

NATIONAL SKILLS COMPETITION

Test Project – April 23 to 25, 2008

Health Services - Caring

National Skills Competition Final Test Project Health Services- Caring

April 23 to 25, 2008



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WorldSkills Jamaica Competition April 24 to 25, 2008

General Instructions

1. Each competitor will be required to carry out the test project as specified and will be available on the website three months before the competition.
www.worldskillsjamaica.org
2. Each competitor will be required to carry out the test project as specified on the schedule to be handed out two days before the competition.
3. The time will be specified according to the test project.
4. 20% change will be made to the test project on the day of the competition where a new test project will be issued to the competitor.
5. All materials, ingredients, large equipment and specialized hand tools will be provided.
- 6. Please note that all competitors should provide their own small tools and utensils.**
7. Competitors are expected to identify all equipment/ materials/ingredients needed and submit list to the competitions committee no later than March 7, 2008.
8. Debriefings will also be conducted for all competitors on April 22, 2008.
9. All competitors will get an opportunity to arrange work areas the day before the competition. Where applicable competitors for the second day will arrange their work areas on the evening of day one. Competitors who fall in the second shift

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will get an opportunity to do their preparation at offsite locations (to be decided) where necessary.

- 10. Competitors and coaches are expected to find their way to the competition village on April 22, 2008 and to depart back home on April 26, 2008**
- 11. Transportation will be provided at designated times for all competitors and coaches to and from the competition venue.**
- 12. All coaches will play the role of experts (judges) for the competition**
- 13. Accommodation and meals will be provided for all competitors**
- 14. Accommodation will be provided for coaches only.**
- 15. All other persons that support the competitors will need to make their own accommodation arrangements.**
- 16. Lunch and light refreshment only will be provided for coaches, (experts), workshop supervisors, national trade managers and volunteers.**
17. All competitors should be present for the opening ceremony along with their coaches.
18. Rehearsal for the opening ceremony will be held on the evening of April 22, 2008 in the Indoor Sports Centre.
19. Competitors are not allowed out of the competition village unless permission is granted by the dorm master.
20. All competitors are required to register at the competition village to qualify for entry into the competition.
21. Special permission must be granted if competitors need to reside off campus.

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Skill Caring

TEST PROJECT 1

Assist client with activities of living during a home visit.

Duration of the competition - 1 hrs (60 min)

Description of the process

Briefing the competitors by Chief expert	5 min
For reading and preparing your work	15 min
Doing the activity with the client	30 min Maximum
Evaluation with the experts	10 min
Total	60 min

The competitors will be informed 5 minutes before when the planning time is finished. The competitors are free to familiarize the environment and the devices during planning time. The competitors will be informed 5 minutes before when the implementation is finished.

Aim of the Test Project

Assisting and motivating client with a stroke to socialise and assist her during morning routine

Case

Mrs Smith, aged 50 years, is a widow. Her late husband died two years ago. She suffered a stroke six months ago. The stroke was located on the left side of her brain and because of that she is suffering from a right-sided paralysis and aphasia.

Mrs Smith is living in a home for elderly people and she has a room of her own. She has always been very careful about her appearance, takes pride in looking attractive and she was very social before the stroke.

However, since her stroke, she has been depressed and is unwilling to get out of bed. She wants to spend most of the day in bed although she knows how to get out of bed. Today she is invited to a birthday party in the canteen.

Mrs Smith is also withdrawing from socialising as she is frustrated that she is unable to make herself understood by others in verbally.

She is able to walk with support from one person. On your arrival, you find her in bed with blanket over her.

She is dressed in a skirt and a blouse and needs to put on shoes and a cardigan.

Your tasks:

To motivate Mrs Smith to get out of bed and go to a birthday party this morning.

Help her to get ready for the party.

Organise environment to be tidy.

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Instructions for the client

- You can not do anything with your right hand
- You are in bed when competitors came
- You can not talk
you can understand what the competitors said
you can nod yes or shake no and you can use your left hand for communication
- You are not willing to come out of the bed you refuse 2 times
when the competitors insist, you are ok with it
- You are not willing to go to the party
- You can choose between jacket and cardigan
- You are dressed in a skirt and a blouse

Skill Caring

TEST PROJECT – 2

Instructions to the client

Duration of the competition - 1 hrs (60 min)

Description of the process

Briefing the competitors by Chief expert	5 min
For reading and preparing your work	15 min
Doing the activity with the client.	maximum 30 min
Evaluation with the experts	10 min
Total	60 min

The competitors will be informed 5 minutes before when the planning time is finished. The competitors are free to familiarize the environment and the devices during planning time. The competitors will be informed 5 minutes before when the implementation is finished.

Aim of the Test Project

DON'T HELP TOO MUCH, BECAUSE THE AIM IS THAT THE LADY SHALL BE INDEPENDENT AND GET RID OF THE WHEELCHAIR AS SOON AS POSSIBLE!

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Case

Mrs. Tanaka is a 76 years old lady who has a history of high blood pressure. A week ago, the doctor prescribed a new medication for her because her old one was not effective anymore. Yesterday, she fell down on the yard. In the hospital, it was found that she has a very low blood pressure, so the doctor reduced the dose of her medication.

She was lucky, the hip was not broken, but there are plenty of bruises on it and it is still painful. She is now at home. She has some difficulties in using the rollator/walking frame because she is afraid to put full weight/pressure on her both legs and fall again.

She has also a wheelchair at home and seems to like to use it even indoors. The doctor and the physiotherapist in the hospital have given her a written document/instructions, which tells that she is able to put full weight/pressure on her both legs. The pain is the only limit for her locomotion.

Your tasks:

1. Motivate and teach the lady to use the rollator/walking frame and to put full weight/pressure on her both legs.
2. Measure the blood pressure and pulse
3. Document the care given

Skill Caring

TEST PROJECT – 3

Caring situation in person's home

Duration of the competition 1 hr (60 min)

Description of the process

Briefing the competitors by Chief expert	5 min
For reading and preparing your work	15 min
Doing the activity with the client	30 min maximum
Evaluation with the experts	10 min
Total	60 min

The competitors will be informed 5 minutes before when the planning time is finished. The competitors are free to familiarize the environment and the devices during planning time. The competitors will be informed 5 minutes before when the implementation is finished.

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Aim of the Test Project

To do a daily caring check up visit in the morning to the client's home. During the visit the caregivers will do the tasks mentioned in the written assignment /case description.

Case

Mrs Natsumi, a 72 year old Japanese lady, lives with her husband in their apartment. Mrs Natsumi is a very active person and is a member of her neighbourhood's social club. Some days ago when she was coming back home from her club, she fell down and hurt her ankle. She went for a check up at the local health care centre where she got a support bandage on her ankle. Because of her age she was given a wheel-chair for home use. In addition she got crutches as an alternative device.

She feels unsafe when moving around in the apartment and therefore she prefers using the wheelchair. However, the doctor advised her to move around with the support of crutches. Mrs. Natsumi has recently developed diabetes type 2 that is being controlled by diet. The blood sugar level is still not stable and she needs to check her blood sugar regularly. Mrs. Natsumi is not comfortable with the blood glucose measuring set and she needs more instructions. Mr. Natsumi has been performing measuring the blood glucose for her. This morning the blood glucose level was 4 mmol/ 72 mg.

Her husband had to travel to another town today and Mrs Natsumi is expecting you for a check-up visit. The health care centre gave you the keys to the Mr and Mrs Natsumi's apartment.

Your tasks are:

- Prepare breakfast
- Tidy the environment
- Examine the ankle
- Educate her on the use of the blood glucose measuring equipment. (Attention. You may not prick the client!)

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TEST PROJECT – Day 4

Render first aid to an injured victim.

Duration of the competition 3/4 hr (45 min)

Description of the process

Briefing the competitors by Chief expert	5 min
For reading and preparing your work	10 min
Doing the activity with the client	20 min
Competitors may not need all the given time.	
Evaluation with the experts	10 min
Total	45 min

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The competitors will be informed 5 minutes before when the planning time is finished. The competitors are free to familiarize the environment and the devices during planning time. The competitors will be informed 5 minutes before when the implementation is finished.

Aim of the Test Project

Render first aid to a victim who has been scalded

Case

This incident occurred in a nursing school with 300 students. There are 30 staff members including a school nurse.

The school canteen is packed with the lunchtime crowd. A student, carrying a bowl of hot soup, was busy looking for his/her friends. Engrossed, he/she tripped over a bag on the floor and the hot soup splashed on the lower arm of a student who was already seated. The victim screamed in pain and shock. The student who caused the injury is very upset over the accident he/she caused.

You and your friend are nursing students and have witnessed this situation. What do you do?

Your tasks:

To calm the situation.

Assess degree of the burn and render appropriate first aid.

Get help from the staff for the subsequent care of the victim.

List for the client

- Jacket
- Cardigan
- Make-up
- Pumps
- Sneakers

Equipment and Material List

Tables

Chairs

Set office material

Computer

Printer

Tables

Chairs

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PC Projector

Screen

Tables

Chairs

Flipchart / Writer Flipchart

First Aid Kit

Fire extinguisher

File Cabinet lockable

Clock

Refrigerator

Coffee machine

Cleaning Set

Hot and cold running water and water outlet

Electricity supply

Coat rack 1

kitchen table 1

6 kitchen chairs 1

book self 1

hospital beds with full equipment 2

bedside tables 2

fridge 1

stove

couch 1

armchairs 2

livingroom table 1

wheelchairs 2

walker 1

stretcher 1

bucket 4

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basket for ecological waste 3

Other trimmings to make the workshop homelike environment e.g. pictures on the wall, books, plants, carpets, etc. yes

Skill-specific installations:

Closet 1A and 1B (Nursing)

Thermometer

devices for measuring blood sugar

disposable lancets

sphygmomanometer

stethoscope

scale

peak expiratory flow –meter

cotton buds

disinfectant

wound dressings

sterile dressings

tulle gras

elastic gauze

adhesive tape

band

disposable syringes

disposable needles

waste pin for sharp objects

sterile gloves

scissors

plaster

tray

forceps

placebo drugs

walker

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stretcher

resuscitation-doll

Closet 2A and 2B (Caring and rehabilitation)

Pillows

mattresses

blankets

sheets

pillow-cases

counterpanes

bedspreads

cotton wool

disposable gloves

disposable bowl

disposable toothbrush

toothpaste

disposable kidney-basins

socks

morning gowns/towelling dressing

slippers

paper towels

skin lotion

comb

towels

linen skip

garbage-bag

lifting belts

magnifying glass

sock holders

balls in different sizes

Closet 3A, 3B and 3C (Support of growth and development)

Notepaper and drawing paper

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colouring pencils

materials for arts and craft e.g. glue

coloured papers

scissors for children

adults and with special needs

scotch tape

paintbrushes

water colours

colouring paint

aprons

CD-player

CD-records (Folk, jazz, classic, pop, music, children's songs and music)

jazz music

games e.g. Bingo

Scrabble

Music instruments e.g. drums, maracas

hand puppets e.g. male and female characters

animal characters 4-6 different sizes

fabrics (transparent material)

place mats

plastic table cover

Closet 4A, and 4B (Household equipments)

Coffee cups

glasses

plates

spoons

forks

knives

plates

coffee maker

tea kettle

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brush for

sweeping

ironing

rag

napkins

materials and substances for washing

washing and cleaning

Fridge (Household)

Food ware for breakfast or light snack (lunch and dinner) e.g. bread, butter, milk, teabags, coffee, sugar, cheese, lettuce, cucumber, tomatoes, fruits