



T Level Technical Qualification in Health

Occupational specialism assessment (OSA)

Supporting the Mental Health Team

Assignment 1 – Case study stimulus materials

Assignment brief insert

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

Supporting the Mental Health Team

Assignment brief insert

Assignment 1

Case study stimulus materials

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Item A: GP referral letter

Parkview Surgery
17 The Crescent
Broadwalk
SW5 7DRA

16th February 2022

Dear CMHT,

I would like to refer a patient of mine, Mike Jones, who is aged 42. Mike attended the surgery with his wife on the 15 February 2022. Mike has a history of eating issues and was diagnosed with an eating disorder (Other) aged 13. This followed a traumatic event of a sexual assault, which was reported to the police. Mike presented with low mood and significant weight loss – his current weight is 9 stone with a BMI of 17.6. He also is experiencing anxiety. His recent decline is due to considerable financial troubles with his business. Mike's wife appears supportive, concerned and worried about Mike's eating habits.

I would be very grateful if you could assess Mike and provide appropriate treatment. In the meantime, I have prescribed 10mg of citalopram – 1 to be taken daily. I may increase the dosage at this stage. I have also prescribed 5mg of diazepam to help with his anxiety – to be taken as needed. I have agreed with Mike that he will make an appointment to see me in 4 weeks to discuss how he is getting on with the medication.

I would appreciate an update on your assessment of Mike, and if I can assist with any more information, please do not hesitate to contact me.

Yours Sincerely,

Dr A Clement

Prescription

Citalopram 10mg to be taken daily.

Diazepam 5mg to be taken as required.

Item B: SBAR assessment tool

SBAR assessment tool
Situation:
Background:
Assessment of needs:
Recommendation:



Item C: transcript of first meeting between Mike and the community mental health nurse (CMHN) for initial assessment

Date: 14/03/2022

CMHN: Hi Mike, it's good to meet with you, hopefully we can find a way of supporting you. We have received a referral from your GP outlining some of the things which you are struggling with at the moment. Are you able to tell me a little bit about how you are feeling?

MIKE: I'm not sure, I've been feeling pretty bad for a while now. Everything feels completely out of control; I feel like I'm falling apart.

CMHN: What kinds of things feel out of control?

MIKE: The business, my weight, fitness, I don't even do the things I enjoy anymore.

CMHN: That sounds like a lot of things you are trying to manage. You said you felt as though you feel like you are falling apart. Can you tell me a little more about that?

MIKE: It's hard to know where to start. I've always felt proud of the business, I never expected to achieve what I did. But to see it decline and deteriorate over the last 5 years is so painful. I wish I knew how to fix it. Everyone tells me I will find away, but they don't really know how I feel. Sometimes, I wish I could just fade away into the background (looks tearful).

CMHN: You sound very low and overwhelmed. Your GP did disclose that you were diagnosed with an eating disorder when you were 13 and that he was concerned about your weight loss. How do you feel about your weight and eating habits?

MIKE: (Pause) I don't really like talking about my weight. It's this private part of my life which no one else can interfere with. But my wife wants me to talk about it.

CMHN: It sounds as though you feel quite strongly about your privacy and weight. I understand that you don't like speaking about it, but how does it make you feel that your wife wants you to?

MIKE: Mixed really. In some ways I think she is right and in another way I'm worried that it might make me feel even worse if I talk. But I do want to talk, I think I need to.

CMHN: What parts of your life do you think you need to talk about?

MIKE: My eating problems, I'm exhausted with food and weight dominating my life. There are some other things too, but I don't want to talk about them just yet.

CMHN: That's ok, you only need share what you are comfortable with. Can I ask what kinds of things you enjoy or are interested in?

MIKE: I really like playing the guitar, well I used to. Actually, I started to write a song, I've stopped now. My fitness is important to me as well. I have always played tennis and quite competitively too. Languages interest me too.

CMHN: That's really good, it sounds as though there are a lot of things that you have enjoyed doing in the past.

MIKE: Yes, I guess so, I wish the business could turn around and get back to where it was.

CMHN: Do you think that's possible? You obviously have a lot of determination and talent, otherwise it wouldn't have succeeded in the first place.

MIKE: Maybe, I want to make my wife feel proud of me.

CMHN: I'm sure your wife is already proud of you; she's definitely concerned about you. Shall we have a look at what kind of support we offer and what you feel is right for you? There are a range of options which I think might be beneficial for you. How does that sound?

MIKE: Yes please, I would like that – I really want to get back to my 'normal' self.

Signed: S. Taylor.

Date: 14/03/2022

SAMPLE

Item D: wellbeing plan

This extract was created by Mike following CMHN request to form part of a wellbeing plan.

This follows on from discussion during first assessment.

About me

My goals and aspirations:

- to be a supportive and good husband
- to make the business successful again
- reduce and manage my debt
- get fit again
- learn a new language

Things that are important to me:

- making the business a success
- my wife and family
- my friends
- my fitness
- managing my eating disorder

Things I might need help with:

- my eating disorder
- talking about the sexual assault and how this affected me – I find talking really difficult
- managing my debt
- motivating myself
- my feelings about myself and the business

What I want to change:

- feeling bad about myself and the business failing
- my fitness levels
- living my life without counting calories and allowing my eating disorder to dominate me
- the amount of time I spend with my wife – I would like to do more things with her
- my confidence and self-esteem

What others can do to help me (including services, friends and family):

- my friends could arrange to meet me (and encourage me if I say no) once a week to play tennis and have a chat
- my wife could encourage me to get fit more and perhaps we could do something together regularly
- I think I do need to have regular treatment with a therapist to help me with my eating disorder and talk through the sexual assault I have experienced
- my business partner could make more time for us to meet a discuss how we are going to build the business back up again
- a financial advisor

SAMPLE

Item E: goal planning document

	Goals	Actions	Barriers	Responsibility
1				
2				
3				

Item F: Mind campaign for better mental health

www.mind.org.uk/information-support/drugs-and-treatments/

SAMPLE

Item G: transcript of second meeting between Mike and the community mental health nurse (CMHN)

Date: 09/05/2022

CMHN: Great to see you again. How have things been?

MIKE: I'm feeling a little better than when we last met. I think I've still got a long way to go, but at least things are improving.

CMHN: I'm glad you are feeling a little better. What do you think has changed?

MIKE: It's hard to say but I think a combination of things. I'm talking more, I have more energy – probably because I'm eating a little more and everyone around me – including yourself are being very supportive.

CMHN: I'm glad you are finding the support around you helpful. Would you like to talk about your eating and what changes you have made?

MIKE: I still restrict my calories and monitor this very closely on an app. I weigh myself less than I did, but still a lot and I'm eating a little more. But there are some foods I refuse to go near but would like to.

CMHN: Ok, do you think you could remove the app from your phone, or does it still feel essential to you?

MIKE: I need the app; I can't not have it.

CMHN: The app is obviously very important to you.

MIKE: It is, no one understands why.

CMHN: Would you like to talk more about that?

MIKE: No thanks, it's difficult to talk about

CMHN: Of course, we can talk about something else.

MIKE: I've found the financial advice helpful I think there maybe hope that the business can recover.

CMHN: That's good, I know the business is important to you. Have you found the medication helpful?

MIKE: Yes, I have, I think the citalopram is helping and the diazepam is useful when I'm particularly anxious.

CMHN: It sounds as though you are still experiencing a lot of anxiety. Is there anything in particular that triggers your anxiety?

MIKE: If I gain too much weight than I'm comfortable with. I don't think about it often, but also the assault I experienced when I was 12. Those things never leave you.

CMHN: That sounds very difficult for you. Are you able to talk about these things?

MIKE: Sometimes.

CMHN: I know there is more work to do Mike, but you are doing really well. You've made progress in quite a short amount of time. I think it might be helpful if we work on something called a relapse recovery plan. This is a plan we can do together which looks at your triggers and how we know if things are going well. For example, if the treatment you are receiving is effective. The plan is a way of monitoring your progress so that it can support your recovery.

MIKE: Ok, that sounds like a good idea.

Signed: S. Taylor

Date: 9/5/2022

SAMPLE

Item H: relapse prevention plan

How Mike knows things are not going well:

- feeling anxious or out of control
- weighing himself more regularly
- checking calorie intake multiple times in a day
- missing meals
- worrying about weight gain

Indicators that others might recognise when things are not going well for Mike:

- shutting off and isolating himself
- cancelling plans to socialise
- missing meals
- checking his app more regularly
- anxious and stressed

Coping mechanisms that have worked for Mike:

- monitoring calories in his app
- paying tennis with friends
- exercising with his wife
- talking to his wife
- meeting with his therapist

What others can do to help Mike:

- his wife can encourage him to talk
- his friends can arrange tennis sessions for them to socialise
- support Mike with planning and managing his anxiety

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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