Test Project

Health and Social Care

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Contents

Introduction **3**
Description of project and tasks **3**
Assessment Teams ..... Error! Bookmark not defined.
Test Project **4**
Hospital zone *4*
Home Care zone *5*
Day Care Zone *7*
Residential Care Zone *8*
Instructions to the Competitor **10**

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Introduction

The Test Project reflects the working field of the Health and Social Care Practitioner. The Competitor works in four zones based on different levels of care namely- Hospital Care, Home Care, Residential Care, and Day Care. Each Competition Day, the Competitor rotates into different zones as per the shared timetable. The Test Project comprises twelve modules. It is developed by an Independent Test Project Designer and the Skill Competition Manager. It is validated by two Independent Test Project Validators.

Description of project and tasks

There are twelve modules to be completed by each Competitor over four competition days from C1 to C4. They are as follows:

- Five modules on Planning and Hands-on
- Five modules on Planning and Communication
- One module on Poster-making and Group Education
- One module on Emergency Response and Reflective Report

The duration of each module is **60 minutes**. The Competitor must follow the time allotted for each of the tasks as per the instructions in the Test Project document.

Test Project

Hospital zone

MODULE	DESCRIPTION OF SITUATION	TASK
Module A **H-1** Planning and Hands-on Right Mastectomy for CA Breast	It is morning shift for you. Mrs. Lin Anya - 55 yrs old female, is your patient. She has undergone Right Mastectomy for Carcinoma Breast. It is the fourth Post OP Day. She was experiencing pain earlier for which the nurse had administered pain medication 20 minutes back. She is sad and withdrawn. She is alone in her room as her husband has gone home to fetch a few items for her. She has two adult daughters, married and settled in another town. They have not visited her yet.	• Write down a care plan • Reassess her pain • Perform wound dressing • Teach by demonstrating post-mastectomy exercises, using breast prosthesis and supportive innerwear • Explain coping strategies after mastectomy and give her emotional support
Module B **H-2** Planning and Hands-on Pre-operative Preparation for Open Reduction	You arrive at the hospital in the morning shift. Ms. Su Yuelin - 35 years old female, is your patient. She suffered a fall from the staircase along with her infant baby the night before, at her home. The baby was all right, but she had a fracture of Left Radius and was admitted to the hospital for surgical correction of fracture via planned Open Reduction and Fixation on this day. She had her X-ray taken the night before and the affected arm was immobilized with a polysling. Currently she is in acute pain and very anxious. You are helping the medical team in her pre-op preparation. The nurse (RN) has assigned a few tasks for you to help out with. Her baby is at her home with the grandmother. Her husband has stepped out for some chores.	• Write down a care plan • Perform the preoperative preparation as per the checklist and tasks assigned to you by the RN. • Prepare her for postop period • Provide emotional support for managing her anxiety

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MODULE	DESCRIPTION OF SITUATION	TASK
Module C **H-3** Planning and Communication Palliative Care: ESRD with Haemodialysis	You arrive at the hospital in the morning shift. Mr. Guo Zhentao, 70 Yrs, Male is your patient. He is admitted for his End stage renal disease and receiving Hemodialysis three times in a week. He has an arterio-venous fistula for dialysis on his right forearm. He underwent a dialysis session at the HDU one day prior before you met him at the ward. He has a non-healing pressure ulcer on the right heel. He is withdrawn, sad, and does not like to talk much. He is a retired businessman and a widower who believes in Chinese alternative medicine. He has a daughter who is married and settled in another town. So, he lives alone at home. His friends brought him to the hospital.	• Write down a care plan • Assess his general condition and collect history • Perform wound care for the pressure ulcer on heel • Examine the fistula and educate on infection control • Provide need-based supportive care to the patient • Provide need-based health education including on iron rich food intake for preventing anemia

Home Care zone

MODULE	DESCRIPTION OF SITUATION	TASKS
Module D **HC1** Planning and Hands-on Drug Susceptible Pulmonary Tuberculosis	You arrive at the patient's home in the morning for a follow-up visit. Mr. He Guoqiang, 50 years, male, is your patient. He was diagnosed three months before with Right Lower Lobe Tuberculosis susceptible to ATT (Anti-tuburcular Treatment) and was treated at the hospital. Now he is at home and recuperating through respiratory rehabilitation and regular monitoring. His weight is 60 kilograms. His drug regimen for four months is as follows: 1. 3-FDC (Fixed Dose Combination) (HRE) (Isoniazid (H) (75 mg) + Rifampicin (R) (150 mg) + Ethambutol (E) (275 mg)) – four tablets daily (based on weight) to be taken together in a single dose. 2. Tab Pyridoxin (supplemental Vitamin) 1 Tab once daily Since the last few days, he has had a cough and chest congestion. The doctor has advised nebulization. He works in a private security firm as a supervisor and is currently on medical leave. He is unmarried, lives alone and has no one to help him at home.	• Write a care plan • Assess his general condition • Assess his nutritional status • Check his vitals and blood pressure • Perform lung function tests on him and document readings • Provide nebulization as advised by the Physician • Provide health education on compliance of drug regimen, drug resistance, diet during recovery phase, and importance of regular follow-up

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MODULE	DESCRIPTION OF SITUATION	TASKS
Module E **HC2** Planning and Communication Diabetes Mellitus-Type 1-Hypoglycemia event	You arrive at the home of the patient in the morning for a follow-up visit. Mr. Deng Fubo, 25 years, male, is your patient. He was recently diagnosed with DM-Type 1. He is a football player on his college team. He has just returned home from an intense practice session for one hour. He is alone at home as his parents have left for work. When you arrive, the patient is shaky and giddy for the last ten minutes suggestive of recent glucose fluctuation following intense physical activity. He checked his blood sugar before you arrived - 3.9 mm/L or 70 md/dL. He also seems confused and does not know what to do. The physician has provided the insulin scheme to the patient. Insulin administration must be done using a pen.	• Write a care plan. • Assess his general condition • Check his vitals • Identify his problem • Manage his situation and symptoms • Provide need-based health education • Provide him emotional support
Module F **HC3** Poster-making and Group Education Dyslipidaemia: Diet for Healthy Heart	You arrive at the home of the patient in the morning for a follow-up visit. It is the home of Mr. Cao Kangle, 45 years old male, who is a practicing lawyer. He has dyslipidemia and has been advised a good diet, exercises, and stress reduction. The physician has advised you to give him a needful education about healthy heart diet today. Along with him the doctor has included two more patients in the group education session namely – Mr. Pan Dhonghai (50 years old male, employed in a bank), and Mrs. Bai Quigyao (35 years old female, a housewife). They have arrived at the house of Mr. Cao Kangle and are sitting along with him waiting for your group education session.	• Draw a poster on Healthy Heart Diet for the first 30 minutes • Educate all three patients together in a group health education session for the next 30 minutes using your poster • Interact with all patients • Clarify their doubts and answer their questions

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Day Care Zone

MODULE	DESCRIPTION OF SITUATION	TASKS
Module G **DC1** Planning and Communication Alcohol Use Disorder	You are working in the morning shift. Ms. Ye Xinyi, 47 years old female, is your patient. She recently got divorced after a marriage for 18 years. She is separated from her adolescent son who is currently living with his father. The patient came to Day Care after a fall at home the night before. She was consuming alcohol at that time and was alone. She had a superficial gash wound on her right knee. She has withdrawal symptoms, is non-cooperative and very anxious. She has a history of depression and intermittent suicidal ideation for which she is on medications She likes to use alcohol frequently to reduce her worry. She is hopeful that she will feel better and go back to her work as a Telephone Operator.	• Write a care plan • Assess her general condition and collect history • Assess her symptoms and perform a self-harm assessment for her • Teach her about prevention of fall and injuries • Give her emotional support • Educate her about seeking medical help by discussing community resources and social support
Module H **DC2** Planning and Hands-on Heartburn and Acute Chest Pain	You are working in the morning shift. Mr. Zeng Bingwen, 42 years old male, is your patient. The patient walked to the Day Care feeling uneasiness, and heartburn from last night. He could not sleep last night and therefore before proceeding to his work, he decided to get himself evaluated. He is employed in a company as a manager and has a very stressful work environment. The care team started the assessment and suddenly the patient experienced chest pain, breathlessness, dizziness, restlessness, and anxiety. When you checked his blood pressure, it was measured as 160-110 mmHg.	• Write a care plan • Assess his general condition • Collect his symptomatic history • Stabilize him with needful support and necessary care • Prepare him for an urgent and safe shift-out to the nearest hospital for further immediate care

MODULE	DESCRIPTION OF SITUATION	TASKS
Module I **DC3** Emergency Response and Reflective Report Fall, Injuries, and Nose Bleeding	You are working in the morning shift. Ms. Xia Lanying, 20 years, female, is your patient. She came to the Day Care to receive first aid and supportive care for the incident that happened to her the same day. While walking to her college, she was chased by a stray dog. She panicked and started running. She ran fast to save herself and tumbled down with a fall on her face. She injured her nose and suffered minor injuries and scratches. Upon examination she has nose bleeding due to fall and her left arm is very painful. She has a scrape wound on her left elbow and left palm of the hand and scratches on her left knee. The attending nurse (RN) has already administered Inj. Tetanus Toxoid to her. She has asked you to help with the rest of the care.	• Provide immediate, need-based care during the first 30 minutes. • Assess her general condition • Evaluate and dress her injuries on arms and legs • Evaluate her nose bleed and give care • Make her comfortable and provide her emotional support • Write a reflective report about the care given by you, in the remaining 30 minutes

Residential Care Zone

MODULE	DESCRIPTION OF SITUATION	TASKS
Module J **RC1** Planning and Hands-on Paraplegia: Post Stroke Care	You are working in the morning shift. Ms. Shen Meiru, 65 years old female, is your patient. She is admitted for one month for Partial Paraplegia under the Post Stroke Disability Care Unit in the residential care facility. She is widowed and a retired medical practitioner and has no one to care for her in old age. Her two sons live abroad and do not visit her often. She has forgetfulness and very limited movements in upper limbs. Her lower limbs are functional. She feels sad, depressed and lonely. Today she is anxious and irritated.	• Write a care plan • Assess her general condition and vitals signs • Assess her neurological status • Support her in movement from the bed to the chair and back to the bed • Educate her on fall risk prevention • Provide her emotional support and need-based health education

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MODULE	DESCRIPTION OF SITUATION	TASKS
Module K **RC2** Planning and Communication Dementia due to Alzheimer's with UTI	You are working in the morning shift. Mr. Tang Longfei, 65 years old male, is your patient. He has Dementia due to Alzheimer's Disease for three months as he needs constant attention. He retired as a music teacher and currently remembers very little about what he used to do. He has one son who lives in another city and visits him once in a fortnight. Mr. Tang is depressed, sad and wants to leave all the time. Today he is tired and smelly and has not changed his night clothes since morning. He did not sleep well the previous night. Because of his UTI, he is on oral antibiotics. He has not eaten his breakfast nor taken medicines.	• Write a care plan • Assess his general condition • Assist him in maintaining ADL and toileting • Ensure that he drinks plenty of fluids and he eats his breakfast • Administer oral antibiotic medication • Give him reminiscence therapy • Provide emotional support to improve his mood
Module L **RC3** Planning and Communication Uncontrolled Diabetes Mellitus-Type 2 and Hypertension	You are working in the morning shift. Ms. Jiang Yuzhen, 45 years, female, is your patient. She is admitted for five days after being diagnosed with uncontrolled DM-Type 2 and Hypertension for evaluation and management. The doctor has ordered a new scheme for insulin, by using a pen. The current value of blood sugar is 11.3 mmol/ 202 mg/dL She is also on antihypertensive medication as prescribed by her Physician. Her value of BP is 140/98 mmHg when you check it. Her husband has gone to leave their teenage son at his boarding school. Meanwhile she must learn to care for herself at home. She has recently been diagnosed and does not know what to expect and what changes need to be done in her lifestyle.	• Write down a care plan • Assess her general condition • Verbalise her blood sugar value and correlate with the prescribed insulin scheme • Teach her how to take insulin by demonstration on a dummy pad/arm. • Give her need -based health education • Give her psychological support

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Instructions to the Competitor

Please read the following instructions carefully:

1. Read the case description given in the module carefully and the tasks mentioned broadly. Not everything is always asked but sometimes indirectly asked to assess your knowledge and depth of understanding.
2. Planning: It is included in the 60 minutes time. Upon entering the work area write the plan for the first 15 minutes. The page limit is only on one side of the page. The timer will go off after 15 minutes. Immediately stop writing and hand-over your plan to the assessment team. This time is not transferable. You will have to wait until 15 minutes are completed and the timer goes off.
3. Familiarization: After the first 15 minutes of writing, you will familiarize yourself for the next 5 minutes (maximum). The timer will go off after 5 minutes. You will not talk, touch, feel, or pick anything but only watch and observe. No extra time is given for Competitors with Interpreters. Inform the assessment team that you have completed the familiarization and ready for the module. If you finish early, it is OK to inform the assessing team to start the module.
4. To summarize, you will start doing the actual module after 20 minutes (15 minutes of planning and 5 minutes of familiarization) for the next 40 minutes. After completion of 60 minutes, the timer will go off to indicate that your time is completed. Please stop the work and leave the assigned area after collecting all your items.
5. Perform the tasks as you would do in a live environment. Do not ask any questions or clarifications. Assessments of the modules will be done as follows:

   (a) Hands-on modules- hands-on skills will be tested more
   (b) Communication Modules- communication skills will be tested more
   (c) Poster-making and Group Education Module- the first 30 minutes are allotted for preparation of poster and remaining 30 minutes allotted for group education
   (d) Emergency Response and Reflective Report Module: the first 30 minutes are allotted for performance of emergency response, and next 30 minutes allotted for writing the reflective report.

6. Documentation: Make sure you write the care given only on the provided documents and paper sheets. Make sure that you use the poster paper for making the poster. Do not write or draw anywhere else. Donot forget to mention your name and country on top of the sheet.
7. Please be alert and attentive about the timer and audio-visual callouts to make sure you are within the assigned area and time, because there will be no scope to ask questions or seek answers/clarity from anyone. In case you have a real problem, you have to raise your communication card to get a resolution.

WISHING YOU THE VERY BEST FOR A GREAT EXPERIENCE !!!

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