



Skill India
कौशल भारत - कुशल भारत



Sample Test Project

District / Zonal Skill Competitions

Skill- Health and Social Care

Category: Social & Personal Services

Table of Contents

A. Preface	3
B. Test Project	4
C. Marking Scheme	9
D. Infrastructure List	10
E. Instructions for candidates	11
F. Health, Safety, and Environment	12

Section - A

A. Preface

Skill Explained:

A health and social care practitioner offers a range of support to individual clients and their family and has a continuing responsibility to work professionally and interactively with the client in order to ensure their holistic care needs are met within the context and in association with the medical profession. The professional manages physical, psychological, social and spiritual well-being of client, family and the community, in a comprehensive manner. The care is provided through a scientific process of assessment, diagnosis, planning, delivering, and evaluating outcomes of care.

The attributes desired for a competent professional are work organization & self-management, communication & interpersonal skills, problem solving, innovation and creativity, the ability to understand, empathize and work with clients to improve the quality of their life.

Eligibility Criteria (for IndiaSkills 2018 and WorldSkills 2019):

Competitors born on or after 01 Jan 1997 are only eligible to attend the Competition.

Total Duration: 8 Hrs

Section - B

B. Test Project

5 Hands-on Modules, 5 Communication Modules, 4 Planning Modules, 1 Poster Module, 1 Evaluation Module. All modules are for 20 Minutes.

Module Name: Hospital	Module Description	Module Tasks
Hos P Planning	It is in the morning. There are two patients that you care for today. You have 45 minutes to plan your work.	<ul style="list-style-type: none"> • Write down a care plan of the tasks you must do today • Tasks should have time frames • Place all tasks in logical order • Mention important goals of care against each of the tasks • Make sure the goals are patient centred.
Hos 4 Knee Replacement	<p>Ms. Alice Johnson, 58 years old female was admitted with pain in the right knee joint pain, acute and severe making her seeks medial attention.</p> <p>Her activities of daily living were getting compromised, as she could not walk and bear weight of her body on her legs. Slowly the left knee also started to pain due to excessive pressure on left side.</p> <p>On physical examination she has limping on right-side, and every step was painful for her. She underwent evaluation and considering her age and acute condition the Physician recommended Right Knee Replacement. Her operation was done 2 days ago. Her dressing was changed today morning.</p>	<ul style="list-style-type: none"> • Post operative care: <ul style="list-style-type: none"> ○ Assess her pain and administer pain medication as per the order of the Physician ○ Perform Deep Vein Thrombosis prophylaxis ○ Instruct the patient how to prevent pneumonia • Move the patient form the bed to chair • Tidy up the bed and surroundings.
Hos 9 Diabetes Mellitus	Mr Albert, 45 years old male, is diagnosed with Diabetes Mellitus just a few days ago. He has a sedentary lifestyle and his blood sugars are fluctuating. His Physician	<ul style="list-style-type: none"> • Asses the patient • Check is blood sugars • Relieve his anxiety by evaluation and health education

	placed him on Insulin regimen. He comes to your unit with profuse sweating, restlessness and nervousness. He has already taken his oral diabetic medication before coming to your unit.	<ul style="list-style-type: none"> Advise him how to use oral anti-diabetic agents and how to look for hypoglycaemia and hyperglycaemia.
Module Name: Home Care	Module Description	Module Tasks
Home P Planning Home Care	It is in the afternoon. There are 2 patients you just care for today. You have 45 minutes to plan your work.	<ul style="list-style-type: none"> Write down a care plan of the tasks you must do today Tasks should have time frames Place all tasks in logical order Mention important goals of care against each of the tasks Make sure the goals are patient centred
Home 8 Multiple Sclerosis	At Mr Philip's home it is 2 pm in the afternoon. Every day you visit his home as he is a patient of Multiple Sclerosis since one year and does not have control over his lower body. Thus his activities of daily living are compromised. He is depressed as he lost his job due to illness. He has dependent parents who are very old and live in village. He lives alone at the town.	<ul style="list-style-type: none"> Tidy him up Help him use the crutches Assess his condition by head to toe examination Advise him how to avoid falls and injuries
Home 2 Hemiplegia	Mrs Burns, 80 years is a patient of hemiplegia since two years and being taken care of at her home. She receives Physiotherapy at home but is unable to talk. She finds her movement from bed to wheelchair very difficult and often gets irritated, as she is unable to do that without help. She is also very depressed and does not eat well.	<ul style="list-style-type: none"> Talk with her and give her assurance Make a light snack for her and ensure that she eats it Assist her in using wheelchair and teach her methods to move out of bed safely Help her to overcome her depression by providing psychological support
Home E Evaluation- Reflective Report- Home Care	Evaluation- Reflective Report Home Care	<ul style="list-style-type: none"> Write a reflective Report (evaluation) about the morning module (today) <ul style="list-style-type: none"> Identify and describe one learning incident Feelings that you felt

		<ul style="list-style-type: none"> ○ Actions taken during the situation ○ Evaluation ○ Analysis ○ Conclusion ○ Action plan to prevent such recurrences <ul style="list-style-type: none"> ● Report should be not more than one page
Module Name Residential Care	Module Description	Module Tasks
Res P Planning Residential Care	It is in the morning. There are three patients you must care for today. You have 45 minutes to plan your work for first two patients.	<ul style="list-style-type: none"> ● Write down a care plan of the tasks you must do today ● Tasks should have time frames ● Place all tasks in logical order ● Mention important goals of care against each of the tasks ● Make sure the goals are patient centred <p>Note: We will assess you only on the first two patient care plans. You can write the third one but you may not be assessed on that one.</p>
Res 3 Paraplegia (H)	Ms Atkinson 50 years old has been in Residential Care since three months after a Cerebro-vascular Accident and subsequent paraplegia. She is restless, weak and does not feel well today. Suddenly you see her fainting. She is unresponsive and her skin is becoming cold and clammy.	<ul style="list-style-type: none"> ● Check her vitals and Blood Pressure ● Perform Basic Life Support on her. ● Assess her vitals after she is revived ● Check her neurological status and prepare a hands-over report for the Physician
Res 8 Bilateral Mastectomy	Ms Florence, 58 years old female has been in Residential Care since one month as her children are abroad and she is alone at home. She underwent Mastectomy for Breast Cancer four months ago. She has pain on her right arm more than the left. She is unable to do any work with right arm and thus is worried about her well-being. You visit her at 10 am when you find that she has not	<ul style="list-style-type: none"> ● Assess her condition ● Assesse pain and administer pain medication ● Advise her about upper arm exercises ● Advise her on proper hygiene and intake of fluids and food.

	eaten her breakfast and is still in her bed.	
Res 6 a COPD (C)	Mr Andrews is 75 years old. He was chronic smoker in his young age and has been diagnosed as having Chronic Obstructive Airway Disease since four years. He has problems with breathing and has often wheezing. He becomes blue quite often and requires oxygen therapy at residential care facility.	<ul style="list-style-type: none"> • Check his oxygenation status with pulse oxymetry equipment. • Talk to him about his life and find out how he started smoking • Provide him oxygen therapy as per Physician's order and evaluate outcomes of care. •
Res 6 b Smoking	Prepare a poster on Effects of Smoking for for a Focus Group Training	<ul style="list-style-type: none"> • Draw a poster for your patients Focus Group Teaching- <ul style="list-style-type: none"> ○ Writing should be bold enough for reading from a distance ○ Use colours for making it attractive ○ Use pictorial representation than written language
Module Name: Day Care	Module Description	Module Tasks
Day C P Planning Day Care	Planning Hospital: It is in the morning. There are three patients you must care for today. You have 45 minutes to plan your work for first two patients.	<ul style="list-style-type: none"> • Write down a care plan of the tasks you must do today • Tasks should have time frames • Place all tasks in logical order • Mention important goals of care against each of the tasks • Make sure the goals are patient centred • Note: We will assess you only on the first two patient care plans. You can write the third one but you may not be assessed on that one.
Day C 9 Tracheostomy Stoma Care	Mr Brain Mathews aged 32 years was diagnosed with stage four carcinoma of oesophagus. He had a tracheostomy tube placed for breathing in his trachea since two months. He has a lot of secretions while breathing and is making gurgling sounds. His Oxygen saturations are dropping and he has shortness of breath	<ul style="list-style-type: none"> • Check the Tracheostomy tube for patency and positioning • Assess his breath sounds and make a report for the physician • Teach his wife, the process of cleaning secretions around the stoma whenever required.

<p>Day C 4 Acute Appendectomy</p>	<p>Mr Jonathan, had an appendectomy yesterday after a prolonged bout of pain abdomen with vomiting since three days, He was recovering well and thus his intravenous fluids were stopped and oral intake was advised yesterday. But today morning you find him dehydrated and not very active. He has been also complaining of acute pain in eth area of surgery.</p>	<ul style="list-style-type: none"> • Check patient's hydration level and start an intravenous drip as advised by the Physician. • Monitor the Intake Output Chart of the patient • Administer pain medication through the IV drip.
<p>Day C 10 Hypertension</p>	<p>Mr Fellow, 38 years old has been recently diagnosed as having hypertension. He is married two months ago and his wife is away and does not know about his newly developed condition. He feels dizzy sometimes, and gets nervous when he has fainting sensation. He likes to eat junk food and consumes two pegs of alcohol almost everyday. With friends he also smokes 2-3 cigarettes per day but not regularly.</p>	<ul style="list-style-type: none"> • Advise use and need for dietary and lifestyle modification for this patient. • Check is vital signs and explain systolic and diastolic blood pressure to the patient • Administer him prescribed anti-hypertensive drug

Legend: Hos: Hospital Zone; Res: Residential Care Zone; Day C: Day care Zone; Home: Home Care Zone; (H) Hand-on Module; (C) Communication module, (Pst): Poster

Section – C

C. Marking Scheme

The Marking Scheme is based on the Technical Descriptions and the following:

- Work organization and Management
- Communication and Interpersonal skills
- Problem Solving, Innovation and Creativity
- Assessment needs and Planning client care
- Managing and delivering Client Care
- Evaluating Client Care

Section - D

D. Infrastructure List

Infrastructure will be provided in four zones namely: Hospital Care, Residential care, Day Care and Home Care Zones.

Equipment, machinery, installations and materials required:

ITEM	QUANTITY	MATERIAL	DESCRIPTION	NOTES
Watch	One	Clip on the pocket	To monitor Vital Signs	
Pen	One	Blue or Black ink	To write down observation	
Pocket Torch	One	Inside of Pocket	To perform assessments	

Section – E

E. Instructions for candidates

To complete the modules please do the following:

- Read the situation description and tasks carefully
- There are different modules;
 - Planning for each day: Plan the care for two patients you will take care in that zone. We want you to plan the first two modules of the day. If there is a third module the planning is optional for you (we will not assess it). Please use one page for writing per module (two 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 five minutes familiarization. When you are in competition situation please give the planning to experts. You will get it back at the end of the situation.
 - Hands-on and Communication Module: Please read the description of the situation carefully. Do the tasks that are in the module description. We also expect that you will assess the situation and react to the situation, as you would do normally in real-life happenings. We look for excellence, which means we will not tell you everything in advance.
 - Hands-on Module: The jury will focus on the assessment more than the communication
 - Communication Module: The jury will focus on the assessment of communication
 - At the start of the situation: you get five minutes to familiarize with the environment; Do not touch any area, and let the Expert know once you are done.
 - If you have a translator: you will get five more minutes of time if required
 - Poster Module: You must draw a poster in this module
 - Evaluation: Please read the instructions carefully and write down the evaluation of one module.

Section – F

F. Health, Safety, and Environment

1. All accredited participants, and supporting volunteers will abide by rules and regulations with regards to Health, Safety, and Environment of the Competition venue.
2. All participants, technicians and supporting staff will wear the required protective Personnel clothing.
3. All participants will assume liability for all risks of injury and damage to property, loss of property, which might be associated with or result from participation in the event. The organizers will not be liable for any damage, however in case of Injury the competitor will immediately inform the immediate organizer for medical attention.