
SUBJECT:	Health and Social Care
UNIT:	1
ASSIGNMENT:	3 – Controlled
TITLE:	Measuring Vital Signs and meeting needs through an activity
DATE SET:	17th April 2023
DEADLINE:	17th May 2023

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 following Health and Safety practices.
- You must identify a child you could organise your own activity with.
- For this task, the child must be between the ages of 3 and 10 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. The activity should help the child to develop in one of the following aspects: physical, intellectual, emotional or social. Remember 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). The resources must be different from each other but can complement each other. 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 at least 10 minutes and should not exceed the 15 minutes. It is important to present a video of the conducted activity 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. _____

iii. _____

iv. _____

Set up of place including any special furniture/equipment:

Simple Guidelines of how the activity will be carried out:

SECTION B – WRITE-ON

Scenario

- Drama sessions help children in their development.
- These sessions have become a very popular activity for Maltese children.
- Drama sessions, are usually done in groups, but some also attend individual sessions.
- During these sessions, imagination has no limits and children can act whatever they like.
- Drama sessions help in self-expression.
- Children gain more confidence in expressing themselves through acting.
- Children can recognise their own strengths and achievements through these sessions.

Question 1

C-2 (6 marks)

Figure 1 below is given as an example.



Figure 1: Drama sessions for Children
(Sources: <https://scienceline.org/>)

a. Identify any **TWO** benefits of drama sessions by underlining them in the box below.

Helps children increase their body weight.	Helps children eat more healthy food.
Helps children potty train.	Helps children use their imagination.
Helps children to communicate what they are thinking.	Helps children learn how to prepare a sandwich.

b. Drama sessions are most of the time organised by age groups.

Discuss how a child might be affected in the areas given below if the activity is not appropriate for his/her age or ability.

Self-Esteem: _____

Social Anxiety: _____

Frustration: _____

Risk taking due to peer pressure: _____

SECTION C – WRITE-ON

Scenario

- Nathan is a student nurse on his work-placement at Mater Dei.
- He helps the nurse he is assigned with, in doing the daily check-ups of patients.
- Each daily check-up includes taking measurements and recording the vital signs of the patients.
- Nathan’s favourite patient is Jason because they both come from the same village.
- Jason is a 55-year-old male who was admitted to Mater Dei due to a fall.
- Jason’s condition improved a lot during his week stay at Mater Dei.

Question 1

K-8 (4 marks)

a. Name the **FOUR** vital signs of the human body.

Vital Sign 1: _____

Vital Sign 2: _____

Vital Sign 3: _____

Vital Sign 4: _____

b. Fill in the nursing sheet below by determining the normal ranges of the vital signs named in Section C - Question 1a for Jason (a 55-year-old male at rest).

You need to:

- i. Re-list the vital signs by copying them from Question 1a.
- ii. Determine the normal range of the vital signs for Jason (a 55-year-old at rest).

Nursing Observation Sheet – <i>Jason Vella 567467(M)</i>		
	Vital Signs	Ranges of Readings
1.		
2.		
3.		
4.		

c. Interpret the readings below of another male adult taken from the round that Nathan and the nurse did who is 65 years old (older adult). State if each observation reading is: Within Range, High or Low.

Reading	Interpretation
90/60 mm Hg	
19 breaths per minute	
140 beats per minute	
38.2°C	

Question 2

C-3 (6 marks)

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

Point 1: _____

Point 2: _____

Point 3: _____

Point 4: _____

b. Vital signs readings are not always within range.

Indicate **FIVE** common reasons why this may be the case.

Reason 1: _____

Reason 2: _____

Reason 3: _____

Reason 4: _____

Reason 5: _____

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 assign you with another student with whom you will be doing the task.
- All equipment needed to carry out the task will be made available by the teacher.

Question 1

A-5 (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 the necessary precautions required to ensure the 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 the practical and collected soon after.