



# **T Level Technical Qualification in Health**

Occupational specialism assessment (OSA)

## **Supporting the Mental Health Team**

Assignment 3 - Professional discussion

Assignment brief

## T Level Technical Qualification in Health Occupational specialism assessment (OSA)

# Supporting the Mental Health Team

## Assignment brief

Assignment 3

Professional discussion

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## Student instructions

The themes and questions that will form the basis of the professional discussion for this series are below.

You have 45 minutes to read through this material and prepare notes for your response.

You have 1 hour to complete the professional discussion with the discussion supervisor.

You may refer to any experience or situation, either in the classroom or on workplace placement, in your answer. This could include:

- an action you have completed yourself
- something you observed that made an impact on you
- something you know that you can apply to the question

There are 3 templates provided, one for each theme, which you can use to take notes in preparation for your response.

You can use the same significant learning experience more than once if each theme also has one new learning experience. For example, you may have significant learning experiences that overlap more than one theme.

You will be asked 2 questions, which have Part A and Part B, for each theme. Each theme is worth 32 marks, made up of one 12 mark question and one 20 mark question. You should answer Part A first, followed by Part B when prompted.

The discussion supervisor will ask you up to 3 questions per theme throughout the discussion, plus an additional question to give you the opportunity to add or expand on any part of your response before progressing to the next theme. This is a requirement and does not necessarily reflect a poor or insufficient response.

You cannot return to discuss a theme once you have moved on to the next theme.

You may ask for a question to be repeated or clarified.

The professional discussion will be recorded, and the discussion marked by an external examiner. It should last no longer than 1 hour.

## Theme 1: providing care in the mental health sector

### Question 1

#### Part A

Reflect on a situation in your placement, or a learning experience in the classroom, in which you managed challenging or difficult communication when working as part of a team. As a professional in the team, what challenges did you identify and how did you, or could you, manage these effectively?

#### Part B

Referring to your own experience, examine the skills needed when communicating with other professionals to support vulnerable people living with a mental health condition. Using an example, include the actions a professional should take to be effective in their practice and to keep people safe.

(12 marks)

### Question 2

#### Part A

Referring to your own experience, discuss the role of safeguarding in a mental health care setting that promotes person-centred care.

#### Part B

Referring to your own experience, explain how safeguarding is linked to the Mental Capacity Act 2005 and the Deprivation of Liberty Safeguards/Liberty Protection Safeguards.

(20 marks)

## **Theme 2: assisting the mental health team with mental health tasks and therapeutic interventions**

### **Question 3**

#### **Part A**

Referring to your own experience, describe effective provision for person-centred care for someone with a diagnosed mental health condition.

#### **Part B**

Explain how your applied knowledge about the condition you have identified in Part **A** enabled effective care and treatment.

(12 marks)

### **Question 4**

#### **Part A**

Referring to your own experience, examine how the roles of mental health support staff operate in the context of national guidelines and local service frameworks. Use specific examples.

#### **Part B**

Referring to your own experience, analyse how the roles of mental health support staff can promote mental wellbeing. Use specific examples.

(20 marks)

## Theme 3: promoting mental wellbeing

### Question 5

#### Part A

Referring to your own experience, describe how physiological measurements can support care and treatment for people with mental health needs.

#### Part B

Referring to your own experience, explain the importance of adhering to good practice. Discuss the specifics of a person's condition and your actions or situational observation to explain your answer.

(12 marks)

### Question 6

#### Part A

Referring to your own experience, evaluate how therapeutic interventions can support care and treatment options for people with mental health needs.

#### Part B

Referring to your own experience, explain how to analyse the situation effectively to ensure that interventional strategies are appropriate for the individual. Use specific examples.

(20 marks)

# Preparation templates

## Theme 1

Describe what happened. (When, where, who was present; what did you do; why were you in the situation; what did you want to happen?)

How did you feel you impacted on the situation? (During, before and after; what did others feel during and after the situation; what do you think now?)

Evaluate your experience. (What went well/not so well; what was good/bad; what did you, and others contribute positively or negatively?)

Analyse what happened with reference to your own knowledge, skills, and behaviours. (Why did things go well/not so well; what sense can be made of it; what knowledge do I/others have to help me understand the situation?)

What conclusions can I draw from the situation? (What did I learn; how could it be more positive for everyone involved; what skills do I need to improve; what else could I have done?)

What actions are planned for next time? (What would I do differently in the same situation; how will I develop the skills required; how can I make sure I take the right steps?)



## Theme 2

Describe what happened. (When, where, who was present; what did you do; why were you in the situation; what did you want to happen?)

How did you feel you impacted on the situation? (During, before and after; what did others feel during and after the situation; what do you think now?)

Evaluate your experience. (What went well/not so well; what was good/bad; what did you, and others contribute positively or negatively?)

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## Change History Record

Version	Description of change	Approval	Date of Issue
v1.0	Post approval, updated for publication.		January 2021
v1.1	NCFE rebrand		September 2021