



SUBJECT:	Health and Social Care
UNIT:	1
ASSIGNMENT:	3 – Controlled
TITLE:	Measuring Vital Signs and meeting Needs through an Activity
DATE SET:	25 th April 2022
DEADLINE:	23 rd May 2022

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.
- Application criteria will be assessed in class.
- 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 – PRACTICAL**Background Information**

- Children learn through different play activities.
- You are going to be asked to organise a 10-15 minutes activity with a child taking into consideration his/her needs whilst adhering to Health and Safety practices.
- You have to identify a child you could organise your own activity with.
- For the purpose of this task, the child must be between the ages of 3 and 14 years old.
- You need to get permission from the child's parent/guardian (Refer to Consent form provided).
- Part (a) and (b) are to be carried out at school.
- Guidance of how to carry out part (c) will be given by the teacher.

Question 1**A-4 (10 marks)**

- a. Write a plan for your activity in the template provided keeping in mind the child's needs. It is important to take into consideration any Health and Safety issues.
- b. Create **TWO** appropriate resources to be used with the child during the activity planned in question 1a. (Remember that these must be: safe, child-appropriate, related to the activity, economical and neat). All things needed for the resources are to be brought from home.
- c. Carry out the planned activity with the chosen child taking into consideration his/her needs. The activity should take between 10-15 minutes. A video of the activity must be presented as evidence.

CONSENT FORM

I the parent/guardian of _____ aged _____
give consent to _____ student studying
Health and Social Care to hold an activity with my son/daughter as part of her MATSEC
assignment. I also give permission that the activity is filmed as evidence of the
student's work.

Date: _____

Signature: _____

Name in full: _____

Name: _____

Class: _____

ACTIVITY PLAN

Name of Activity: _____

Age of child: _____

Space/venue where activity is to be held:

Time required: _____

Resources to be created (must have **TWO**):

i. _____

ii. _____

Other resources that might be needed:

i. _____

ii. _____

Setup of place including any special furniture/ equipment setup:

Simple guidelines of how the activity will be carried out:

SECTION B – WRITE-ON

Scenario

- Art and craft play sessions have become a popular activity for children.
- Children can either attend individually or in a group and create pictures, models or items of interest.
- There would be different materials that one can work with so that the children can experience different senses and may also express their feelings through the object/s they are creating.

Question 1

C-2 (6 marks)

Figure 1 below is given as an example.



Figure 1 Art and craft for children and adolescents
Sources: shorturl.at/knzER, shorturl.at/vHR05

a. From the box below identify **TWO** benefits of art and craft play sessions.

Helps children develop creativity.	Helps children learn how to cook.
Helps children learn how to jump.	Helps children to communicate what they are thinking.

Benefit 1: _____

Benefit 2: _____

b. Art and craft sessions may be organised by age groups.

Discuss how a child might be affected in the areas written below if they attend some other age group which may not be appropriate for them.

Self-confidence/ Self-Esteem: _____

Social Anxiety: _____

Risk taking due to Peer Pressure: _____

Inadequate behaviour/ Frustration: _____

c. Refer to the activity you have conducted in Section A - A-4. Evaluate your performance by choosing **FOUR** of the following aspects:

resources	communication	engagement of the child
needs met	safety	time

SECTION C – WRITE-ON

Scenario

- Martina is a nurse working in a clinic.
- As a routine she does check-ups for clients.
- The check-up includes taking measurements and recording the vital signs of the individuals who come to the clinic.

Question 1

K-8 (4 marks)

- a. Name the **FOUR** vital signs of the human body. Give your answer in the first column in Table 1.
- b. Determine the normal ranges of the vital signs named in Question 1a for an adult at rest. Write your answers in the second column in Table 1.

Nursing Observation Sheet

Table 1: Nursing observation sheet

Vital Signs (Question 1a)	Ranges of readings (Question 1b)
i. _____	i. _____
ii. _____	ii. _____
iii. _____	iii. _____
iv. _____	iv. _____

c. Interpret the readings below of an adult taken from a nursing observation sheet by stating if reading is High, Low or Within Normal Range.

Reading	Interpretation
150/100 mm Hg	
37°C	
140 beats per minute	
18 breaths per minute	

Question 2

C-3 (6 marks)

a. Outline **FOUR** important points of taking measurements of vital signs.

Point 1: _____

Point 2: _____

Point 3: _____

Point 4: _____

b. Vital signs readings are not always within range.

Indicate **FIVE** common reasons why the readings of the vital signs might not be within the acceptable range.

Reason 1: _____

Reason 2: _____

Reason 3: _____

Reason 4: _____

Reason 5: _____

c. Choose **TWO** reasons indicated in Question 2b and for each explain why **ONE** vital sign may not be within the acceptable range.

SECTION D – PRACTICAL

Scenario

- In this task you will be asked to measure and record the vital signs of another student who will be acting as your patient.
- 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

A5 - 10 marks

- a. Choose the correct equipment before taking measurements of the **FOUR** vital signs by taking into consideration the individual's needs.
- b. Take all precautions required in ensuring accuracy of readings when taking measurements, whilst considering infection-prevention and control.
- c. Record the individual's vital signs after measuring them by writing them down on the record sheet that will be provided by teacher during practical and collected soon after.

References used in presenting answers:
