

TECHNICAL DESCRIPTION

HEALTH AND SOCIAL CARE



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WorldSkills International, by a resolution of the Technical Committee and in accordance with the Constitution, the Standing Orders and the Competition Rules, has adopted the following minimum requirements for this skill for the WorldSkills Competition.

The Technical Description consists of the following:

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1. INTRODUCTION

1.1 Name and description of skill

1.1.1 The name of the skill is

[Health and Social Care](#)

1.1.2 Description of skill

[Health and Social Care covers a wide range of abilities and activities dealing with health, physical and psychosocial well-being, support of growth and development, caring and rehabilitation.](#)

[Care workers provide a number of support activities that involve how persons grow and develop and are required to know a range of illnesses and the relevant treatments. They also are expected to provide nutritional support to those who require care. This involves the creation and development of meal plans for those who may require specialist diets related to their illness.](#)

[Another important aspect of the work of those involved in health and social care is the attention and adherence to ethics and law with respect to rights, discrimination and abuse.](#)

[The activities that encapsulate health and social care all contribute to improving the quality of life and they are critical to developing the psychosocial wellbeing of those who require care.](#)

1.1.3 Number of Competitors per team

[Health and Social Care is a skill competition with 1 Competitor per Country/Region](#)

1.2 Scope of application

1.2.1 Every Expert and Competitor must know this Technical Description.

1.2.2 In the event of any conflict within the different languages of the Technical Descriptions, the English version takes precedence.

1.3 Associated documents

1.3.1 As this Technical Description contains only skill-specific information it must be used in association with the following:

- WSI - Competition Rules
- WSI - Online resources as indicated in this document
- Host Country - Health and Safety regulations

2. COMPETENCY AND SCOPE OF WORK

The Competition is a demonstration and assessment of the competencies associated with this skill. The Test Project consists of practical work only.

2.1 Competency specification

[General competencies](#)

[The Competitors shall have a good understanding and knowledge of:](#)

- [Principles and theories of growth and development across the lifespan](#)
- [Health and Social Care and fundamental nursing practices across the lifespan](#)
- [Care in the four levels, that is, primary, secondary, tertiary and rehabilitation](#)

Competitors shall be able to:

- Support health and, growth and development in client-based activities through assessment, planning, implementation and evaluation.
- Provide health and social care and rehabilitation of clients holistically across the lifespan in a variety of daily life situations.
- Demonstrate evidenced-based knowledge, management and competence of requisite skills to support health, growth and development; caring and rehabilitation.
- Apply principles of law and ethics, ergonomics, equality, safety, sustainability and environmental-friendly practices.
- Evaluate own working processes.
- Receive feedback from compatriot Experts at the end of the Competition.

Assessment and planning

Competitors shall be able to:

- Assess care needed based on given module.
- Plan care that Competitors will deliver based on the module given.
- Plan how the module process will be managed.
- Plan how the client-centred care will be delivered.
- Determine the co-operation and communicating skills to be utilised between the client(s) and the Competitor.
- Plan how resources can be used effectively.
- Familiarise themselves with environment appropriate to the module.

Communication, ethics and legal issues

Competitors shall be able to:

- Use therapeutic communication methods in the delivery of care such as:
 - Appropriate opening and closing of communication
 - Development of a positive environment
 - Establishment of rapport with the client
 - Correct questioning techniques
 - Active listening
 - Non-verbal and verbal language
 - Deductive listening
 - Appropriate educational techniques
- Comply with current rules and regulations for confidentiality and privacy in the delivery of care.
- Respect client as an individual
- Respect client's autonomy and right to refuse or accept care
- Maintain good professional conduct - Competitors will be expected to dress professionally appropriate to their country and culture without compromising the principles of standard precautions.
- Respect the client's need for modesty.
- Respect client's culture and religious beliefs.
- Obtain consent before implementation of care
- Deliver care without being neglect

Caring, Nursing and Medicine Management

Competitors shall be able to:

- Observe standard precautions.
- Identify and meet client's needs appropriately.
- Utilise problem-solving skills
- Assist with hygiene needs appropriate to the task.
- Perform household tasks, for example prepare a nutritious meal specific to the task.
- Identify nutritional status and recommend appropriate measures
- Perform culturally appropriate measures and care
- Implement measures that promote independence within client's limitations if any

- Promote and assist with the physical, social and psychological well-being of the client appropriate to the task.
- Perform caring tasks within the scope of practice for example first aid, wound care, monitoring of blood pressure, pulse, temperature, blood sugar, pain and weight.
- Organise educational and rehabilitative activities to meet the needs of adult clients of different age groups
- Educate clients on common drug groups and their side effects, for example antihypertensives, analgesics.

Safety and ergonomics

Competitors shall be able to:

- Ensure safe and ergonomic work practices.
- Deliver safe care.

E – Sustainability and Environmental Regulations

Competitors shall be able to:

- Use products effectively and discard waste ecologically
- Use resources and space provided in the competition area effectively and creatively
- Employ sustainability and environmentally friendly practices – Reduce, reuse and recycle

2.2 Theoretical knowledge

2.2.1 Theoretical knowledge is required but not tested explicitly.

2.2.2 Knowledge of rules and regulations is not examined.

2.3 Practical work

Each Competitor will be assessed and will be required to plan and deliver care based on the given simulated situation. There will be a variety of assignments. The assignments will be rotated throughout the competition period. All Competitors will complete all the modules. These assignments will relate to holistic physical and psychosocial care, support and growth and rehabilitation or a combination of these areas.

The simulated competition modules consist of assessing, planning, implementing and evaluating activities, in the provision of holistic care and rehabilitation to people across the lifespan in different settings in everyday situations. Competitors will be expected to:

- Assess the situation to identify the needs of the client
- Plan the care they will deliver
- Provide evidence-based care
- Work according to the given information
- Teach the client based on needs identified in the given module
- Complete all tasks as assigned by the given module in the time allocated
- Respect the client and the principles of law and ethics in their delivery of care
- Utilise appropriate communication
- Document care given as appropriate
- Evaluate own working practices

3. THE TEST PROJECT

3.1 Format / structure of the Test Project

The Test Project is a series of standalone modules. Set in four different health and social care environments/zones.

All modules are of equal value 25 %

1. Caring in the Home
2. Community, residential and Nursing Home Care
3. Care in a Hospital
4. Community Day Care

3.2 Test Project design requirements

The four zones will represent actual settings within the industry namely Care in the Home, Community, residential & Nursing Home Care, Care in the Hospital and Community – Day Care. Each zone must contain at least 3 hours of assessment per Competitor.

Within each zone the Competitor will be tested in five modules that simulates support needs by clients in that specific environment.

Test Project modules will vary from 30 to 45 minutes with the timetable presented.

Simultaneous assessment by 2 or all 4 Competitors is mandatory.

Professional actors and makeup must be used and be available during familiarization.

Duration

The total time for completing the assigned task for the day will be appropriate to the task. The maximum time for each given task for each day will not exceed six hours and the total maximum time for the total competition will not exceed twenty two (22) hours. The time for planning, implementation and self evaluation with the judges in public will vary depending on the competition day.

3.3 Test Project development

The Test Project MUST be submitted using the templates provided by WorldSkills International (<http://www.worldskills.org/competitionpreparation>). Use the Word template for text documents and DWG template for drawings.

3.3.1 Who develops the Test Project / modules The Test Project / modules are developed by:

All Experts

Experts can bring a Test Project to the competition and these will be considered by the Experts or the projects can be designed at the competition site.
The final Test Project modules will be voted on at the competition.

3.3.2 How and where is the Test Project / modules developed

The Test Project/modules are developed jointly following the conclusion of the current WorldSkills Competition at the Competition site. The Experts will decide together on the Test Project for the following Competition.

There is to be a majority agreement (minimum =50% +1) from Experts on the accepted projects. These are agreed and placed on the Discussion Forum for clarification should new Experts or Members join.

Experts must have a complete understanding and be briefed on the terminology and outcomes required of individual modules.

- 3.3.3 When is the Test Project developed
The Test Project is developed:

At the previous WorldSkills Competition.

(WSI note: For WSC2013 the Test Project modules will be developed on the forum.)

3.4 Test Project marking scheme

Each Test Project must be accompanied by a marking scheme proposal based on the assessment criteria defined in Section 5.

- 3.4.1 The marking scheme proposal is developed by the person(s) developing the Test Project. The detailed and final marking scheme is developed and agreed by all Experts at the Competition.
- 3.4.2 Marking schemes should be entered into the CIS prior to the Competition.

3.5 Test Project validation

The Test Project modules developed have considered the knowledge and skill level and the scope of practices of the Competitors. As such, the Competitors will be able to complete the assigned task in the time given.

3.6 Test Project selection

The Test Project is selected as follows:

By a vote of all Experts at the current competition

3.7 Test Project circulation

The Test Project is circulated via WorldSkills International website as follows:

3 months before the current Competition

3.8 Test Project coordination (preparation for Competition)

Coordination of the Test Project will be undertaken by:

Chief Expert, Jury President and the Experts

3.9 Test Project change at the Competition

Changes to the Test Project modules will be made prior to the start of the Competition when all Experts meet at the Competition site.

The changes would involve either increasing or changing the demand of the tasks.

3.10 Material or manufacturer specifications

Specific material or manufacturer specifications will be collated and submitted to the Workshop Supervisor for the Health & Social Care skill before the Competition by the Chief Expert.

Competitors will be given any relevant information and training during familiarisation. The Experts will also be present to assist with ensuring that the Competitors know how to use the material/equipment.

Competitors will be allowed to use ONLY the materials/equipment provided by the host Country

4. SKILL MANAGEMENT AND COMMUNICATION

4.1 Discussion Forum

Prior to the Competition, all discussion, communication, collaboration and decision making regarding the skill must take place on the skill-specific Discussion Forum (<http://www.worldskills.org/forums>). All skill-related decisions and communication are only valid if they take place on the forum. The Chief Expert (or an Expert nominated by the Chief Expert) will be moderator for this forum. Refer to Competition Rules for the timeline of communication and competition development requirements.

4.2 Competitor information

All information for registered Competitors is available from the Competitor Centre (<http://www.worldskills.org/Competitorcentre>).

This information includes:

- Competition Rules
- Technical Descriptions
- Test Projects
- Other Competition-related information

4.3 Test Projects

Circulated Test Projects will be available from [worldskills.org](http://www.worldskills.org) (<http://www.worldskills.org/testprojects>) and the Competitor Centre (<http://www.worldskills.org/Competitorcentre>).

4.4 Day-to-day management

The day-to-day management is defined in the Skill Management Plan that is created by the Skill Management Team led by the Chief Expert. The Skill Management Team comprises the Jury President, Chief Expert and Deputy Chief Expert. The Skill Management Plan is progressively developed in the six months prior to the Competition and finalised at the Competition by agreement of the Experts. The Skill Management Plan can be viewed in the Expert Centre (<http://www.worldskills.org/Expertcentre>).

5. ASSESSMENT

This section describes how the Experts will assess the Test Project / modules. It also specifies the assessment specifications and procedures and requirements for marking.

5.1 **Assessment criteria**

This section defines the assessment criteria and the number of marks (subjective and objective) awarded. The total number of marks for all assessment criteria must be 100.

Section	Criterion	Marks		
		Subjective (if applicable)	Objective	Total
A	Assessment and planning	2	8	10
B	Communication, ethics and legal issues	5	25	30
C	Caring, nursing and Medicine management	5	25	30
D	Safety and ergonomics,	2	18	20
E	Sustainability and Environmental Regulations	2	8	10
Total =		16	84	100

5.2 **Subjective marking**

Scores are awarded on a scale of 1 to 10.

Outstanding work	10
Excellent work	9
Very Good work	8
Good/commendable	7
Average work	6
Basic work (minimum, standard accepted by industry)	5
Below basic work	4
Weak work	3
Very weak work	2
Unacceptable work	1

5.3 **Skill assessment specification**

Experts will be allocated to one of the Caring environments and will remain with that environment throughout the Competition.

Experts will decide as a team on the marking criteria, reference points and acceptable differences and variations when they all meet at the Competition site.

Competitors will be given all the necessary material and equipment at the start of the Competition to enable them to complete the modules given for that day. They will also receive some time for familiarisation prior to the start of their implementation of the activities.

Marks for Objective Marking

Standard achieved - full marks

Majority achieved - half marks (Experts to agree on definition of majority)

Not achieved – no marks

5.4 Skill assessment procedures

Assessment

Assessment of each zone for each team of Competitors will be completed in the evening of each day.

- Each module will be assessed on its completion and completion confirmed by the Competitors.
- The Experts will be divided into FOUR teams by the Chief Expert, minimum three Experts per team, as outlined in the Skill Management Plan, to carry out the assessment.
- Each team will be responsible for the assessment of one zone only and will mark each Competitor's work within that zone.
- Measuring instruments to be available for all assessment teams required for the assessment of the modules to be provided by the Competition Organiser and will be new and used solely by the Experts for this task. If templates are required, these will be prepared by an Expert nominated by the Chief Expert and checked by all of the Experts prior to their use.
- All tests must be witnessed and signed off by two Experts within each team and the result recorded.
- Two Experts will be assigned daily to check that all Health and Safety regulations are observed
- By the Competitors. A record of each Competitor's safety warnings will be recorded. This duty will be rotated among the Experts on a daily basis, by the Chief Expert, as outlined in the Skill Management Plan.
- Verification of each Competitors material check list and the recording, of any extra material requested by a Competitor will be carried out by two Experts within each zone who will be assigned to this task on a daily basis. This duty will be rotated among the Experts on a daily basis.

Rotation of modules

The order in which Competitors compete will change for each module. It will be decided on before the start of the Competition by the drawing of lots by the Chief Expert, in the presence of all Experts. The subsequent sequence will rotate based on the first module sequence. The Competitors will be informed of the Competition order at the start of each Competition day.

Fairness

- Competitors waiting to complete their assigned module for the day will not be allowed to view how the other Competitors complete their assigned module. This is so that the Competitors who perform their module first are not disadvantaged. All Competitors will be required to stay in the Competitors room throughout ALL competition hours.
- To ensure the integrity of the Competition, Competitors waiting to complete their module, are required to wait in a room provided on the competition stand. While waiting, Competitors are allowed to have reading material unrelated to the skill.
- The Competition Organiser is to provide English-speaking personnel to keep the Competitor's company while they wait. The personnel are also to ensure that these Competitors do not engage in activities that give them an unfair advantage.

6. **SKILL-SPECIFIC SAFETY REQUIREMENTS**

Refer to Host Country Health & Safety documentation for Host Country regulations.

- The Host Country's regulations on health and waste disposal will be observed. Additionally, practices of the Competitors' own country will be considered in the performance of their modules to ensure that all Competitors are assessed fairly.

7. MATERIALS & EQUIPMENT

7.1 Infrastructure List

The Infrastructure List details all equipment, materials and facilities provided by the Host Country.

The Infrastructure List is online (<http://www.worldskills.org/infrastructure/>).

The Infrastructure List specifies the items & quantities requested by the Experts for the next Competition. The Competition Organiser will progressively update the Infrastructure List specifying the actual quantity, type, brand/model of the items. Items supplied by the Competition Organiser are shown in a separate column.

At each Competition, the Experts must review and update the Infrastructure List in preparation for the next Competition. Experts must advise the Technical Director of any increases in space and/or equipment.

At each Competition, the Technical Observer must audit the Infrastructure List that was used at that Competition.

The Infrastructure List does not include items that Competitors and/or Experts are required to bring and items that Competitors are not allowed to bring – they are specified below.

7.2 Materials, equipment and tools supplied by Competitors in their toolbox

[Work clothes with relevant codes are supplied by the Competitors](#)

7.3 Materials, equipment and tools supplied by Experts

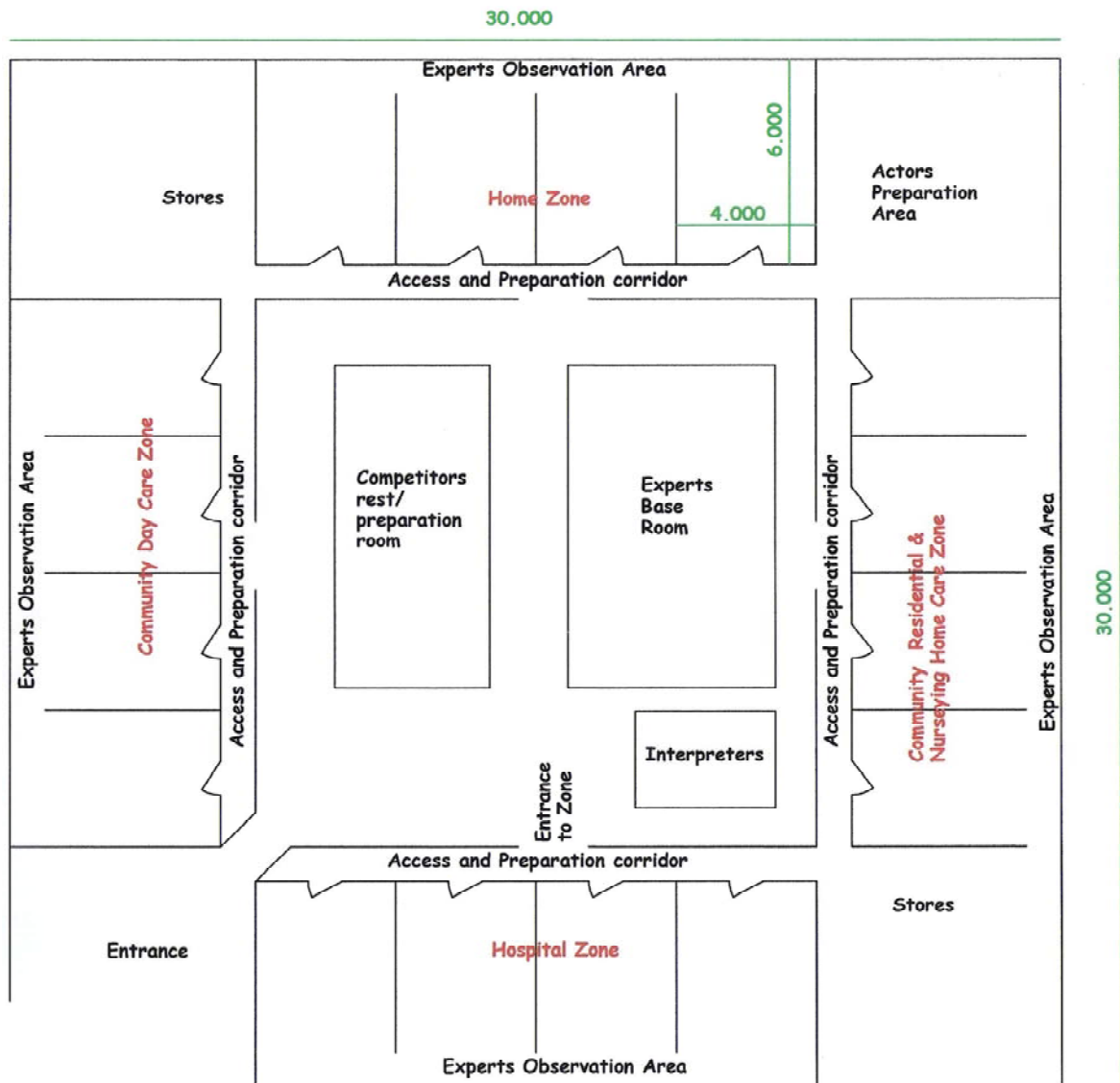
[Not applicable](#)

7.4 Materials & equipment prohibited in the skill area

[Competitors are not allowed to have their mobile phones with them.](#)

7.5 Proposed workshop and workstation layouts

Workshop layout:



8. MARKETING THE SKILL TO VISITORS AND MEDIA

8.1 Maximising visitor and media engagement

To maximise visitor and media engagement for Health & Social Care the following will be carried out:

- Use of sound system where require so that visitors can hear the conversation between the Competitors and client
- The use of zones will allow ALL modules to be fully viewed each day

8.2 Sustainability

- Recycling
- Use of 'green' materials
- Use of completed Test Projects after Competition