



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 judgment and take appropriate action to support individuals to maintain their independence, dignity and control through a variety of practical exercises.

The competition will comprise of four activities over 1 hour and 30 minutes

Learners who are employed or on an apprenticeship can register under their provider. These are in addition to the entries permitted by an organisation.

Live competition heats will be held at various venues across Wales.

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 plus maximum of 2 reserves can be registered incase of absence..

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

<https://inspiringskills.gov.wales/competitions/frequently-asked-questions>

Brief

Competitors will have a 10 minute introduction to the environment to ask questions; then a further 1 hour and 30 minutes to complete all four activities which should include dimensions of Equality, Diversity and Welsh Language.

Activity 1: Person-Centered Care Role-Play

Individual role-play activity: up to 20 minutes

You are a domiciliary care support worker who has additional training to be able to undertake basic health checks. The individual who usually visits Jack and Jill Brown every morning is off sick so you have been asked to cover for them.

Jack is 81 and Jill is 79 and they have been married for 55 years. They live in a small bungalow, in a town they have lived in all their lives. They enjoy spending time in the garden and watching quiz shows on TV. Their son and his wife visit them most weekends. They have grandchildren and two great grandchildren.

Jack was diagnosed with Alzheimer's disease 6 years ago and this has gradually affected his memory and ability to do daily tasks. For the last year he has relied on Jill to remind him and prompt him for everything. Jack attends a memory clinic and they use singing to help Jack with his memory skills. Jack has arthritis and uses a stick, when he remembers to. He also has a hearing aid.

Jill was diagnosed with vascular dementia a few months ago, when her son became concerned about her mixing up household tasks, for example finding the shopping in the oven. Jill has glaucoma which is treated with eye drops. She also takes medication for angina and diabetes. Recently, she has started to forget to do this on some days.

You are required to prepare a breakfast meal for them both and complete basic routine

Observations to include: pulse, blood pressure, temperature, height, weight and BMI measurements.

You will be judged on your ability to communicate, interact and if working through the medium of English, make use of incidental Welsh during this activity.

Activity 2: Reflection and Evaluation of Activity 1

De-brief task (up to 10 minutes)

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

Activity 3: Multiple Choice Questionnaire

Individual task: up to 30 minutes

This activity is a series of 20 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 30 minutes

You are a healthcare support worker supporting an individual on your daily visit.. When you arrive you find the individual on the floor. You will need to assess the situation and consider the best course of action to ensure their health and well being needs. The service user may have had a fall, a stroke or an overdose on prescribed medication. You will be required to assess the situation and administer basic first aid, consider DRABC.

Infrastructure List

Resources and all equipment will be available at the venue.

Competition Rules

For full terms and conditions of entry and competition rules visit

<https://inspiringskills.gov.wales/terms/registrations-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 20th November and 4th December 2023 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	40%
2	Reflection and Evaluation <ul style="list-style-type: none"> • To be able to reflect and evaluate activity 1 	10%
3	Multi-Choice Questions	10%
4	Health Emergency	40%

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 14th March 2024, 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: Kelly Sherwood NPTC Group of Colleges
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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. Bydd y gystadleuaeth yn cynnwys pedwar gweithgaredd dros 1 awr a 30 munud

Gall dysgwyr sy'n gyflogedig neu ar brentisiaeth gofrestru o dan enw eu darparwr. Mae'r rhain yn ychwanegol at y cofnodion a ganiateir gan sefydliad.

Cynhelir rowndiau rhagbrofol byw mewn sawl lleoliad ledled Cymru.

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 a gellir cofrestru uchafswm o 2 wrth gefn rhag ofn absenoldeb.

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



cystadleuwyr. Mae'r 'lleoliad' yn cyfeirio at safle ble mae'r cystadleuydd yn astudio / cael ei gyflogi. I gael rhagor o arweiniad ar y capasiti hyn, cliciwch yma <https://inspiringskills.gov.wales/competitions/frequently-asked-questions?lang=cy>

Briff

Bydd cystadleuwyr yn cael cyflwyniad 10 munud i'r amgylchedd i ofyn cwestiynau; yna 1 awr a 30 munud arall i gwblhau'r pedwar gweithgaredd a ddylai gynnwys dimensiynau Cydraddoldeb, Amrywiaeth a'r Iaith Gymraeg.

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

Gweithgaredd chwarae rôl unigol: hyd at 20 munud

Rydych yn weithiwr cymorth gofal cartref sydd â hyfforddiant ychwanegol i allu cynnal archwiliadau iechyd sylfaenol. Mae'r unigolyn sydd fel arfer yn ymweld â Jack a Jill Brown bob bore i ffwrdd yn sâl felly gofynnwyd i chi gyflenwi ar eu rhan.

Mae Jack yn 81 oed ac mae Jill yn 79 oed ac wedi bod yn briod am 55 mlynedd. Maen nhw'n byw mewn byngalo bach, mewn tref y maen nhw wedi byw ynnddi ar hyd eu hoes. Maen nhw'n mwynhau treulio amser yn yr ardd a gwyllo sioeau cwis ar y teledu. Mae eu mab a'i wraig yn ymweld â nhw bron bob penwythnos. Mae gan y ddau wyrion a dau gor-wyr. Cafodd Jack ddiagnosis o glefyd Alzheimer 6 mlynedd yn ôl ac mae hyn wedi effeithio'n raddol ar ei gof a'i allu i wneud tasgau dyddiol. Dros y flwyddyn ddiwethaf mae wedi dibynnu'n llwyr ar Jill i'w atgoffa a'i annog i wneud popeth. Mae Jack yn mynychu clinig cof ac maen nhw'n defnyddio canu i helpu Jack gyda'i sgiliau cof. Mae gan Jack arthritis ac mae'n defnyddio ffon, pan mae'n cofio. Mae ganddo hefyd gymorth clyw. Cafodd Jill ddiagnosis o ddementia fasgwlar ychydig fisoedd yn ôl, pan ddaeth ei mab yn bryderus ei bod yn cymysgu tasgau cartref, er enghraifft dod o hyd i'r siopa yn y ffwrn. Mae gan Jill glawcoma sy'n cael ei drin â diferion llygaid. Mae hi hefyd yn cymryd meddyginiaeth ar gyfer angina a diabetes. Yn ddiweddar, mae hi wedi dechrau anghofio gwneud hyn ar rai dyddiau. Mae'n angen i chi baratoi pryd brechwast ar gyfer y ddau ohonyn nhw a chwblhau'r rwtin sylfaenol

Bydd angen cymryd: pwls, pwysedd gwaed, tymheredd, uchder, pwysau a mesuriadau BMI.

Gweithgaredd 2: Myfyrio a Gwerthuso ar Weithgaredd 1

Tasg unigol (hyd at 10 munud)

Yn seiliedig ar weithgaredd 1, bydd sesiwn myfyrio a gwerthuso holi ac ateb gyda'r panel beirniadu yn dilyn y gweithgaredd

Gweithgaredd 3: Holiadur Amlddewis

Tasg unigol: hyd at 30 munud

Bydd yr ymgeiswyr yn llenwi cyfres o 20 cwestiwn amlddewis yn y gweithgaredd hwn ar amryw o bynciau ym maes Iechyd a Gofal Cymdeithasol.

Gweithgaredd 4: Argyfwng Iechyd

Tasg unigol: hyd at 30 munud

Rydych chi'n weithiwr cymorth gofal iechyd sy'n cefnogi unigolyn ar eich ymweliad dyddiol. Pan ydych chi'n cyrraedd, byddwch yn dod o hyd i'r person ar y llawr. Bydd angen i chi asesu'r sefyllfa ac ystyried y camau gorau i sicrhau eu hanghenion iechyd a'u lles. Efallai bod y defnyddiwr gwasanaeth wedi disgyn, wedi cael strôc neu orddos ar feddyginiaeth a gymerwyd. Bydd gofyn i ni asesu'r sefyllfa a gweinyddu cymorth cyntaf sylfaenol, ystyried DRABC.

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/registrations-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 20 Tachwedd a 4 Rhagfyr 2023 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 Aseu:

Gweithgaredd	Disgrifiad	Marciau a ddyfarnwyd
1	Chwarae Rôl Unigol	40%
2	Myfyrio a Gwerthuso <ul style="list-style-type: none">• Gallu myfyrio a gwerthuso gweithgaredd 1	10%
3	Cwestiynau Amlddewis	10%
4	Argyfwng Iechyd	40%

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 14eg Mawrth 2024, 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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