

开封市第一届职业技能大赛

健康和社会照护项目

样题

开封市第一届职业技能大赛执委会技术指导组

2023 年 2 月

项目说明

项目名称：健康和社会照护项目

一、项目完成时间：

86 分钟。本项目共有两个模块，其中模块 A 医院场景，43 分钟；模块 B 日间照护中心场景，43 分钟。

二、项目配分：满分 100 分，其中模块 A 医院场景，50 分；模块 B 日间照护中心场景，50 分。

三、注意事项

1. 选手按照抽签的顺序依次在对应工位进行比赛，按要求在文书签名处填写好抽签序号。竞赛过程中不得透露市或地区、选手姓名。
2. 不得携带任何与竞赛无关的物品和通讯工具等进场。进入竞赛场地后，必须遵守赛场纪律，否则现场裁判人员有权取消该选手参赛资格。
3. 请不要在赛题上填写与竞赛无关的内容，按题目要求完成竞赛任务。
4. 竞赛时间结束，所有参赛选手要立刻停止操作。
5. 在比赛过程中，选手若有违规操作，将根据具体情况在专业规范扣除相应的分数。
6. 每次任务完成后，应保证桌面、工具清洁，现场工具及其他物品摆放整齐。

模块 A 医院场景

时间：43 分钟

分值：50 分

模块 A-1 PNEUMONIA

一、任务描述

Mrs. Da Silva, aged 73, is fairly independent and lives at home by herself. She had a viral infection and fever of 38°C last weekend. Last night, she fell whilst going to the bathroom as she felt giddy and weak. She was not able to get up by herself and was found by her daughter in the morning when she came to see why her mother was not answering her phone. Mrs. Da Silva sustained several bruises and an abrasion on the lateral side of her lower right arm.

On admission to the hospital, she is diagnosed with pneumonia. She is prescribed antibiotics, 4-hourly monitoring, dressing for her abrasion.

Now it's 8:00 in the morning. Mrs. Da Silva is in her room. Nurse had already changed her wound. You are her care giver Lisa today.

二、任务要求

模块 A-1-1 PLANNING

There is one patient you must care for today. You have 20 minutes to plan your work for this patient.

- Create a written plan of the tasks you must do today.
- Put some time frame to the tasks.
- Put each task of Project Test in logical order.
- Write down important goals-next to each task.

- The goals are mostly patient-centered.

模块 A-1-2 THIS IS THE PATIENT YOU NEED TO CARE FOR.

You have 20 mins for the following tasks:

- Monitor vital signs
- Educate in deep- breathing exercises and Spirometer
- Educate her about fall prevention and teach how to get up safely after falling down

模块 A-2 SUBDURAL HEMATOMA

一、任务描述

Mrs. Klein is 72 years old who suffered an acute subdural hematoma with contusion. She lives at home with his 72-year old husband. She has a son and a daughter but neither lives near her home. She had been admitted to neuron-medical ward because she fell 3 days ago. When she arrived to the hospital, she was orientated. Her left leg had mild weakness. She has wounds on the elbow and parietal side of head. Today she is in a good condition and ready to go home.

Now it's 8:00 in the morning. Mrs. Klein is in her room. Nurse had already changed her wound. You are her care giver Chris today. You call her Klein.

二、任务要求

模块 A-2-1 PLANNING

There is one patient you must care for today. You have 20 minutes to plan your work for this patient.

- Create a written plan of the tasks you must do today.

- Put some time frame to the tasks.
- Put each task of Project Test in logical order.
- Write down important goals-next to each task.
- The goals are mostly patient-centered.

模块 A-2-2 THIS IS THE PATIENT YOU NEED TO CARE FOR.

You have 20 mins for the following tasks:

- Measure orthostatic blood pressure
- Make sure the walking of Mrs. Klein is safe
- Educate her about quitting smoking

模块 B 日间照护中心场景

时间：43 分钟

分值：50 分

模块 B-1 PARKINSON' S DISEASE

一、任务描述

Mr. Johnson was diagnosed with Parkinson's disease about one year ago and was prescribed Tab. Sinemet three times a day. He is generally well but he does require assistance from his wife with his daily routine as he has fine tremors and slowness of movement with rigidity. Mrs. Johnson is hospitalized for ulcerative colitis surgery and was expected to be hospitalized for at least one week. Mr. Johnson is feeling helpless as his wife is hospitalized and he is depending on a part time helper with his daily routine.

Now it's 10:00 in the morning. Mr. Johnson is waiting for you in your clinic room. You know each other well. Your name is Susan. You always call him Johnson.

二、 任务要求

模块 B-1-1 PLANNING

There is one patient you must care for today. You have 20 minutes to plan your work for this patient.

- Create a written plan of the tasks you must do today.
- Put some time frame to the tasks.
- Put each task of Project Test in logical order.
- Write down important goals-next to each task.
- The goals are mostly patient-centered.

模块 B-1-2 THIS IS THE PATIENT YOU NEED TO CARE FOR.

You have 20 mins for the following tasks:

- Teach Mr. Johnson the range of motion (ROM) exercises
- Demonstrate and assist Mr. Johnson how to walk with a Zimmer frame
- Show him how he can use some assistive devices for more independence

模块 B 日间照护中心场景

时间：43 分钟

分值：50 分

模块 B-2 TYPE 1 DIABETES

一、任务描述

You has a client Lily, aged 21 today. She is newly diagnosed with diabetes mellitus and requires subcutaneous insulin injections three times a day. Lily is also required to monitor her own blood glucose level. Lily will be graduating from college this summer and does not think she has a health problem. Mrs. Mark is concerned

about her daughter's disease. So she helped Lily make an appointment for day care center.

Now it's 14:00 in the afternoon. Lily comes alone. You are her care giver Laura today.

二、 任务要求

模块 B-2-1 PLANNING

There is one patient you must care for today. You have 20 minutes to plan your work for this patient.

- Create a written plan of the tasks you must do today.
- Put some time frame to the tasks.
- Put each task of Project Test in logical order.
- Write down important goals-next to each task.
- The goals are mostly patient-centered.

模块 B-2-2 THIS IS THE PATIENT YOU NEED TO CARE FOR.

You have 20 mins for the following tasks:

- Teach and demonstrate Lily:
 - Self blood glucose monitoring
 - Insulin injection
- Teach Lily about Diabetes.

附表 1. 评分标准

模块 A-1 医院场景-Pneumonia

Test Project:	Health and social care		
Scores:	Pneumonia-Plan (20%) +Practice (70%) +Judgement (10%)		
Aspect Type M = Meas J=Judg	Aspect - Description		Max Mark
1	Plan		10
M1	Written Plan includes all the tasks		3
M2	Written Plan includes time planning		1
M3	Goals are named		2
M4	Goals are patient-oriented		3
M5	Written plan has the number of the competitor, single page		1
2	Practice of Pneumonia Care		35
M1	Greet patient properly	Introduce her/himself to the client.	2
M2	Confirm the identity of the patient	Identify patient with two IDs.	1
M3	Assessment	1. General assessment.	2
M4		2. Disease-related assessment.	2
M5	Check vital signs of the patient	1.check blood pressure correctly.	2
M6		2.check pulse and breathing correctly.	2
M7		3.check temperature correctly.	2
M8	Educate in deep-breathing exercises	1. Explain the process of deep-breathing exercise.	2
M9		2. encourage patient to do deep-breathing exercise.	2

M10	Educate patient about spirometer	Connect one end of the tube to the breathing part and the other end to the mouth.	1
M11		Teach patient to use spirometer.	2
M12	Assess the reason of fall	Ask open questions.	2
M13	Educate about fall prevention according to the assessment	Educate about fall prevention.	2
M14		Teach her what to do after fall.	3
M15	Instruct the patient how to prevent pneumonia	Instruct for precautions at home.	2
M16	Maintain proper body mechanics when performing procedures	Moving patient or heavy things use section force principle, posture and position right.	1
M17	There are innovations and new effective methods in the process	There are innovations and new effective methods in the process.	1
M18	Risk management and patient safety	Pay attention to the patient's safety risk.	1
M19	Tidy up the environment before leaving	Clean up area after care.	1
M20	Documentation		2
3	Judgment		5
J1	Professional attitude		
J2	Communication		
J3	Nursing expertise		
J4	Problem-solving ability		
J5	Humanistic care		

模块 A-2 医院场景-Subdural Hematoma

Test Project:	Health and social care		
Scores:	Subdural Hematoma-Plan (20%) +Practice (70%) +Judgement (10%)		
Aspect Type M = Meas J=Judg	Aspect - Description		Max Mark
1	Plan		10
M1	Written Plan includes all the tasks		3
M2	Written Plan includes time planning		1
M3	Goals are named		2
M4	Goals are patient-oriented		3
M5	Written plan has the number of the competitor, single page		1
2	Practice of Subdural Hematoma Care		35
M1	Greet patient properly	Introduce her/himself to the client.	1
M2	Confirm the identity of the patient	Identify patient with two IDs.	1
M3	Assessment	Assess basic situation.	2
M4		Assess disease-related situation.	2
M5	Explain orthostatic blood pressure measurement	Explain about orthostatic blood pressure.	2
M6	Measures orthostatic blood pressure correctly	1. put BP cuff correctly. 2. patient and BP machine on correct position.	2
M7		Repeat blood pressure measurements after standing.	2
M8		Tell and analyze the result for patient.	1
M9	Make sure the walking of patient is safe	Ensure the safety of environment;	2

M10	Make sure the walking of patient is safe2	Assist patient to walk safely.	4
M11	Explain the reason/benefits of quitting smoking	For example: it does harm to lungs.	2
M12	Assess patient's smoking habitts	For example: how often do you smoke.	2
M13	Give suggestions about how to help patient quit the smoking	The advice is meaningful.	2
M14	Give suggestions about how to manage disease	for example:how to prevent it happen again.	2
M15	Give suggestions about emergency condition	for example: how to recognize emegency condition.	2
M16	There are innovations and new effective methods in the process	There are innovations and new effective methods in the process.	1
M17	Patient's right and respect	Protect patient's privacy	1
M18	Tidy up the environment before leaving	Clean up area after care.	1
M19	Risk management and patient safety	Pay attention to the patient's safety risk.	1
M20	Documentation	the results are correct	2
3	Judgment		5
J1	Professional attitude		
J2	Communication		
J3	Nursing expertise		
J4	Problem-solving ability		
J5	Humanistic care		

模块 B-1 日间照护中心场景-Parkinson's Disease

Test Project:	Health and social care		
Scores:	Parkinson's Disease-Plan (20%) +Practice (70%) +Judgement (10%)		
Aspect Type M = Meas J=Judg	Aspect - Description		Max Mark
1	Plan		10
M1	Written Plan includes all the tasks		3
M2	Written Plan includes time planning		1
M3	Goals are named		2
M4	Goals are patient-oriented		3
M5	Written plan has the number of the competitor, single page		1
2	Practice of Parkinson's Disease Care		35
M1	Greet patient properly	Introduce her/himself to the client.	2
M2	Confirm the identity of the patient	Identify patient with two IDs.	1
M3	Provide general assessment: general situation	1. General assessment.	2
M4		Focused on the abnormal aspects or uncomfortable areas.	1
M5	Provide general assessment1: disease/symptom related condition.	Assess the problems of disease.	2
	Provide general assessment2: limbs movements	Assess client's muscle strength.	2
M6	Tell him the purpose of the ROM	Explain the importance of the ROM exercises.	2
M7	Teach the patient to do	Minimum 3 joints.	4

M8	the active range of motion (ROM) exercises.	Instruct the frequency of exercise.	2
M9	Demonstrate and assist client how to walk with a Zimmer frame	Instruction on how to use the walker properly	2
M10		Let client walk around the room.	1
M11		Give instructions properly when the client has problem in walking.	2
M12		Instruction on safety tips for walker.	2
M13	Show client assistive devices.	Assess client's problems.	2
M14		Shows a variety of aids.	2
M16	Evaluate the outcome of care	Check the response or feedback from the client, evaluate what does the client feel.	2
M20	There are innovations and new effective methods in the process	There are innovations and new effective methods in the process.	1
M17	The process is natural and orderly	Good time management.	1
M18	Tidy up the environment	Clean up area after care.	1
M19	Risk management and patient safety	Pay attention to the patient's safety risk.	1
3	Judgment		5
J1	Professional attitude		
J2	Communication		
J3	Nursing expertise		
J4	Problem-solving ability		
J5	Humanistic care		

模块 B-2 日间照护中心场景-Type 1 Diabetes

Test Project:	Health and social care		
Scores:	Type 1 Diabetes-Plan (20%) +Practice (70%) +Judgement (10%)		
Aspect Type M = Meas J=Judg	Aspect - Description		Max Mark
1	Plan		10
M1	Written Plan includes all the tasks		3
M2	Written Plan includes time planning		1
M3	Goals are named		2
M4	Goals are patient-oriented		3
M5	Written plan has the number of the competitor, single page		1
2	Practice of Type 1 Diabetes		35
M1	Greet patient properly	Introduce her/himself to the client.	1
M2	Confirm the identity of the patient	Identify client with two IDs.	1
M3	Assessment	Assess basic situation.	2
M4		Assess disease-related situation.	2
M5	Teach and demonstrate on glucose monitoring	Teach the client the normal levels of blood glucose for diabetic	1
M6		Encourage the patient to participate in the glucose monitoring.	1
M7		Teach and demonstrate on glucose monitoring	3
M8		advise client to record the blood sugar level	2
M9	Teach and demonstrate on insulin injection	The competitor perform and teaches: Make skin antisepsis.	2
M10		Adjust the Pen with right dose according to schema, Orients the needle at a 90 degree angle using pen. Administers the insulin then wait 10 seconds before removing the needle.	4

		Remove the pen.	
M11		Inform about important things concerning Insulin.	3
M12	Give education according to client's needs	Assess client's needs of diabetes.	2
M13	Educate about appropriate exercise at school	Advise about exercise.	2
M14	Inform about the information of hypoglycemia	Tell signs and symptoms for hypoglycemia.	2
M15		Inform about the importance of contacting health personnel if necessary.	2
M17	There are innovations and new effective methods in the process	There are innovations and new effective methods in the process.	1
M18	Evaluate the outcome of care	Check the respond or feedback from the client, evaluate what does the client feel.	1
M19	Tidy up the environment before leaving	Clean up area after care.	1
M20	Hygienic principle	Maintain hygienic principles.	1
M21	Control any infection risks or possibilities.	Perform waste disposal.	1
3	Judgment		5
J1	Professional attitude		
J2	Communication		
J3	Nursing expertise		
J4	Problem-solving ability		
J5	Humanistic care		

附表 2. 设备及材料清单

医院场景					
序号	名称	规格	单位	数量	备注
1	病床	电动可升高	张	1	
2	床垫	与床配套	个	1	
3	床单、枕头、枕套、被子、被套	与床配套	套	1	
4	床头柜	与床配套	个	1	
5	床尾桌	可升降	张	1	
6	病房用床旁椅		把	1	
7	呼叫铃		个	1	
8	生活垃圾桶		个	1	
9	医疗垃圾桶		个	1	
10	治疗车		个	1	
11	治疗柜		个	1	
12	弯盘	不锈钢材质	个	1	
13	锐器盒	5L	个	1	
14	护理表		个	1	
15	一次性口罩	50 只/盒	盒	1	
16	一次性橡胶手套	100 只/盒	盒	1	
17	生活垃圾袋	与生活垃圾桶匹配	若干	个	
18	医疗垃圾袋	与医疗垃圾桶匹配	若干	个	
19	手部消毒液	500ml	瓶	1	
20	无菌纱布	5x7cm，两片装	包	若干	
21	消毒棉签	5 只/包	包	若干	
22	医用酒精	100ml/瓶	瓶	1	
23	听诊器	常规	个	1	
24	电子血压计		个	1	
25	水银血压计		个	1	

26	血氧饱和度仪		个	1	
27	电子体温计（耳温）		个	1	
28	三球式呼吸训练器		个	1	
29	呼吸震动排痰器		个	1	
30	口香糖		个	若干	
31	戒烟贴		个	若干	
32	框式助行器		个	1	
33	拐杖	四脚单拐	个	1	
34	绿植、装饰花		组	1	
35	纸巾	3 层*200 抽/包	包	1	
36	水壶	常规	套	1	
37	一次性水杯		个	若干	
38	笔、记录纸、记录板、尺子		套	若干	
39	各类文书，表格		套	若干	

日间照护中心场景

序号	名称	规格	单位	数量	备注
1	诊疗床	90*180CM	张	1	
2	诊疗桌		张	1	
3	椅子		把	2	
4	生活垃圾桶		个	1	
5	医疗垃圾桶		个	1	
6	治疗车		辆	1	
7	治疗柜		个	1	
8	护理表		个	1	
9	一次性口罩	50 只/盒	盒	1	
10	一次性橡胶手套	100 只/盒	盒	1	
11	一次性垫单或铺巾		个	若干	
12	生活垃圾袋	与生活垃圾桶匹配	个	若干	
13	医疗垃圾袋	与医疗垃圾桶匹配	个	若干	
14	手部消毒液	500ml	瓶	1	

15	无菌纱布	7.5x7.5cm, 两片 /包	包	若干	
16	消毒棉签	10 只/包	包	若干	
17	医用酒精	100ml	瓶	1	
18	听诊器		个	1	
19	电子血压计		个	1	
20	水银血压计		个	1	
21	血氧饱和度仪		个	1	
22	电子体温计（耳温）		个	1	
23	采血笔		个	1	
24	采血针	与采血笔配套	个	若干	
25	一次性可回弹采血针	26G	个	若干	
26	锐器盒	5L	个	1	
27	血糖试纸	50 片/盒	盒	1	
28	胰岛素笔	诺和笔	个	1	
29	胰岛素	与胰岛素笔配套	支	1	
30	注射用胰岛素针头	与胰岛素笔配套	个	若干	
31	酒精棉片	75%酒精, 50 片/ 盒	盒	1	
32	医用酒精	100m l	瓶	1	
33	消毒棉签	10 只/包	包	若干	
34	框式助行器		个	1	
35	拐杖	四脚单拐	个	1	
36	康复工具套装	硅胶材质	套	1	
37	普通餐具		套	1	
38	吸盘碗		个	1	
39	易握水杯		个	1	
40	普通水杯	塑料材质	个	1	
41	一次性吸管		个	若干	
42	开瓶器	硅胶材质	个	1	
43	果酱		瓶	2	
44	绿植、装饰花		组	1	
45	书架		个	1	

46	杂志		本	若干	
47	纸巾	3 层*200 抽/包	包	1	
48	水壶	常规	个	1	
49	一次性水杯		个	若干	
50	笔、记录板、记录纸、尺子		套	若干	
51	各类文书，表格		套	若干	
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