

## Employer-set project (ESP)

# Core skills

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T Level Technical Qualification in Health

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## Core skills

### Project brief insert

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## Ellie

Ellie is a 15 year old female who lives with her parents, Terry (father) and Yasmin (stepmother), in a loving and supportive home. Ellie is academically capable and engaged at school with her work, friendships and extra-curricular sports activities. Ellie represents both the school and county in athletic competitions and aspires to represent Great Britain, which is supported by her family and boyfriend.

Ellie has been involved with her boyfriend Oliver for the last 2 years. He is 15 years old and attends the same school as Ellie. Both Ellie and Oliver's parents are supportive of the relationship. While at school one day, Ellie asks her head of year if she could see the school nurse urgently. Ellie's head of year advises Ellie that after school there is a 'drop-in' session for students at the school which Ellie is welcome to go to. Ellie's head of year explains that the drop-in sessions are for anyone wishing to see the school nurse, counsellor, or a member of staff from the local teenage pregnancy team.

After school Ellie visits the 'drop-in' session, where there are a number of healthcare workers available. Ellie discloses that she hasn't had a period in 2 months, even though she is taking precautions, and has taken a pregnancy test which was positive. The midwifery healthcare support worker asks Ellie to take another pregnancy test. Ellie agrees and the pregnancy test confirms Ellie is pregnant. Ellie also says she doesn't understand how she can be pregnant as she has been conscientious and using contraception. At this point Ellie is tearful and says she is scared and wants to understand all the options available to her, but her instinct is that she wants to continue with her pregnancy. Both the nurse and the member of the teenage pregnancy team reassure Ellie that there are different options open to her. They explain that they will support her and talk her through the options.

At this point, the nurse asks Ellie whether she has a boyfriend, and she responds that she does, and he is called Oliver and is in her year at school. Ellie says that she loves Oliver very much and that she text him to let him know that she was coming to the 'drop-in' session. The midwifery healthcare support worker then asks Ellie who she lives with at home. Ellie says her father and stepmother, and they are very supportive and close. At this point the midwifery healthcare support worker gently says to Ellie 'we will need to inform some people of your circumstances and start to consider next steps'.

## Jo

Jo lives with his 73 year old wife, Sheila. Jo takes medication for high blood pressure (hypertension), and uses a hearing aid. They have 2 children: Terry lives 30 minutes away and tries to visit his parents once a week. Marie lives 200 miles away on the outskirts of a large town. Jo and Sheila have 3 grandchildren. Jo worked as an engineer for most of his life and retired when he was 55. He enjoys gardening and had an allotment for many years but gave it up 2 years ago because he found it too difficult to manage. He started a small vegetable plot at home and enjoys working on it. He has always been a keen birdwatcher, being very knowledgeable on the subject. Jo likes folk music and played the guitar, but has recently found it more difficult to play.

Jo loves his birds and won't allow anyone else to top up the feeder. When Sheila does try to do it, because she is becoming increasingly worried about his mobility, he becomes agitated. It's not the first time he has fallen at home and Sheila is concerned as he appears more unsteady on his feet. Jo has also been experiencing memory difficulties for a while, like getting lost on his way home from the shops. At first these were barely noticeable, but Sheila commented that more recently 'he seems to be forgetting more' and 'has become very focused on time'. Sheila has tried to get him to see his GP, but he has been very reluctant and states there is nothing wrong with him.

Although a very proud and independent man, Jo is becoming more reliant on Sheila for day to day care. On bad days Sheila needs to prompt Jo a lot, such as reminding him to change slippers for shoes before they go out, or to drink a cup of tea he has made. He can forget that he has taken his medication, or takes them at the wrong time. Sometimes he leaves his hearing aid out because he says it rubs and makes his ear sore. Jo does help around the house, but Sheila has noticed she seems to spend more time answering questions because he has forgotten what he was meant to be doing. This is a growing cause of stress between them. Sheila states she is worried about leaving Jo at home on his own because she came home a couple of weeks ago, and Jo had left a gas ring on after making some soup. When Sheila mentioned this to him, Jo became agitated and upset. Sheila does what she can to support but is finding she is having less time to herself and feels tired a lot of the time.

## Marie

Marie is 43 years old and mum to 6 year old Noah. She is separated from Noah's dad Jason. Marie has been with her new partner Sarah for the past 2 years.

Marie is a maths teacher and teaches full-time at a local secondary school.

Marie has experienced myalgic encephalomyelitis (ME) for the last 17 years. She is good at managing her condition, recognising signs and symptoms she needs to be aware of, and how best to respond to support her wellbeing.

Marie has a good relationship with her brother Terry and niece Ellie. However, Marie is concerned for Ellie who has recently found out she is pregnant at aged 15.

Whilst her relationship with her parents is generally good, her relationship with her partner Sarah, has caused some tension with her mum and dad. Marie has always enjoyed challenges, and is in training for her first half marathon, getting out to run around 3 times a week. Her work pressure has increased at school with exams taking place.

Noah has been displaying some difficult behaviours, particularly when returning from his dad's when he spends the weekend with him. Marie has noticed that Noah 'acts out' towards Sarah. They are doing their best to support Noah, but his behaviour has impacted on their relationship and has led to tension at home.

Marie has started to notice symptoms worsening, such as increased muscle and joint pain and frequent headaches and this is causing her some anxiety. She has also started to have trouble sleeping and often wakes up around 3am and can't get back to sleep, even when she's exhausted.

Marie's GP referred her to her local therapy team recently, where she is going to have an assessment to ascertain how best to support her current needs and alleviate her symptoms.

# Noah

Noah is a bright young boy who is 6 years old and in year 1 at school. Noah lives with his mother Marie, who is a secondary school teacher, and her partner Sarah who is a self-employed interior designer. Noah's mother separated from his father when Noah was 2 years old and has been living with her current partner Sarah for 2 years. Noah has a supportive and loving home life and is mostly happy. Noah enjoys playing, baking, painting and swimming. In the last year, Noah has developed a few strong friendships and is very excited when either of his friends come to play. Noah also very much looks forward to visiting his father Jason every other weekend and their daily 'chats' via zoom or telephone. Despite Noah not living with his father they do have a strong bond, and this is evident in their daily chats and weekend visits.

Recently, Noah has started displaying some behavioural issues both at school and at home. At home he has started wetting the bed, Noah had been 'dry' through the night since he was 3. Noah has also started having tantrums regularly with no obvious pattern. The tantrums involve anything between refusing to go to bed, shouting at his father or mother's partner Sarah, kicking and punching the wall, and screaming. When Noah eventually calms down from his tantrums, he is quite often tearful, sad, and completely exhausted. At this point Noah tends to regress and want to be mummy's 'baby', cuddle and have songs sung to him. Sometimes in this state, Noah does make reference to his parents and his confusion as to why they are not living together, and for his wish to live with his mummy and daddy. The bed wetting and tantrums are completely out of character for Noah and are upsetting for Noah's parents and mother's partner.

At school Noah is a kind and considerate student who the teachers and other students like. He is a capable student, enjoys his learning and in particular is good at maths. Noah has always had positive feedback from his teachers. However, recently there have been some concerns in school about Noah which have resulted in his parents meeting his teacher Mr Moreno. When meeting Noah's parents, Mr Moreno has identified numerous struggles for Noah. Mr Moreno has pointed out that Noah struggles to participate in group work and appears shy to put his hand up and lacking in confidence. Furthermore, Noah has a stutter which is increasingly noticeable and sometimes appears as if he is struggling to find the words he would like in class. At the end of the meeting Mr Moreno tells Noah's parents that the issues identified need to be addressed. Addressing these issues will prevent Noah's education from being disrupted and any further impact on his social and emotional development. He says that Noah should be referred to a specialist team.

## Terry

Terry, 46, is Jo and Sheila's eldest son and is married to Yasmin, his second wife of 7 years. Terry has 2 children from his first marriage, Ellie and Lucie. Ellie is 15 years old and lives at home with them. Lucie, Terry's eldest daughter lives away from home whilst she is studying at university.

Terry has always been a high achiever and was recently promoted to a senior management role. Although he enjoys his job, the promotion has increased the work pressure as there are constant deadlines to be met. He has had to spend more time away from home during the week travelling to other sites around the country and put in overtime at weekends.

Terry's increased workload has meant he hasn't been able to visit his parents as regularly over the past 7 months. When he has had the time, he has felt so tired that he has made excuses not to visit and this has increased his feelings of guilt that he is not helping enough. Terry finds his father's behaviour frustrating as it doesn't make sense to him and he is concerned about how his mother is coping.

The news of Ellie's pregnancy has come as a shock to Terry even though he was supportive of Ellie and Oliver's relationship. Terry has high hopes for Ellie, his daughter and feels like he has let her down.

Last Friday, Terry had to attend a meeting about a restructure which could mean a loss of some of the senior management roles. Terry hit crisis point. Feeling totally overwhelmed and dejected he went home. Terry took an overdose and Yasmin returned home to find Terry crying on the sofa. When asked what was going on, Terry told Yasmin that he had taken an overdose, so she called an ambulance. Terry was admitted to hospital and discharged on Sunday with a referral being made to the local mental health support team.

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