and carers and families where appropriate

OPA10: Assist with delegated therapeutic tasks, or interventions using therapy techniques to enable individuals to meet optimum potential

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

You are supporting a physiotherapist in a private healthcare and sports rehabilitation centre. The team provide rehabilitation services, including clinical care, advice and support, to patients who have experienced a sports injury or undergone surgery. The team sees a wide range of patients referred by their insurance company or those who self-refer.

Your next patient is Caleb, a 23-year-old male who has undergone right knee surgery after he injured it while playing paintball. Caleb is now 4 weeks into his recovery and his surgeon has prescribed a rehabilitation pathway so that he can return to his usual strength.

Task

Review Caleb's patient notes (item A) and demonstrate techniques and exercises that Caleb should complete during the next 2 weeks of his rehabilitation.

You have 10 minutes to prepare for the conversation with Caleb and 5 minutes to demonstrate the techniques and exercises that Caleb should complete.

(16 marks)

plus marks for underpinning skills – health and safety

Supporting information

You have been given Caleb's patient notes form (item A).

Performance outcome

This practical activity scenario assesses:

PO1: Carry out a range of therapeutic techniques to support allied health professionals

PO2: Assist with the therapy support process and provide advice to help individuals develop and improve their health and/or develop or maintain skills for daily living

Item A: patient notes form

Patient Notes

Patient name Caleb Jones		Appointment date 1 st March 2023	
Date of birth 3/9/1999	Age 23	Height 6'1	Weight 80kg
Is the injury/complaint improving, getting worse or staying the same? Improving			
Pain level at its worst 6		Pain level at its best 3	
<p>Notes:</p> <p>Patient's 4 week appointment post-surgery:</p> <p>Patient had experienced some moderate pain 2 weeks after surgery while bending the knee. Knee is stable with no issues post-surgery with successful repair on medial ligament in the right knee after checks. Patient confidence in knee stability is improving now pain has reduced and is consistently low-moderate.</p> <p>Patient is now partial weight bearing and is suitable to move from post-surgery care to rehabilitation and still requires walking aid for long distances and is not yet confident of walking any distance unaided. Patient has achieved a 75-degree bend in the knee while seated during this appointment and does not yet have full range of motion and can stand with some support. Standing is not yet possible without assistance.</p> <p>There is significant muscle loss of the quadriceps, hamstrings and glutes of the right leg. Patient has been working on bending the knee with assistance for the last 4 weeks and is making some progress with this but has not been regularly exercising the muscles or bending the knee without assistance consistently.</p> <p>Next steps:</p> <p>Patient to continue with knee bending exercises, focusing on moving the joint without external force. Patient has been referred to rehabilitation to work with a physiotherapist.</p> <p>Referred to physiotherapist for first physiotherapist appointment within week to commence rehabilitation immediately.</p>			

Practical activity scenario 2

This practical activity scenario requires you to:

OPA6: Support and promote skills for everyday living

OPA8: Use tools to measure and record the progress individuals make, analysing and evaluating against defined outcomes where applicable

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

You are supporting an occupational therapist to help carry out an assessment on Derek. Derek is 81 years old and has lived in a residential care home for the past 6 years. Derek is mostly independent, relying on the home for his meals and cleaning his room.

A care worker referred Derek to the occupational therapy team 2 weeks ago after noticing some changes in his physical abilities.

Task

You have been asked to talk to the care worker about the changes they have noticed in Derek recently.

Then talk to Derek about any changes he has noticed in his body and physical abilities recently. Use the Barthel Index template (item B) to assess Derek's needs. Discuss with the care worker how they can best support Derek safely.

(16 marks)

plus marks for underpinning skills – person-centred care, communication and health and safety

Supporting information

You have been given the blank Barthel Index template (item B) to complete.

Performance outcome

This practical activity scenario assesses:

PO2: Assist with the therapy support process and provide advice to help individuals develop and improve their health and/or develop or maintain skills for daily living.

Item B: blank Barthel Index template

The Barthel Index Patient name: _____

Rater name: _____ Date: _____

Activity _____ **Score**

FEEDING

0 = unable

5 = needs help cutting, spreading butter or requires modified diet

10 = independent

BATHING

0 = dependant

5 = independent (or in shower)

GROOMING

0 = needs help with personal care

5 = independent face/hair/teeth/shaving (implements provided)

DRESSING

0 = dependant

5 = needs help but can do about half unaided

10 = independent (including buttons, zips, laces)

BOWELS

0 = incontinent (or needs to be given enemas)

5 = occasional accident

10 = continent

BLADDER

0 = incontinent, or catheterized and unable to manage alone

5 = occasional accident

10 = continent

TOILET USE

0 = dependant

5 = needs some help, but can do something alone

10 = independent (on and off, dressing, wiping)

TRANSFERS (BED TO CHAIR AND BACK)

0 = unable, no sitting balance

5 = major help (one or 2 people, physical), can sit

10 = minor help (verbal or physical)

15 = independent

MOBILITY (ON LEVEL SURFACES)

0 = immobile or < 50 yards

5 = wheelchair independent, including corners, > 50 yards

10 = walks with help of one person (verbal or physical) > 50 yards

15 = independent (but may use any aid; for example, stick) > 50 yards _____

STAIRS

0 = unable

5 = needs help (verbal, physical, carrying aid)

10 = independent _____

Total: (0 – 100): _____

SAMPLE

Practical activity scenario 3

This practical activity scenario requires you to:

OPA1: Assess risk and fit therapeutic equipment to meet individual needs

OPA3: Assess and prepare the therapeutic environment and/or equipment, kit and/or devices, for undertaking specific therapy support tasks or interventions and/or setting up specialist equipment

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

You are supporting an occupational therapist in a hospital ward to prepare a patient for discharge. The patient will need to use mobility support equipment at home and the therapy team wish to trial them with crutches and a wheelchair.

Task

You have been asked to carry out safety checks on the crutches and wheelchair. Report these to the occupational therapist as you carry them out.

Assess the patient in their ability to safely use the crutches and wheelchair. Document your findings on the risk assessment form (item C).

(16 marks)

plus marks for underpinning skills – person-centred care, communication and health and safety

Supporting information

You have been given the risk assessment forms (item C) to complete.

You have access to the following equipment:

- crutches
- wheelchair

Performance outcome

This practical activity scenario assesses:

PO1: Carry out a range of therapeutic techniques to support allied health professionals

PO3: Prepare and maintain the therapeutic environment, equipment and resources for use

Item C: risk assessment forms

Risk matrix – evaluation of risks							Action level
Almost certain	5	5	10	15	20	25	20–25 STOP
Highly likely	4	4	8	12	16	20	
Likely	3	3	6	9	12	15	12–16 URGENT
Unlikely	2	2	4	6	8	10	8–10 ACTION
Extremely improbable	1	1	2	3	4	5	4–6 MONITOR
	X	1	2	3	4	5	1–3 NO ACTION
		Minimal	Minor injury	7 Day + injury	Serious or major injury	Severe	
			CONSEQUENCE				

Risk assessment form

Person carrying out risk assessment:		<table border="1"> <thead> <tr> <th>THOSE AT RISK</th> <th>KEY</th> </tr> </thead> <tbody> <tr> <td>Own staff</td> <td>OWN</td> </tr> <tr> <td>Venue staff</td> <td>VEN</td> </tr> <tr> <td>Organisers</td> <td>ORG</td> </tr> <tr> <td>Visitors</td> <td>VIS</td> </tr> <tr> <td>Public</td> <td>PUB</td> </tr> <tr> <td>Contractors</td> <td>CON</td> </tr> <tr> <td>All persons onsite</td> <td>AOS</td> </tr> </tbody> </table>	THOSE AT RISK	KEY	Own staff	OWN	Venue staff	VEN	Organisers	ORG	Visitors	VIS	Public	PUB	Contractors	CON	All persons onsite	AOS
THOSE AT RISK	KEY																	
Own staff	OWN																	
Venue staff	VEN																	
Organisers	ORG																	
Visitors	VIS																	
Public	PUB																	
Contractors	CON																	
All persons onsite	AOS																	
Persons responsible on site:																		
Venue:																		
Work activity:																		
Date of assessment:																		

Please read the guidelines prior to completing your risk assessment.

Section 1

Hazard	Who might be harmed? (see those at risk above)	Likelihood	Severity	Total risk level	Control measures (add any other control measures you will use)	Likelihood	Severity	Resultant risk level

Hazard	Who might be harmed? (see those at risk above)	Likelihood	Severity	Total risk level	Control measures (add any other control measures you will use)	Likelihood	Severity	Resultant risk level

By signing the declaration below, you have agreed that you will put the appropriate control measures in place to ensure that hazards are reduced and that the risks applicable to your area are controlled.

Signed	
Print name	
Review date	

SAMPLE

Practical activity scenario 4

This practical activity scenario requires you to:

OPA9: Provide advice and support in line with care plans and in consultation with the therapy team and registered professionals and carers and families where appropriate

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

You are working with an NHS community allied health professional team that provides support to improve health and wellbeing. Patients and their needs are diverse, and the team supports patients in recuperation, injury rehabilitation, and lifestyle management.

Today, you are working with a dietician in a GP surgery. The dietician has asked you to speak with Alice and her carer Maddy. Alice is 30 years old and has been experiencing anaemia and low blood pressure. Alice's GP found she is malnourished and dehydrated. While she has mental capacity, Maddy supports Alice with needs relating to low self-esteem and poor understanding of health and nutrition.

Task

You have been asked to spend time with Alice discussing her needs around diet, nutrition and hydration. Provide advice to help increase her calorie intake while maintaining her preferences. Provide suggestions to help increase hydration levels.

The dietician has asked you to discuss Alice's needs with her carer Maddy and provide guidance on how she can better support Alice to improve her diet.

Use the Eatwell Guide (item D) to help explain your advice.

(16 marks)

plus marks for underpinning skills – person-centred and communication

Supporting information

You have been given the Eatwell Guide (item D) to use.

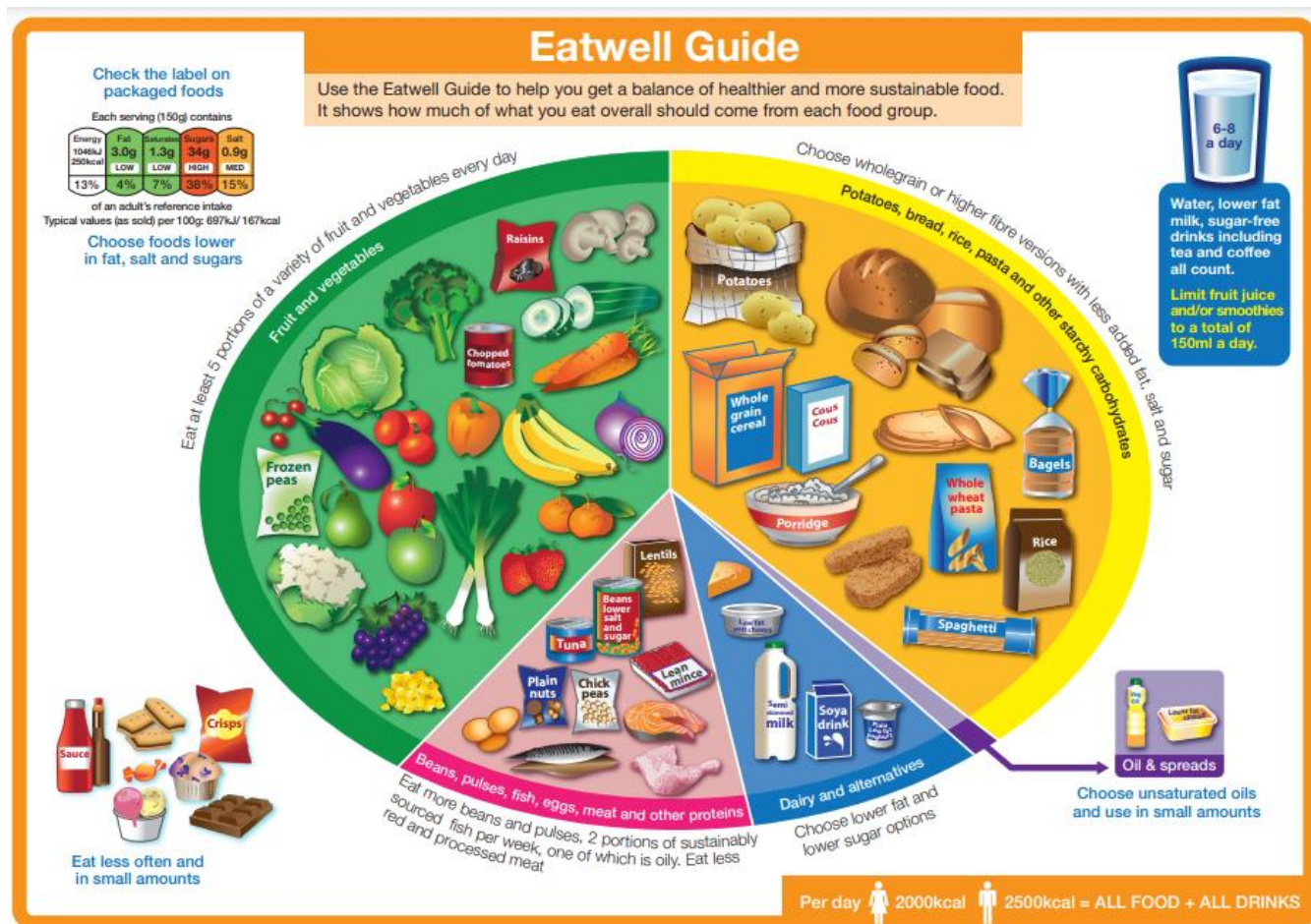
Performance outcome

This practical activity scenario assesses:

PO1: Carry out a range of therapeutic techniques to support allied health professionals

PO2: Assist with the therapy support process and provide advice to help individuals develop and improve their health and/or maintain skills for daily living

Item D: Eatwell Guide



Source:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf

This page is intentionally left blank

Document information

Copyright in this document belongs to, and is used under licence from, the Institute for Apprenticeships and Technical Education, © 2023.

'T-LEVELS' is a registered trade mark of the Department for Education.

'T Level' is a registered trade mark of the Institute for Apprenticeships and Technical Education.

The T Level Technical Qualification is a qualification approved and managed by the Institute for Apprenticeships and Technical Education. NCFE is currently authorised by the Institute to develop and deliver the T Level Technical Qualification in Health.

'Institute for Apprenticeships & Technical Education' and logo are registered trade marks of the Institute for Apprenticeships and Technical Education.

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	21 November 2023