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SUBJECT:	<b>Health and Social Care</b>
UNIT:	2
ASSIGNMENT:	3 – Controlled
TITLE:	Caring for the Elderly and First Aid
DATE SET:	25 <sup>th</sup> April 2022
DEADLINE:	23 <sup>rd</sup> May 2022

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### General Instructions

- Lines provided for sub-questions (a) and (b) indicate the length expected in the candidate's answers.
- Students are to autonomously answer sub-questions (c). Therefore, lines provided do **not** necessarily indicate the length and depth of the expected answer.
- The time required to complete practical tasks will be communicated by the teacher.
- Answers may be either in English or in Maltese.

### Candidate's Declaration of Authenticity

I, the undersigned, \_\_\_\_\_ (*Name and Surname*), declare that all the work I shall submit for this assignment will be my own.

I further certify that if I use the ideas, words, or passages from existing sources, I will quote those words or paraphrase them and reference them by making use of a reference system.

I am aware that should I submit work which is not mine, or work which has been copied from one or more sources, I will be penalised as per MATSEC Examinations Board policies related to plagiarism.

Candidate's Signature: \_\_\_\_\_

I.D. Card No.: \_\_\_\_\_

Date: \_\_\_\_\_

**SECTION A – WRITE-ON**

**SCENARIO**

- Peter is working in an elderly residential home.
- He meets a number of elderly people who have mobility difficulties.
- Some of those with mobility issues use aids to help them walk, others are wheelchair users, whilst some others are bed-ridden.

**Question 1**

**K-7 (4 marks)**

a. Reduced mobility can lead to pressure sores. Name **FOUR** causes of pressure sores.

Cause 1: \_\_\_\_\_

Cause 2: \_\_\_\_\_

Cause 3: \_\_\_\_\_

Cause 4: \_\_\_\_\_

b. Mention **TEN** areas on the body where pressure sores commonly occur.

Area 1: \_\_\_\_\_

Area 2: \_\_\_\_\_

Area 3: \_\_\_\_\_

Area 4: \_\_\_\_\_

Area 5: \_\_\_\_\_

Area 6: \_\_\_\_\_

Area 7: \_\_\_\_\_

Area 8: \_\_\_\_\_

Area 9: \_\_\_\_\_

Area 10: \_\_\_\_\_



b. Outline **FOUR** different factors which may cause difficulties for an individual to move.

Factor 1: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Factor 2: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Factor 3: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Factor 4: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

c. Describe **FIVE** moving and handling methods prescribed by a professional for an individual with mobility problems.

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## SECTION B - PRACTICAL

### Scenario

- During this task you will be moving and handling a 'patient' with mobility problems.
- The 'patient' is not able to walk but has strong arms and can use the upper part of his/her body well.
- The patient can clearly understand instructions and usually complies very well.
- The teacher will decide who will be acting as your 'patient'.
- The teacher will tell you which technique should be considered and providing the necessary equipment and resources.

### Question 1

**A-4 (10 marks)**

- a. Using the sheet provided, carry out a risk assessment, before moving and handling an individual with mobility problems.
- b. Take preventive measures to safeguard both the patient and the carer at all stages.
- c. Demonstrate how to move and handle the 'patient'.

**SECTION C – WRITE-ON**

**Scenario**

- The residential home where Peter works, offers elderly living in their own home home-visits.
- Peter volunteers as part of this team.
- During one of these visits, an elderly fainted and fell on the floor.
- She had a cut on her forehead and her leg was fractured.
- The team tried to speak to the elderly person, but she was not responding.
- Peter and the team performed First Aid.

**Question 1**

**K-8 (4 marks)**

a. Outline **TWO** important points of working in a team in an emergency situation.

Point 1: \_\_\_\_\_

Point 2: \_\_\_\_\_

b. In the mentioned situation, Peter and his colleagues decided it would be best to call for emergency help. State the **FIVE** pieces of information needed when calling for help during an emergency situation.

Information 1: \_\_\_\_\_

Information 2: \_\_\_\_\_

Information 3: \_\_\_\_\_

Information 4: \_\_\_\_\_

Information 5: \_\_\_\_\_



c. In the above case study, identify **FOUR** situations why it was important for Peter and his colleagues to summon help from a health care professional.

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**SECTION D – PRACTICAL**

**Scenario**

- In this task you will be asked to prepare a First Aid box.
- You will then be asked to demonstrate the First Aid procedure for both a minor and a major accident.
- The teacher will decide with whom you will be assigned during this task.
- Equipment will be made available by the teacher to carry out this task.

**Question 1**

**A-5 (10 marks)**

a. Prepare a First Aid box with the correct items and quantities using the following list.

1 Personal protection shield for use during artificial respiration
3 Individually wrapped gauze pads
3 Triangular bandages.
3 Sterile dressings in various sizes
3 Pairs of surgical gloves
3 Roller bandages of different sizes
6 Safety pins
10 Individually wrapped sterile adhesive dressings in various sizes
A suitable supply of sterile eye wash
2 Sterile eye pads with attachment

b. Demonstrate the correct procedure for a minor nose bleed.

c. Demonstrate the correct procedure for an adult who is unconscious.

