Health and Social Care

EmiratesSkills National Competition
1.0 **Introduction:**

Caring covers a wide range of abilities and activities dealing with health, physical and psychosocial well-being, support of growth and development, caring and rehabilitation. Every Expert and Competitor must know this Technical Description. In the event of any conflict within the different languages of the Technical Descriptions, the English version takes precedence. As this Technical Description contains only skill-specific information it must be used in association with the following: Caring is a team skill with 2 Competitors per team.

2.0 **Competency and Scope of Work**

The Competition is a demonstration and assessment of the competencies associated with this skill. The Test Project consists of practical work only. The activities as listed below are not exhaustive:

- Supporting health and, growth and development in client-based activities through assessment, planning, implementation and evaluation.
- Providing caring and rehabilitation of clients holistically across the lifespan in a variety of daily life situations.
- Demonstrating evidenced-based knowledge, management and competence of requisite skills to support health, growth and development; caring and rehabilitation.
- Applying principles of law and ethics, ergonomics, equality, safety, sustainability and environmental-friendly practices.
- Evaluating own working processes.
- Receiving feedback from compatriot Experts at the end of the Competition.

2.1 **Theoretical knowledge**

Theoretical knowledge is required but not tested explicitly. Competitors will require the necessary theoretical knowledge and skills to carry out the assigned practical work within their scope of practice. The Competitors should have a good understanding and knowledge of:

- Principles and theories of growth and development across the lifespan
- Caring and fundamental nursing practices across the lifespan
- Care in the four levels, that is, primary, secondary, tertiary and rehabilitation
3.0 Practical Work:

The Competitors will be assessed in pairs and each pair will be required to plan and deliver care based on the given simulated situation. There will be a variety of assignments. The assignments will be rotated throughout the competition period. These assignments will relate to holistic physical and psychosocial care, support and growth and rehabilitation or a combination of these areas. The simulated competition modules consist of assessing, planning, implementing and evaluating activities, in the provision of holistic care and rehabilitation to people across the lifespan in different settings in everyday situations. Competitors will be expected to:

- Assess the situation to identify the needs of the client
- Plan the care they will deliver
- Provide evidence-based care
- Work according to the given information
- Teach the client based on needs identified in the given module
- Complete all tasks as assigned by the given module in the time allocated
- Respect the client and the principles of law and ethics in their delivery of care
- Utilise appropriate communication
- Document care given as appropriate
- Evaluate own working practices

4.0 THE TEST PROJECT

4.1 Format / structure of the Test Project

The format of the Test Project is a series of standalone modules.
- A. Assessment and planning
- B. Communication, ethics and legal issues
- C. Caring, nursing and pharmacotherapy
- D. Safety, ergonomics sustainability and environmental regulations
- E. Evaluation
4.2 Test Project design requirements

A - Assessment and planning

Competitors will be expected to perform the following activities. The following list of activities is not exhaustive:

- Assess care needed based on given module.
- Plan care that Competitors will deliver based on the module given.
- Plan how the module process will be managed.
- Plan how the client-centred care will be delivered.
- Determine the co-operation and communicating skills to be utilised between the client(s) and the competing team.
- Plan how resources can be used effectively.
- Familiarise themselves with environment appropriate to the module.
- Determine how responsibilities can be shared equally.
- Document the plan of care.

B – Communication, ethics and legal issues

Communication

- Competitors will be expected to use therapeutic communication methods in the delivery of care.
- Examples of communication appropriate to the task will include activities such as:
  - Appropriate opening and closing of communication
  - Development of a positive environment
  - Establishment of rapport with the client
  - Correct questioning techniques
  - Active listening
  - Non-verbal and verbal language
  - Deductive listening
  - Appropriate educational techniques
**Ethics**
- Comply with current rules and regulations for confidentiality and privacy in the delivery of care.
- Respect client as an individual
- Respect client’s autonomy and right to refuse or accept care
- Maintain good professional conduct - Competitors will be expected to dress professionally appropriate to their country and culture without compromising the principles of standard precautions.
- Respect the client's need for modesty.
- Respect client's culture and religious beliefs.

**Legal issues**
- Obtain consent before implementation of care
- Deliver care without being negligent and committing false imprisonment; assault and battery

**C - Caring, Nursing and Pharmacotherapy**
Competitors will be expected to perform the following activities. The following list of activities is not exhaustive and is limited only by competitors' scope of practice:
- Observe standard precautions.
- Identify and meet client's needs appropriately.
- Utilise problem-solving skills
- Assist with hygiene needs appropriate to the task.
- Perform household tasks, for example prepare a nutritious meal specific to the task.
- Identity nutritional status and recommend appropriate measures
- Perform culturally appropriate measures and care
- Implement measures that promote independence within client’s limitations if any
- Promote and assist with the physical, social and psychological well-being of the client appropriate to the task.
- Perform caring tasks within the scope of practice for example first aid, wound care, monitoring of blood pressure, pulse, temperature, blood sugar, pain and weight.
- Organise educational activities to meet needs of clients of different age groups for example physical education, art and craft, music.
- Educate clients on common drug groups and their side effects, for example antihypertensive, analgesics.
**D - Safety, ergonomics, sustainability and environmental regulations**

- Ensure safe and ergonomic work practices.
- Deliver safe care.
- Use products effectively and discard waste ecologically
- Use resources and space provided in the competition area effectively and creatively
- Employ sustainability and environmentally friendly practices – Reduce, reuse and recycle

**E – Evaluation**

- Assess implemented plan (orally, in English)
- Evaluate the working process including the cooperation between competitors
- Suggest strategies to develop the working process in the future
- Evaluate tasks and relate practice to theory.
TEST PROJECT
PLANNING PHASE (EVERYDAY)

CONTENTS
This Test Project only consists of this document.

INTRODUCTION
The Test Project takes place

DESCRIPTION OF PROJECT AND TASKS
It is in the morning. There are 3 Patients you have to care for today. You have 30 min. to plan your work.

INSTRUCTIONS TO THE COMPETITOR
• Create a written plan of the tasks you have to do today.
• Put some timeframe to the tasks.
• Put the tasks of each testproject in logical order.
• Write down important goals – next to each task.

STRUCTURAL REMARKS
• Plan each Test Project of the day on one paper.
• Note your full Name on the paper.

EQUIPMENT, MACHINERY, INSTALLATIONS AND MATERIALS REQUIRED

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<tr>
<th>Item</th>
<th>Qty</th>
<th>Material</th>
<th>Description</th>
<th>Notes</th>
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MARKING SCHEME
• Written plan contains all the tasks
• Written plan has a timeframe
• Written plan has a logical order
• Written plan has goal written on it
TEST PROJECT 1: ASTHMA (DAY 1)

CONTENTS
This Test Project only consists of this document.

INTRODUCTION
The Test Project takes place in a hospital.

DESCRIPTION OF PROJECT AND TASKS

Mrs. Amna, aged 24, was admitted to Medical Ward 2 days ago for respiratory distress due to the asthmatic exacerbation. She has been instructed to use and monitor her respiratory function daily by using a peak flow meter and to document the values on a follow-up card.

She does not do it as instructed because she believes it is a waste of time and will not improve her health condition. Mrs. Amna is a teacher and stays with her family in a villa. She has gained a few kilograms the last few months. She is not physically active and she smokes one package of cigarettes in two days. She likes to spend her free time at home with his family and play with their cats.

INSTRUCTIONS TO THE COMPETITOR

YOUR TASK
- Provide care and patient education
- Assess the health needs and define the main problems in her present situation
- Encourage and guide the client in the use of peak expiratory flow meter (PEF).
- Handle an asthma attack

TIME:
- 5 min look at the environment
- 30 min accomplish the given tasks
TEST PROJECT 2- ARTERIAL HYPERTENSION, HEARING PROBLEM (DAY 1)

CONTENTS
This Test Project proposal consists of this document only.

INTRODUCTION
This Situation takes place in the hospital.

DESCRIPTION OF PROJECT AND TASKS
Mr. Mohammed, aged 69, was just admitted yesterday for maintenance of his arterial hypertension. Upon admission his blood pressure interpretation was 155/93. Mr. mohd retired after almost 45 years as a company owner. His daughter now manages the company, but he is involved in the business even though he is retired. He is the head of the family and he is used to being in-charge. His core physical problem is a hearing impairment and as he presented to the hospital at night complaints of a severe headache, he forget his hearing aid at home.

YOUR TASK
Perform the following for Mr mohammed

- Tidy his bed
- Measure his blood pressure and breath
- Orient about care hypertension

TIME
- 5 min look at the environment
- 30 min accomplish the given tasks
TEST PROJECT 3: EMERGENCY CASE – FIRST AID (DAY 1)

INTRODUCTION
The situation takes place in the home care.

DESCRIPTION OF PROJECT AND TASKS

You are doing your home care visit for Mr Sammy, aged 80 as part of routine homecare Service. He welcomes you to his apartment, and invited you for cup of coffee. While he gose to prepare coffee for you, suddenly you hear a scream.

Mr Sammy burn himself with hot water.

INSTRUCTIONS TO THE COMPETITOR

YOUR TASKS

Tasks:

• Will be based on your assessment of the situation you see.

TIME

• 5 min look at the environment
• 25 min accomplish the given tasks
TEST PROJECT 4: STOMA CARE (DAY 2)

CONTENTS
This Test Project proposal consists only of this document.

INTRODUCTION
The Situation takes place in the home care setting.

DESCRIPTION OF PROJECT AND TASKS

Mr Nasser, aged 57, was diagnosed with stage 3 colorectal cancer. He had a resection of his colon and recently he has been discharged home. He still holds Position as a Manager in a manufacture company. The stoma nurse taught Mr Nasser stoma care however, he expressed that he does not feel assertive doing it.

You are the practical nurse visiting Mr Nasser 5 days after his discharge. You noted that the bag is ¾ full and filled with air.

INSTRUCTIONS TO THE COMPETITOR

YOUR TASK
- Teach Mr Nasser on the appropriate food to take
- Guide Mr Nasser in cleaning his stoma, changing the stoma wafer and bag
- Discuss with Mr Nasser, issues related to stoma and his usual lifestyle.

TIME
- 5 min look at the environment
- 30 min accomplish the given tasks
TEST PROJECT 5- PARKINSON’S DISEASE (DAY 2)

CONTENTS
This Test Project proposal consists only of this document.

INTRODUCTION
The Situation takes place in the home care setting.

DESCRIPTION OF PROJECT AND TASKS
Mr Jamal was diagnosed with Parkinson’s disease about 9 months ago and was prescribed Tab. Sinemet 25mg /100mg every 8 hours. He is normally healthy but he does need assistance from his wife with his daily routine as he has fine tremors and slowness of movement with rigidity. Yesterday Mr. Jamal lost his balance and fell. He injured his left arm. Mrs. Jamal is hospitalized for ulcerative colitis surgery and is anticipate to be hospitalized for at least 1 week. Mr Jamal is feeling powerless and helpless as his wife is hospitalized and he is depending on a part time helper with his daily routine.

INSTRUCTIONS TO THE COMPETITOR

YOUR TASKS
- Perform wound dressing and advise on wound care.
- Teach Mr jamal the ROM exercises.
- Demonstrate and assist Mr. jamal how to walk with Zimmer frame.
- Educate Mr jamal on fall prevention.

TIME
- 5 min look at the environment
- 30 min accomplish the given tasks
TEST PROJECT 6- VIRAL INFECTION(DAY 2)

INTRODUCTION

The test project takes place in the community, residential and nursing home care.

DESCRIPTION OF PROJECT AND TASKS

Mrs. Meera, aged 65, is impartially independent and lives at home by herself. She had a viral infection and fever of 38.8 C 3 days ago. Last night, she fell while going to the bathroom as she felt dizzy and weak. She was not able to get up by herself and was found by her daughter in the morning when she came to see why her mother was not answering her phone. Mrs Meera sustained several bruises and an abrasion on the lateral side of her lower left arm. On admission to the hospital, she is diagnosed with bilateral pneumonia. She is prescribed antibiotics, 4-hourly monitoring, dressing for her abrasion and a sling for her arm for support as it is painful.

INSTRUCTIONS TO THE COMPETITOR

YOUR TASKS

- Monitor Mrs Meera vital Signs
- Dress her wound
- Apply supportive sling bandage
- Sit Mrs Meera out of bed.

TIME

- 5 min look at the environment
- 30 min accomplish the given tasks

MARKING SCHEME

Criterias are:

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