



T Level Technical Qualification in Health

Occupational specialism assessment (OSA)

Supporting the Care of Children and Young People

Assignment 1 - Case study

Assignment brief

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Case study

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Guidance for students

Student instructions

- read the task briefs carefully before starting your work
- you must work independently and make your own decisions as to how to approach the tasks within the case study assessment
- you must clearly name and date all of the work that you produce during the supervised session
- you must hand over all of your work to your tutor at the end of the supervised session

Student information

- the maximum time you will have to complete all tasks for this case study assessment is 4 hours 30 minutes:
 - it is recommended that you should dedicate 30 minutes to read the materials provided in the assignment brief insert
 - it is recommended that you should then read all the tasks and split your time accordingly, planning time to check your work
- at the end of the supervised session, your tutor will collect all assessment materials before you leave the room
- you must not take any assessment materials outside of the room, for example, via a physical memory device
- you must not upload any work produced to any platform that will allow you to access materials outside of the supervised sessions (including email)
- you can fail to achieve marks if you do not fully meet the requirements of the task, or equally if you are not able to efficiently meet the requirements of the task

Plagiarism

You must complete all tasks in this assignment independently. You are required to sign a declaration of authenticity to confirm that the work is your own. This is to ensure authenticity and to prevent potential malpractice and maladministration. If any evidence was found not to be your own work, it could impact your overall grade.

Presentation of work

- all of your work should be completed electronically using black font, Arial 12pt, unless otherwise specified, with standard border sizes
- clearly show where sources have been used to support your own ideas and opinions
- clearly reference all sources used to support your own ideas and opinions, including any quotations from websites
- any work not produced electronically must be agreed with your tutor, in which case the evidence you produce should be scanned and submitted as an electronic piece of evidence
- all of your work should be clearly labelled with the relevant task number and your student details, and be legible (for example, front page and headers)

- electronic files should be given a clear filename for identification purposes, see tasks for any relevant naming conventions
- all pages of your work should be numbered in the format 'page X of Y', where X is the page number and Y is the total number of pages
- you must complete and sign the assessment cover sheet (ACS) and include it at the front of your assessment task evidence
- you must submit your evidence to the supervisor at the end of the supervised session

Scenario

You are working as a healthcare support worker assisting the community-based paediatric occupational therapy team.

The team works across different settings within the community, including individual homes, schools, and health centres, supporting individuals and groups of children.

The team's responsibilities are to:

- undertake assessments to identify the needs and goals of children and young people
- implement therapy programmes to enhance children and young people's wellbeing and occupational performance
- contribute and provide support to multidisciplinary teams who support children and young people as part of the children and young people's (CYPs) care plan
- make appropriate referrals to other health and care professionals

The team works with children and young people from birth to 18 years of age, supporting complex difficulties such as long-term and chronic health conditions, social care issues, and special educational needs.

You have been assigned to work with Melissa, one of the lead community-based occupational therapists.

Your resources include:

- item A: initial occupational therapy assessment extract
- item B: parental feedback – extract from occupational therapy assessment
- item C: occupational therapy observation of daily living skills (DLS) extract
- item D: NICE flowchart for chronic fatigue syndrome/myalgic encephalomyelitis management
- item E: management plan
- item F: sleep and relaxation information

Task 1: assessment of the patient/situation

Scenario

Elodie is 16 years old. She has received a recent diagnosis of chronic fatigue syndrome (CFS) after repeated specialist medical investigations.

CFS is a long-term condition which can cause extreme tiredness. Common symptoms include:

- feeling extremely tired all the time – finding it very hard to do daily activities
- still feeling tired after resting or sleeping
- taking a long time to recover after physical activity
- problems sleeping, such as waking up often during the night
- problems with thinking, memory and concentration

Elodie's General Practitioner (GP) made a referral to the community-based occupational therapy team for an initial assessment. This assessment aims to support the management and reduction of Elodie's symptoms.

Task

The team lead has asked you to collate information from the assessment and write a report to present at the next team meeting. To support your response you should use:

- the information from the initial occupational therapy assessment (item A)
- the parental feedback – extract from occupational therapy assessment (item B)
- the occupational therapy observation of daily living skills (DLS) extract (item C)
- the NICE flowchart for chronic fatigue syndrome/myalgic encephalomyelitis management (item D)

Produce a word processed report, which includes:

- an identification of 3 priority areas for intervention to support Elodie in the management of her CFS
- a summary with rationale for the areas you have chosen
- an explanation of other key healthcare professionals who should be involved in Elodie's care

(20 marks)

Conditions of the assessment

- task 1 must be completed in supervised conditions
- you will have access to the resources included in the assignment brief insert
- you will not have access to the internet or any other additional resource materials, excluding sites and materials included in the assignment brief insert when completing your work for this task
- attempting to access other internet sites will be classed as cheating and you may be disqualified from this assessment, resulting in failure of the qualification

Evidence requirements

Word processed response and any further relevant evidence.

Submission

- these tasks should be saved separately
- the following filename conventions should be used for all materials produced:
 - (provider_number)_(student registration number)_(surname)_(first name)_task1_(additional detail of document content if multiple documents are produced per task)

Note: Please request your provider and student number from your tutor.

Task 2: goals/patient outcomes/planned outcomes

Scenario

After the team meeting, the team lead asks you to complete a management plan that you will share and agree with Elodie at your next visit.

Task

Complete a management plan (item E) that enables Elodie to manage her condition and includes coping with potential setbacks/relapse. Use your knowledge of a holistic approach to health to:

- identify 3 goals for Elodie to focus on
- explain 2 actions for each goal that Elodie can take to work towards that goal and the equipment and/or strategies that may be required
- identify professionals within the multidisciplinary team and any other individuals who could support Elodie achieve her goals

(20 marks)

Conditions of the assessment

- task 2 must be completed in supervised conditions
- you will have access to the resources included in the assignment brief insert
- you will not have access to the internet or any other additional resource materials, excluding sites and materials included in the assignment brief insert, when completing your work for this task:
 - attempting to access other internet sites will be classed as cheating and you may be disqualified from this assessment, resulting in failure of the qualification

Evidence requirements

Completed item E

Submission

- these tasks should be saved separately
- the following filename conventions should be used for all materials produced:
 - (provider_number)_(student registration number)_(surname)_(first name)_task2_(additional detail of document content if multiple documents are produced per task)

Note: Please request your provider and student number from your tutor.

Task 3: care/treatment/support plan

Scenario

During the follow-up visit, Elodie and her mother explain that Elodie has trouble managing her workload and allocating time to different tasks due to fatigue. Elodie expresses that she feels anxious about getting everything done and sometimes this anxiety affects her sleep.

Task

Using the sleep and relaxation information (item F) and your knowledge of promoting physical and mental wellbeing to children and young people and complete item E, ensuring you:

- identify 2 strategies/methods Elodie can use to pace herself and manage levels of fatigue
- identify 2 strategies/methods Elodie can use to manage her sleep difficulties
- identify 2 strategies/methods Elodie can use to contribute to relaxation
- explain ways that these strategies can contribute to overall wellbeing

(20 marks)

Conditions of the assessment

- task 3 must be completed in supervised conditions
- you will have access to the resources included in the assignment brief insert
- you will not have access to the internet or any other additional resource materials, excluding sites and materials included in the assignment brief insert, when completing your work for this task:
 - attempting to access other internet sites will be classed as cheating and you may be disqualified from this assessment, resulting in failure of the qualification

Evidence requirements

Completed item E

Submission

- these tasks should be saved separately
- the following filename conventions should be used for all materials produced:
 - (provider_number)_(student registration number)_(surname)_(first name)_task3_(additional detail of document content if multiple documents are produced per task)

Note: Please request your provider and student number from your tutor.

Task 4: evaluation/monitoring effectiveness/clinical effectiveness

Scenario

The lead occupational therapist has asked you to evaluate the management plan to present to the next team client review meeting.

Task

Using information from the case study materials and what you have learned about Elodie, you should write a monitoring report which includes how you will monitor the effectiveness of the management plan from task 3 (item E).

(20 marks)

Conditions of the assessment

- task 4 must be completed in supervised conditions
- you will have access to the resources included in the assignment brief insert
- you will not have access to the internet or any other additional resource materials, excluding sites and materials included in the assignment brief insert when completing your work for this task:
 - attempting to access other internet sites will be classed as cheating and you may be disqualified from this assessment, resulting in failure of the qualification

Evidence requirements

Word processed response and any further relevant evidence

Submission

- these tasks should be saved separately
- the following filename conventions should be used for all materials produced:
 - (provider_number)_(student registration number)_(surname)_(first name)_task4_(additional detail of document content if multiple documents are produced per task)

Note: Please request your provider and student number from your tutor.

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