## Introduction to Test Project documentation

The following is a list of sections or information that must be included in all Test Project proposals that are submitted to the National Skills.

* Contents including list of all documents, drawings and photographs that make up the Test Project
* Introduction/overview
* Short description of project and tasks
* Instructions to the Competitor
* Equipment, machinery, installations and materials required to complete the Test Project
* Marking scheme (incl. assessment criteria)
* Other

## Contents

This Test Project proposal consists of the following documentation/files:

* No additional documents

## Introduction

This testproject reflects the working field of the health and social worker. The competitor works in 4 zones (hospital, homecare, residential care, day care) throughout the competition. Each competition day is in another zone. The testproject consists of a set of moduls. The moduls have been developed by all the expert and discussed on the forum.

## Description of project and tasks

|  |  |  |
| --- | --- | --- |
| Modul Name  Hospital | Modul Description | Modul Tasks |
| Hos P  Planning Hospital | Planning Hospital  It is in the morning. There are 2 patients you have to care for today. You have 45 min. to plan your work. | * 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. * The goals are mostly patient centred |
| Hos 3  Subdural Hämatoma 2 (H) | Mrs. Klein is 72 years old with DM 2 who suffered an acute subdural haematoma with contusion. She lives at home with his 72-year old husband. She has also a son and a daughter but neither lives near home. She had been admitted to neuro-medical ward because 3 days ago she has fallen. When she arrived to hospital she was orientated, left leg had mild weakness. She didn’t remember the date, but according to her husband that is normal. She has wounds on the elbow and parietal side of head. Today she is in a good condition to go home. | * Do the neurological analysis (test Glasgow Coma Scale and strength, movement, speech, orientation – date, place, Pupil reaction)- * Monitor vital signs * Measure orthostatic blood pressure * Help her to get ready and leave the hospital |
| Hos 8 a  Asthmatic bronchitis  (C ) | Mr Smith, aged 24, was admitted yesterday for respiratory distress due to the exacerbation of asthmatic bronchitis. He has been instructed to monitor his respiratory function daily by using a peak expiratory flow meter and to document the values on a follow-up card. He does not perform it regularly as he thinks it is a waste of time. Mr Smith is a librarian and lives with his family in an apartment. He has gained a few kilos the last few months. He is not active in any sports and he smokes one package of cigarettes in two days. He enjoys staying at home and spending time with his family and their cats. | * **Provide care and patient education** * **Assess the health needs and define the main problems in his present situation** * **Encourage and guide the client in the use of** peak expiratory flow meter. * Tidy up the bed and hospital room for the next patient |
| Hos 8 b  Asthma Poster  (Pst) | Asthma Poster to educate the patient | Draw up a Poster on Asthma, in the manner that you could use it to teach Mr. Smith.  (Hos 8 a) by the bedside.   * the writing is big enough * it should be colourful * there are more elements which are drawn than written |
| Modul Name  Home Care | Modul Description | Modul Tasks |
| Home P  Planning Home Care | Planning Hospital  It is in the morning. There are 3 patients you must care for today. You have 45 min. to plan your work for 2 patients. | * Create a written plan of the tasks you must 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. * The goals are mostly patient centred   Information: We only assess the first 2 patient plans. You can write the third one but we will not assess it. |
| Home 7  Stroke (H) | You visit Amy Brigthon, 57 years old. Ms. Brigthon needs help after she had a cerebral apoplexy with right side hemiparesis three months ago. Mrs. Brigthon lives on her own in a one floor house. Her daughter Mia is helping here clean, cook and shop two times a week since Ms. Brigthon recently came home from rehabilitation.  Ms. Brigthon has a daughter named Mia, 27 years old.  Ms. Brigthon is usually working as an accountant in a real estate company, and is looking forward to get back to work. She is almost done with putting on here clothes, she is sitting in the wheelchair, when you are coming. | * Monitor vital signs * Assist in personal hygiene and dressing * Assistance with transferring from wheelchair to chair * Prepare breakfast with the patient * Motivate to be physical active * Show her anti spastic way to treat her arm |
| Home 5  COPD (C) | Mr. Rodrigues is a 65 years old man with obesity, chronic obstructive pulmonary disease and chronic venous insufficiency. He lives with his daughter who is 26 years old and divorced. He also had a venous ulcer since 2 months ago at the lateral side of the right calf near the middle. The lesion has a recurrent history, having a prior episode 15 months ago. He had already tried treatment with many different dressings. The ulcer had a size of 5 x 4 cm2, has healed now, with a fragile and scaly surrounding skin.  He has a history of drinking great amounts of alcohol, smoking and consuming sweet and fatty foods. Although he has problems with breathing, he does not know how to use the inhalator that he needs. | * Checkvital signs (blood pressure, temperature, pulse and breathing). * Orient patient on the usage of the inhalator. * COPD health education |
| Home 1  Diabetes Typ I (C) | You are visiting Mrs Mark and her daughter, Anna, aged 16 at their home.  Mrs. Mark is concerned about her daughter who is newly diagnosed with diabetes mellitus and requires subcutaneous insulin injections twice a day. Anna is also required to monitor her own blood glucose levels.  Anna will be graduating from high school this summer and does not think she has a health problem. | * Teach and demonstrate to Anna:   + Self- blood glucose monitoring   + Insulin injection (pen) * Teach Anna about Insulin therapy |
| Modul Name  Residential Care | Modul Description | Modul Tasks |
| Res P  Planning Residential Care | Planning Residential Care  It is in the morning. There are 2 patients you have to care for today. You have 45 min. to plan your work. | * 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. * The goals are mostly patient centred |
| Res 4  Palliative Care (H ) | Mrs. Esther Joao is 71 years old and has been living in residential home care nursing for one year. She has a history of lung cancer, currently pursuing a picture of pneumonia. She feels weak and has dyspnea of small efforts, because it is difficult to self-care and requires oxygen delivery by nasal cannula she needs three (3) liters per minute. Her prolonged stay in bed generates risk of developing pressure ulcers. For this reason, she should be positioned regularly. She does not been drinking enough fluids and has a dry mouth. | * Do mouth care for Mrs. Joao * Conduct interventions to prevent pneumonia. * Perform risk assessment * Perform a hand massage |
| Res 8  Mild cognitive impairment  (C) | Francesco Selva is in the nursing home for 3 years. He likes to talk about the past. He often looks at books with a lot of pictures. He has mild cognitive impairment. Today is Thursday and Mr. Selva keeps telling you that he is thirsty and you have also noticed that he is urinating more frequently and that her cuts and wounds are slowly healing. | * Support Mr. Selva to wash herself * Help Mr. Selva to get dressed   Information: You are on early shift |
| Res E  Evaluation- Reflective Report  Residential Care | Evaluation- Reflective Report  Residential Care | * Write a reflective report (evaluation) about the morning modul (today).   + Identify and describe one learning incident   + Feelings   + Action in the situation   + Evaluation   + Analysis   + Conclusion   + Action Plan * Not more than 1 Page |
| Modul Name  Day Care | Modul Description | Modul Tasks |
| Day C P  Planning Day Care | Planning Hospital  It is in the morning. There are 3 patients you must care for today. You have 45 min. to plan your work for 2 patients. | * Create a written plan of the tasks you must 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. * The goals are mostly patient centred   Information: We only assess the first 2 patient plans. You can write the third one but we will not assess it. |
| Day C 3  Viral Infection  (H) | Mrs. Miller, aged 70, is fairly independent and lives at home by herself. She had a viral infection and fever of 38oC last weekend. Last night, she fell whilst going to the bathroom as she felt giddy 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 Miller sustained several bruises and an abrasion on the lateral side of her lower left arm. On admission to the hospital, she is diagnosed with pneumonia. She is prescribed antibiotics, 4-hourly monitoring, dressing for her abrasion and a sling for her arm for support as it is painful. She is now at home again and comes to the day care clinic for the change of the dressing. She uses walking stick now. | * Monitor Mrs Miller’s Temperature, pulse and respiration * Dress her wound * Apply supportive sling bandage * Show the patient safe ways to mobilize |
| Day C 6  Diabetes Type II (C) | Mr. Leon Moreirais 60 years old. He is a sales agent travels a lot all around the world. He recently had a lot of thirst and didn`t feel good. He had a wound on the toe, which was not healing well. He went to the doctor two weeks ago. He was very thirsty. The doctor has sent him to the hospital. He was diagnosed with diabetes Type II. The wound was treated with i.v. antibiotics and has healed pretty good. The Skin is very dry on the feet.  He comes in the morning. He is still is insecure how to measure the bloodsugar. | * He already has been Instructed for bloodsugar measuring but needs some more teaching for blood sugar measuring. * Advice him on a good diet * Check the wound on the toe. * Weigh Mr. Moreiras * Instruct on Footcare |

Legend: Hos: Hospital Zone, Res: Residential Care Zone, Day C: Day Care Zone, Home: Home Care Zone, (H)= Hands on modul, (C)= Communication modul, (Pst) = Poster

## Instructions to the Competitor

This would be the instructions that would be given to the Competitor if doing this project. The instructions can be increased and improved at the Competition during the preparation time.

* To complete the moduls please do the following:
  + Read the situations description and tasks carefully.
* **There are different moduls:** 
  + **Planning** (for each day): plan the care for two patients you will take care in the zone. We want you to plan the first **two** moduls of the day. If there is a third modul the planning is optional for you (we will not assess it). Please use one page per modul (total: 2 pages). Write your full name on the paper. We will copy the papers and hand them back to you. You can read the planning again, while you are in the competitor room and during the 5 min. familiarization, when you are in the competition situation, please give the planning to the experts. You will get it back at the end of the situation.
  + **Hands on and communication modul:** Please read the description of the situation carefully. Do the tasks that are in the modul description. We also expect, that you assess the situation and react to the situation as you would do normally (in the real working situation). We are looking for excellence, this means we won`t tell you everything in advance.
    - **Hands on modul:** In this modul the jury will focus the assessment on the doing (more than the communication).
    - **Communication modul:** in this modul the jury will focus the assessment on the communication.
  + **At the start of the situation:** you get 5 min. to familiarize with the environment. Don`t touch anything. If you are done: tell the experts.
  + **If you have a translator:** you get 5 min. more time (if you need it).
  + **Poster Modul:** In this modul you must draw a poster.
  + **Evaluation:** Please read the instruction. You must write an evaluation of one modul.

## Equipment, machinery, installations and materials required

It is expected that all Test Projects can be done by Competitors based on the equipment and materials specified in the Infrastructure List\*.

If any equipment or material is required that is not listed in the Infrastructure List, then it has to be listed here (in the table below - column headings may vary from skill to skill.)

WorldSkills International needs to approve any additional infrastructure requirements that are not listed in the Infrastructure List. Column headings may vary from skill to skill.

\* (Definition: the Infrastructure List is the equipment, machinery, installations and materials supplied by the host country – it does not include tools and material to be supplied by Competitors and/or Experts)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Item | Quantity | Material | Description | Notes |
| Watch | one | Clip on or in the pocket | to monitor the vital signs |  |
| Pen | one | Blue or black ink |  |  |

## Marking Scheme

Every Test Project must be accompanied by an associated marking scheme matching the assessment criteria as given in the Technical Description (Marking Summary). For each of these criteria a detailed list of aspects to be assessed must be defined (this would be a draft proposal that is discussed and finalised during preparation time at the Competition).

|  |
| --- |
| THE MARKING SCHEME IS BASED ON THE TECHNICAL DESCRIPTION AND THE FOLLOWING:   * Work organization and management |
| * Communication and Interpersonal Skills |
| * Problem Solving, Innovation and Creativity |
| * Assessing Needs and Planning Client Care |
| * Managing and Delivering Client Care |
| * Evaluating Client Care |

## Other

Use this section for information that is important but is not covered in the previous sections.

none