



SUBJECT:	Health and Social Care
UNIT:	2
ASSIGNMENT:	3 – Controlled
TITLE:	Caring for the elderly and First Aid
DATE SET:	15th April 2024
DEADLINE:	15th May 2024

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

- Marija, a 72-year-old woman was admitted in an elderly residential home after she fell whilst taking a shower in her own house.
- This accident restricted her movements and she can no longer walk freely or use her left hand.
- Marija is now a wheelchair user because she broke her hip.
- Her family thought that it was best for her not to be alone in her home as she needed constant care.
- Marija was placed in a room with Felica, a 75-year-old person who has been bed-ridden for the last 5 years.
- The two clicked immediately and are forming a new friendship.

Question 1

K-7 (4 marks)

Limited movement can lead to pressure sores in different areas of the body.

a. 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: _____

Question 2

C-3 (6 marks)

At the elderly home most residents have mobility issues.

a. Indicate **FIVE** difficulties an individual may 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.

Factor 1: _____

Factor 2: _____

Factor 3: _____

Factor 4: _____

SECTION B - PRACTICAL

Scenario

- During this task, you will be moving and handling a person with mobility problems.
- The patient is a wheelchair user, but can take some weight on his/her legs.
- You need to help this patient from sitting on the wheelchair to standing.
- The teacher will provide the necessary equipment and resources needed.

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 help a patient who can take some weight on her legs to stand from a wheelchair using:
 - i) the help of one person
 - ii) the help of two persons, one on each side of the patient.

For Question cii

- You need to take charge and apart from giving clear instructions to the patient you are helping, you also need to give clear instructions to the other carer.
- The other carer is still a trainee and will follow your instructions.
- The teacher will decide who will be acting as your 'patient' and as the other 'carer'.

SECTION C – WRITE-ON

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. 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 marking an (X) near the correct answers:

Nose-bleed		Mosquito bites	
Fracture		Cardiac arrest	
Sneezing		Coughing	
Skin rash		Burn	
Unconsciousness		Bleeding	

SECTION D – PRACTICAL

Instructions

- 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

Scenario

- Whilst panicking and shouting out for help, a resident bumped into a nurse who was doing her round.
- When they hit each other, they both fell on the ground.
- The nurse suffered a minor cut due to the equipment she was carrying.
- The resident had a bad fall and fractured his elbow.

b. Demonstrate the correct procedure for a minor cut.

c. Demonstrate the correct procedure for a fractured elbow after a fall (sling method).