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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:	17th April 2023
DEADLINE:	17th May 2023

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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**

- Ronald is an 80-year-old person living in an elderly residential home.
- He has been living in this residential home for the last three years.
- A few months ago, he had an unfortunate accident.
- He slipped in the corridor and fractured his hip bone.
- He is now having difficulty with his mobility and is using a wheelchair.
- Ronald shares a room with two other residents.
- Both of his roommates are bed-ridden.

**Question 1**

**K-7 (4 marks)**

a. Pressure sores are caused by a variety of reasons.

Name **FOUR** causes of pressure sore development.

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

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

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

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

b. Mention **TEN** different 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: \_\_\_\_\_

c. Describe **FOUR** possible methods of how pressure sores could be avoided.

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**Question 2**

**C-3 (6 marks)**

a. Both Ronald and his roommates have mobility issues.

Indicate **FIVE** difficulties an individual might have while trying to move.

Difficulty 1: \_\_\_\_\_

Difficulty 2: \_\_\_\_\_

Difficulty 3: \_\_\_\_\_

Difficulty 4: \_\_\_\_\_

Difficulty 5: \_\_\_\_\_

b. Outline **FOUR** different factors which may cause difficulties for an individual to move, apart from fibromyalgia and neuromuscular conditions.

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

c. Describe **FIVE** moving and handling methods that a professional can prescribe for Ronald and his roommates who have 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 a wheelchair user and has a hearing impairment.
- You need to reposition the patient both on bed and on wheelchair.
- You need to use a high-sounding voice and provide clear instructions.
- The 'patient' generally complies very well.
- The teacher will decide who will be acting as your 'patient'.
- The teacher will provide the necessary equipment and resources.

### Question 1

**A-4 (10 marks)**

- a. Using the sheet provided by the teacher, 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 reposition the patient both on bed and on wheelchair.

**SECTION C – WRITE-ON**

**Scenario**

- In the residential home where Ronald and many other elderly people reside, parts of the corridor get quite slippery when it rains.
- A service user slipped whilst walking through this corridor and could not get up by herself.
- She was using a walking frame but still managed to slip.
- Her hand got fractured during the fall and had a cut on her leg.
- A team of professionals who work at the residential home, went to assist her.
- She was in pain but was responding.
- The team performed First Aid on her.

**Question 1**

**K-8 (4 marks)**

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

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

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



b. The team of professionals who assisted the service user in her fall decided to call for emergency help. State the **FIVE** points of information needed when calling for help during an emergency.

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

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

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

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

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

c. Identify **FIVE** situations that require someone to call for help from the following by underlining the correct answers:

- i. A person has pain in the chest and had a heart problem.
- ii. A woman was cooking and had a small cut in her finger.
- iii. A lady was in the shop and fainted. She was not responding.
- iv. A child at school had a nose- bleed.
- v. A group of friends were at a party and one fell and was complaining of elbow pain.
- vi. A man was working on a ladder and fell.
- vii. During P. E. a child fell and scratched his knee.
- viii. A family were at a restaurant and the boy coughed on his food and was choking.



## 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.
- All needed equipment to carry out the task will be made available by the teacher.

### 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 1<sup>st</sup> degree burn.

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