



Cystadleuaeth Sgiliau Cymru
Skills Competition Wales

Competition Brief

Competition Title

Health and Social Care

Competition Overview

Health and Social Care workers provide quality care to individuals in a range of facilities, such as a residential home, hospital, or other caring establishments. The nature of their work requires them to have knowledge and skills covering person-centered care, health and safety and policy and procedures, elements of sociology, biology, nutrition, law, and ethics.

In this competition, competitors will be expected to exercise judgement and take appropriate action to support individuals to maintain their independence, dignity and control through a variety of practical exercises.

Entry Criteria

The competition is for those training for a career in Health & Social Care and studying a Level 3 qualification. Please ensure your entrants have the skills and competencies to complete the task.

Entry capacity restrictions by organisation

Maximum of up to 2 per location.

This is the maximum number of entries permitted by an organisation for this competition. This is determined by 'location' and 'organisation'. 'Organisation' refers to the competitors' training provider/employer. 'Location' refers to a site where the competitor studies/is employed. For further guidance on these capacities, click [here](#)

Brief

The competition consists of 4 activities.

Activity 1: Person-Centered Care Role-Play

Individual role-play activity: up to 20 minutes



UNDEB EWROPEAIDD
EUROPEAN UNION



Llywodraeth Cymru
Welsh Government

Cronfa Gymdeithasol Ewrop
European Social Fund

You are a domiciliary care support worker (Team Lead) who has additional training to be able to undertake basic health checks. One of your team who usually visits Sam Green every morning is off sick so you are covering for them.

Sam Green is a 77 year old individual who has dementia that has progressed over the last two years. Sam's symptoms include problems with remembering recent names and events. He can ask questions repeatedly and can become confused and agitated; he may also become agitated if asked too many questions. Sam has daily medication for dementia. He is often reluctant to get out of bed, wash, and dress and have breakfast. Currently, he is managing to live independently at home, however, it is causing loneliness and depression. Unfortunately, Sam rarely leaves the house. During your visit, you are expected to take routine observations to include: pulse, blood pressure, temperature, height, weight and BMI measurements.

Activity 2: Reflection and Evaluation of Activity 1

Individual task (up to 10 minutes)

Based on activity 1, there will be a Q&A reflection and evaluation session with the judging panel.

Activity 3: Multiple Choice Questionnaire

Individual task: up to 15 minutes

This activity is a series of 10 multiple-choice questions on a range of topics in Health and Social Care for the entrants to complete.

Activity 4: Health Emergency

Individual Task: up to 15 minutes

You are a healthcare support worker supporting an elderly individual on your daily visit to help with a meal at tea time. When you arrive you find the individual on the floor. You will need to administer emergency first aid.

Infrastructure List

Resources, equipment available at the venue.

Competition Rules

For full terms and conditions of entry and competition rules visit www.inspiringskills.gov.wales/terms-and-conditions

Competition specific rules:

Those wishing to enter this competition should be:

- Dress should be professional and adhere to relevant professional standards. Attire must be non-branded (i.e. no college/employer logos visible).
- All activities must be completed by competitors within the allotted time.
- All online registrations must be made between 22nd November and 6th December www.inspiringskills.gov.wales.

Generic competition rules:

- Mobile phones are to be switched off during competition activity.
- Listening to music via headphones is not permitted during competition activity.
- Any questions during the competition activity should be addressed to the competition judging panel.
- Competitors should not communicate with other competitors during competition activity.
- It is the responsibility of each competitor to arrive on time for each competition session. No additional time will be allowed if you arrive late.
- Technical failure of your equipment should be reported immediately to the judging panel. Additional time will be allocated if the fault is beyond the control of the competitor.

Marking and Assessment:

Activity	Description	Marks awarded
1	Individual Role Play <ul style="list-style-type: none">• Organisation and time management• Communication and Interpersonal Skills• Problem Solving, Innovation and Creativity• Observation and Assessing Change• Delivering Safe Care• Delivering Safe care Observations• Reflective Practice	7
2	Reflection and Evaluation <ul style="list-style-type: none">• To be able to reflect and evaluate activity 1	7
3	Multi-Choice Questions	20
4	Health Emergency <ul style="list-style-type: none">• Organisation and time management• Communication and Interpersonal Skills• Problem Solving, Innovation and Creativity• Observation and Assessing Change• Delivering Safe Care	7

	<ul style="list-style-type: none">• Reflective Practice	
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Feedback and Recognition:

Individual and Group verbal feedback will be provided at the end of the competition.

No results or awards will be awarded on the day as marking will be quality assured.

All competitors will be issued with a Participation Certificate and invited to an online Celebration Event which will be held Thursday 17th March 2022, where the First, Second and Third Awards will be announced. Further details will be communicated to competitors and their points of contacts by email.

Marksheets will be made available to competitors after the quality assurance process has been completed.

Competition Lead

Lead Contact: Caroline Greenhall

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Cystadleuaeth Sgiliau Cymru
Skills Competition Wales

Briff y Gystadleuaeth

Teitl y Gystadleuaeth

Iechyd a Gofal Cymdeithasol

Trosolwg o'r Gystadleuaeth

Mae gweithwyr Iechyd a Gofal Cymdeithasol yn darparu gofal safonol i unigolion mewn amrywiaeth o gyfleusterau, megis cartrefi preswyl, ysbytai, neu sefydliadau gofal eraill. Mae natur y gwaith yn gofyn i'r unigolyn fod yn wybodus a bod â sgiliau sy'n cwmpasu o amgylch gofal yr unigolyn, iechyd a diogelwch a pholisi a gweithdrefnau, elfennau o gymdeithaseg, bioleg, maetheg, y gyfraith a moeseg.

Yn y gystadleuaeth hon, bydd disgwyl i gystadluewyr ddefnyddio barn ei hunain a chymryd camau priodol i gefnogi unigolion i gynnal eu hannibyniaeth, eu hurddas a'u rheolaeth dros amryw o weithgareddau ymarferol.

Meini Prawf Cystadlu

Mae'r gystadleuaeth ar gyfer y rhai sy'n hyfforddi ar gyfer gyrfa ym maes Iechyd a Gofal Cymdeithasol ac sy'n astudio cymhwyster Lefel 3. Sicrhewch fod gan eich ymgeiswyr y sgiliau a'r cymwyseddau i gwblhau'r dasg.

Cyfyngiadau capasiti mynediad fesul sefydliad

Uchafswm o hyd at 2 o bob lleoliad.

Dyma uchafswm y nifer o geisiadau a ganiateir o un sefydliad ar gyfer y gystadleuaeth hon. Caiff hyn ei benderfynu ar sail 'lleoliad' a 'sefydliad'. Mae'r 'sefydliad' yn cyfeirio at ddarparwr hyfforddiant/cyflogwr y cystadluewyr. Mae'r 'lleoliad' yn cyfeirio at safle ble mae'r cystadlueydd yn astudio / cael ei gyflogi. I gael rhagor o arweiniad ar y capasiti hyn, cliciwch [yma](#)

Briff

Mae'r gystadleuaeth yn cynnwys 4 gweithgaredd.

Gweithgaredd 1: Chwarae Rôl Gofal sy'n Canolbwyntio ar yr Unigolyn

Gweithgaredd unigol chwarae rôl: hyd at 20 munud



Rydych yn weithiwr cymorth gofal cartref (Arweinydd Tîm) sydd â hyfforddiant ychwanegol i allu cynnal archwiliadau iechyd syml. Mae un o'ch tîm sydd fel arfer yn ymweld â Sam Green bob bore, i ffwrdd yn sâl felly rydych chi'n cyflenwi ar eu cyfer.

Mae Sam Green yn unigolyn 77 oed â dementia sydd wedi datblygu dros y ddwy flynedd ddiwethaf. Mae symptomau Sam yn cynnwys problemau gyda chofio enwau diweddar a digwyddiadau diweddar. Gall ofyn cwestiynau dro ar ôl tro a gall fynd yn ddryslyd ac yn gynhyrfus; efallai y bydd hefyd yn cynhyrfu os gofynnir gormod o gwestiynau iddo. Mae gan Sam feddyginiaeth ddyddiol ar gyfer dementia. Mae'n aml yn anfodlon i ddod allan o'r gwely, ymolchi, gwisgo a chael brecwast. Ar hyn o bryd, mae'n llwyddo i fyw'n annibynnol gartref, fodd bynnag, mae'n achosi unigrwydd ac iselder. Yn anffodus, nid yw Sam yn gadael y tŷ yn aml iawn. Yn ystod eich ymweliad, disgwylir i chi gymryd arsylwadau rheolaidd sy'n cynnwys: curiad calon, pwysedd gwaed, tymheredd, uchder, pwysau a mesuriadau BMI.

Gweithgaredd 2: Myfyrio a Gwerthuso ar Weithgaredd 1

Tasg unigol (hyd at 10 munud)

Bydd sesiwn holi at ateb ynghylch myfyrio a gwerthuso ar weithgaredd 1 gyda'r panel beirniadu.

Gweithgaredd 3: Holiadur Amlddewis

Tasg unigol: hyd at 15 munud

Bydd yr ymgeiswyr yn llenwi cyfres o 10 cwestiwn amlddewis yn y gweithgaredd hwn ar amryw o bynciau ym maes lechyd a Gofal Cymdeithasol.

Gweithgaredd 4: Argyfwng Iechyd

Tasg unigol: hyd at 15 munud

Rydych yn weithiwr cymorth gofal iechyd sy'n cefnogi unigolyn oedrannus ar eich ymweliad dyddiol i helpu gyda phryd o fwyd amser te. Pan rydych chi'n cyrraedd, rydych yn dod o hyd i'r unigolyn ar y llawr. Bydd angen i chi roi cymorth cyntaf brys.

Rhestr Seilwaith

Adnoddau, offer ar gael yn y lleoliad.

Rheolau'r Gystadleuaeth

Am yr holl delerau ac amodau ynghylch ymgeisio a rheolau cystadlu ewch i <https://inspiringskills.gov.wales/terms-and-conditions?lang=cy>

Rheolau sy'n benodol i'r gystadleuaeth:

Dylai'r rhai sy'n dymuno cymryd rhan yn y gystadleuaeth hon fod:

- Wedi gwisgo yn broffesiynol ac yn cadw at safonau proffesiynol perthnasol. Rhaid i'r wisg fod yn ddi-frand (h.y. dim logos coleg/cyflogwr yn weladwy).
- Rhaid i'r holl weithgareddau gael eu cwblhau gan gystadleuwyr o fewn yr amser penodedig.
- Dylai pob cofrestriad ar-lein gael ei wneud rhwng 22 Tachwedd a 6 Rhagfyr ar <https://inspiringskills.gov.wales/?lang=cy>

Rheolau cyffredinol y gystadleuaeth:

- Dylai ffonau symudol gael eu diffodd yn ystod gweithgareddau'r gystadleuaeth.
- Ni chaniateir gwrando ar gerddoriaeth drwy glustffonau yn ystod gweithgareddau'r gystadleuaeth.
- Dylai unrhyw gwestiynau yn ystod gweithgareddau'r gystadleuaeth gael ei gofyn i banel beirniadu'r gystadleuaeth.
- Ni ddylai cystadleuwyr gyfathrebu â chystadleuwyr eraill yn ystod gweithgareddau'r gystadleuaeth.
- Cyfrifoldeb unigol pob cystadleuydd yw cyrraedd ar amser ar gyfer pob sesiwn gystadlu. Ni chaniateir amser ychwanegol os byddwch yn cyrraedd yn hwyr.
- Dylai rhoi gwybod i'r panel beirniadu am fethiant technegol eich offer ar unwaith. Bydd amser ychwanegol yn cael ei neilltuo os yw'r nam y tu hwnt i reolaeth y cystadleuydd.

Marcio ac Asesu:

Gweithgaredd	Disgrifiad	Marciau a ddyfarnwyd
1	Chwarae Rôl Unigol <ul style="list-style-type: none">• Trefnu a rheoli amser• Sgiliau Cyfathrebu a Rhyngpersonol• Datrys Problemau, Arloesi a Chreadigrwydd• Arsylwi ac Asesu Newid• Darparu Gofal Diogel• Darparu Arsylwadau Gofal Diogel• Ymarfer Myfyriol	7
2	Myfyrio a Gwerthuso <ul style="list-style-type: none">• Gallu myfyrio a gwerthuso gweithgaredd 1	7
3	Cwestiynau Aml-ddewis	20
4	Argyfwng Iechyd	7

	<ul style="list-style-type: none"> ● Trefnu a rheoli amser ● Sgiliau Cyfathrebu a Rhyngpersonol ● Datrys Problemau, Arloesi a Chreadigrwydd ● Arsylwi ac Asesu Newid ● Darparu Gofal Diogel ● Ymarfer Myfyriol 	
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Adborth a Chydnabyddiaeth:

Darperir adborth llafar yn unigol ac mewn grŵp ar ddiwedd y gystadleuaeth.

Ni fydd unrhyw ganlyniadau na gwobrau yn cael eu rhoi ar y diwrnod gan y bydd y marcio'n cynnwys elfen sicrwydd ansawdd.

Bydd pob cystadleuydd yn derbyn Tystysgrif Cyfranogiad ac yn cael eu gwahodd i Ddigwyddiad Dathlu ar-lein a gynhelir Dydd Iau 17eg Mawrth 2022, lle cyhoeddir pwy ddaeth yn Gyntaf, yn Ail ac yn Drydydd. Bydd manylion pellach yn cael eu rhoi i gystadleuwyr a'u pwyntiau cyswllt dros e-bost.

Bydd taflenni marcio ar gael i gystadleuwyr ar ôl cwblhau'r broses sicrwydd ansawdd.

Arweinydd y Gystadleuaeth

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