

T Level Technical Qualification in Health

Occupational specialism assessment (OSA)

Supporting the Mental Health Team

Assignment 2 – Practical activities part 2

Assignment brief

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

Supporting the Mental Health Team

Assignment brief

Assignment 2

Practical activities part 2

Contents

Assignment brief cover sheet	3
Practical activity scenario 1	5
Item A: questions for first meeting with the individual	7
Practical activity scenario 2	9
Item B: notes page	11
Item C: supporting template	12
Practical activity scenario 3	13
Item D: physiological measurements form	15
Practical activity scenario 4	16
Item E: risk management plan	17
Document information	18
Change History Record	18

Assignment brief cover sheet

This assessment is for the following occupational specialism:

Practical activity assessment: Supporting the Mental Health Team

Date

(date)

Time allowed

2 hours

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 activity 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 and 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	
----------------	--	-----------------	--

Practical activity scenario 1

This practical activity scenario requires you to:

OPA3: Observe and record an individual's verbal and non-verbal communication recognising how it may be relevant to the individual'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 35 minutes.

Brief

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

This is your first meeting with Carlos who has been diagnosed with post-traumatic stress disorder (PTSD) following an abusive relationship. He currently experiences flashbacks, nightmares, and anxiety and finds leaving his house difficult. Carlos is reluctant to talk about his PTSD as he feels anxious that talking about his experiences may make his symptoms worse.

You have been asked to meet with Carlos to introduce yourself and find out more about him before you start working together.

Carlos is waiting in the reception area for you.

Task

You are required to conduct a first meeting with Carlos.

Using the grid in item A, devise a series of questions that will help you find out information about Carlos.

You have up to 10 minutes to prepare for the meeting and devise the questions, which should focus on the following objectives:

- 1) General introductory questions to help Carlos feel comfortable.
- 2) Some information about his personal and social circumstances.
- 3) Establish what he would like to achieve from the weekly support with you.

You have up to 10 minutes to complete the meeting. You should write the individual's responses in the space provided in item A. Following the meeting, you have up to 10 minutes to record observations of the individual's verbal and non-verbal communication and how it may be relevant to their condition

(16 marks)

plus marks for underpinning skills – person-centred, holistic care and service frameworks and communication and effective relationships

Supporting information

This practical activity scenario involves role play. A member of teaching staff will play the role of the patient.

You have been given a table to devise the questions, record the responses and overall observations of the Individual's verbal and non-verbal communication (item A).

You have access to the following equipment:

- a desk with a chair
- a table
- 2 chairs
- a clock

Performance outcome

This practical activity scenario assesses:

PO1: Provide care and support to individuals with mental health conditions

PO2: Assist the mental health team with mental health tasks and therapeutic interventions

PO3: Promote mental wellbeing

Item A: questions for first meeting with the individual

Questions	Response

Observations of individual's verbal and non-verbal communication and how they may be relevant to the individual's condition

SAMPLE

Practical activity scenario 2

This practical activity scenario requires you to:

OPA9: Enable an individual to manage their condition through demonstrating the use of coping strategies and skills

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 have an appointment for a one-to-one session today with Rohit.

Rohit is 34 years old and has been self-harming after being assaulted in his own home last year. This includes cutting and burning his skin.

He self-harms most days, which tends to be in the evening after he has finished work.

You have been asked by the registered practitioner to meet with Rohit and discuss 3 coping strategies or skills that will support him to manage his condition.

Task

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

You have 10 minutes to prepare for the discussion. To prepare, you need to make notes on strategies or skills to support Rohit. Use the notes page (item B).

You will then have up to 15 minutes for the discussion with Rohit.

Rohit will be seated in the waiting area.

Each strategy or skill discussed should be recorded on the supporting template (item C) provided.

(16 marks)

plus marks for underpinning skills – person-centred, holistic care and service frameworks and health and safety and risk management

Supporting information

This practical activity scenario involves role play. A member of teaching staff will play the role of the patient.

You have been given a notes page (item B) to prepare for your discussion and a supporting template (item C) to record 3 strategies or skills that will support the patient to manage his condition.

You have access to the following equipment:

- a desk with a chair
- a small table
- 2 chairs
- a clock

Performance outcome

This practical activity scenario assesses:

PO1: Provide care and support to individuals with mental health conditions

PO2: Assist the mental health team with mental health tasks and therapeutic interventions

PO3: Promote mental wellbeing

SAMPLE

Item B: notes page

SAMPLE

Item C: supporting template

NAME	
DATE	
STRATEGY 1	
STRATEGY 2	
STRATEGY 3	
SIGNED/DATE	

Practical activity scenario 3

This practical activity scenario requires you to:

OPA1: Observe, measure, record, and report on physiological health of individuals receiving care and support

OPA2: Observe, record and report changes in the mental health of individuals when providing care and support

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

You have been asked to support the mental health team within the wellbeing clinic. You are working alongside a mental health nurse who is overseeing the clinic.

You have been asked to see the next patient, conduct their physiological measurements, and record them.

The patient is an individual with anorexia and anxiety. They have come to the clinic today for their physiological measurements to be taken.

This is the first time you have met the person.

There is a room set up for you.

Task

You have up to 5 minutes to carefully read through the following scenario and familiarise yourself with the room setting. You then have a further 20 minutes to complete the task.

You will meet with the patient and take the following measurements. You must record these on the physiological measurements form (item D):

- blood pressure
- heart rate
- oxygen saturation levels
- body temperature

You will then undertake a discussion with the patient about their physiological measurements and their physical and mental health.

Record any other observations in relation to the patient's physical or mental health in the relevant space on the physiological measurements form (item D).

(16 marks)

plus marks for underpinning skills – person-centred, holistic care and service frameworks and communication and effective relationships

Supporting information

This practical activity scenario involves role play. The individual will be played by a member of staff.

You have been given a physiological measurements form (item D) to record the patient's measurements. At the bottom of the form, you must note any further observations in relation to the patient's physical or mental health during this first meeting.

You have access to the following equipment:

- 2 chairs
- a table
- a clock
- a blood pressure (BP) machine
- a watch with a second hand
- a pulse oximeter
- a thermometer
- handwashing equipment
- personal protective equipment (PPE) – gloves and apron
- general cleaning equipment and products (for example, disinfectant wipes)

Performance outcome

This practical activity scenario assesses:

PO1: Provide care and support to individuals with mental health conditions

PO2: Assist the mental health team with mental health tasks and therapeutic interventions

PO3: Promote mental wellbeing

Item D: physiological measurements form

Physiological measurements		Notes
Blood pressure (mmHg)		
Heart rate		
Oxygen saturation (SpO ₂)		
Body temperature (°C)		
Mental and physical health observations		
Mental health		
Physical health		

Practical activity scenario 4

This practical activity scenario requires you to:

OPA11: Assist with collaborative risk assessment and risk management with individuals with mental health needs, involving carers and family members if appropriate, and summarise 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 30 minutes.

Brief

You are working with a patient who has experienced alcohol addiction in the past.

They have not drunk alcohol for 3 years and they are currently engaging in a cognitive behavioural therapy (CBT) programme for their addiction.

They have an appointment at the Community Mental Health Resource Centre (CMHRC) to revise their risk management plan. You have been asked to have an initial discussion with them before their appointment.

Task

You have up to 5 minutes to carefully read through the brief above and supporting information and familiarise yourself with the room setting. You then have a further 25 minutes to complete the task.

Complete the personalised risk management plan (item E) with the patient. Identify 2 responses in each section.

(16 marks)

plus marks for underpinning skills – person-centred, holistic care and service frameworks and health and safety and risk management

Supporting information

This practical activity scenario requires role play. The individual will be played by a member of staff.

You have been given a personalised risk management plan (item E) to complete with the patient.

You have access to the following equipment:

- 2 chairs
- small table
- a clock

Performance outcome

This practical activity scenario assesses:

PO1: Provide care and support to individuals with mental health conditions

PO2: Assist the mental health team with mental health tasks and therapeutic interventions

PO3: Promote mental wellbeing

Item E: risk management plan

Date	
Personal risk/Recovery plan	
Section 1 – Personal triggers that put me at risk:	
1.	2.
Section 2 – Things I can do to address each trigger:	
1.	2.
Section 3 – Coping skills I can use or learn:	
1.	2.
Section 4 – My relapse prevention strategies:	
1.	2.

NCFE materials adapted from Max Birchwood (2014) 'Staying Well Plan ' Tees Esk and Wear Valleys NHS Foundation Trust, Unpublished

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	Added sample as a watermark	November 2023	16 November 2023