WORLDSKILLS SINGAPORE 2027
TECHNICAL DESCRIPTION
HEALTH AND SOCIAL CARE

Skill Competition

1. This competition covers a broad range of abilities and activities dealing with health, physical and psychosocial well-being, support of growth and development, caring and rehabilitation.

2. Conducted as an individual event over three days, comprising a total of 21 hours. Competitors are required to complete the Test Projects, including planning, implementation, documentation, and self-evaluation.

Scope of Work

3. This competition is a demonstration and assessment of the competencies associated with this skill. Competitors must be able to demonstrate competencies in the following areas:

    3.1. Support health, growth, and development in client-based activities through assessment, planning, implementation, and evaluation.

    3.2. Provide health, social and rehabilitative care to clients across the lifespan in various healthcare settings, including nutrition, medication administration, and the use of functional and assistive devices.

    3.3. Demonstrate evidence-based knowledge, management, and competence of requisite skills to promote health, support growth and development, caring and rehabilitation

    3.4. Apply principles of law and ethics, ergonomics, equality, safety, sustainability, and environmental-friendly practices

    3.5. Evaluate own working processes and receive feedback from the Experts/Coaches at the end of the Competition

4. For the Test Projects, each competitor will be required to plan and deliver care based on a given simulated situation. There will be a variety of test projects. These test projects will relate to holistic physical and psychosocial care, health promotion, growth, and development; and rehabilitation or a combination of these.

5. The simulated competition assignments require competitors to assess, plan, implement, and evaluate holistic care and rehabilitation for client(s) across the lifespan in various healthcare and everyday settings. These tasks include:

   5.1. Assessing the client and his/her needs
   5.2. Working according to the information given
   5.3. Documenting the care rendered
   5.4. Assisting, providing, and educating the client(s) according to the given assignment
   5.5. Completing the simulated situation within the given timeframe
   5.6. Respecting the client's rights - ethical, legal and cultural
   5.7. Using appropriate communication techniques
   5.8. Evaluating their own working practices

6. The competitor's competing order will be determined by the panel of judges.

7. On the day of the competition, competitors are not allowed to be in the competition hall before their own competition assignment starts.

Assessment

8. Competitors will be assessed on their ability to perform the following practical work:
   8.1. Work organization and management and sustainable practice
      a) Follow health, safety, and hygiene standards, rules, and regulations
      b) Take appropriate hygiene precautions for infection prevention
      c) Identify and use the appropriate uniform/personal protective clothing including safe footwear
      d) Select, use effectively/efficiently, and store materials safely
      e) Maintain safe and secure storage of medication in accordance with regulations
      f) Plan, schedule, and re-prioritize work as the need arises for the sustainable use of own resources
      g) Ensure safe and ergonomic working practices
      h) Discard waste ecologically
      i) Use materials economically to enhance sustainability
      j) Work together in an efficient way with other practitioners and any person

k) Keep up to date with new practices and regulations e.g., safe moving and health and safety

8.2. Communication and Interpersonal Skills

a) Work sensitively with clients
b) Maintain excellent professional conduct including appearance
c) Open and closed communication with clients in the appropriate style, establishing rapport
d) Respect clients as individuals with autonomy and rights to accept or refuse care
e) Show positive attitude towards the client and support his/her resources
f) Act honestly with clients
g) Show interest in the biography of each client and use the knowledge with care to find good solutions with the client.
h) Respect and acknowledge each client's culture, spiritual beliefs and needs, and support them in maintaining spiritual practices
i) Use evidence based therapeutic communication methods in the delivery of care, including active listening, questioning techniques, nonverbal and paraverbal communication, and interpretation of non-verbal signals
j) Use coaching techniques and other appropriate educational techniques to enable clients to learn new "life skills"
k) Communicate in a professional way with clients who have disabilities in communication and understanding
l) Manage professional and effective communications with clients' families in the appropriate manner, ensuring the needs of the clients are central
m) Negotiate with colleagues, medical professionals, clients, and their families to ensure the right type and level of care is provided and clients' autonomy and needs are met
n) Ensure consistently effective verbal and written communications with colleagues
o) Record client information/records in the appropriate form according to organization protocols.
p) Discuss and represent individual client cases in professional settings.

8.3. Problem Solving, Innovation and Creativity

a) Value the individual, take a strong interest and gain a deep understanding of their personality and biography
b) Gain the confidence of clients to discuss their problem(s)
c) Recognize problems swiftly and follow a self-managed process for resolving

d) Determine the root cause(s) of clients' problem(s) through careful and structured discussion/questioning/observation
e) Pro-actively re-prioritize clients' problem(s) as situations demand
f) Recognize the boundaries of own expertise/authority in dealing with clients' problem(s) and refer to colleagues and professionals as appropriate
g) Create, develop, and negotiate 'new safe ways of working' to improve the daily life of clients and their happiness, e.g., use of aids to support mobility
h) Recognize opportunities and pro-actively contribute ideas to improve client care, e.g., through a new way to use the client's environment effectively, through discussions with the client at the right time

8.4. Assessing needs and planning client care

a) Carefully assess the clients' environments and situations to accurately determine care needs, recognizing boundaries of own role
b) Assess clients' resources, capabilities and habits
c) Assess the resources, capabilities and habits of families if necessary
d) Identify clients' nutritional status and requirements
e) Plan the delivery of client-centred care in accordance with professional standards, while considering the client's individual needs, preferences, and daily routines.
f) Secure required resources to facilitate client care plans
g) Plan how to support client rehabilitation
h) Obtain consent before the delivery of care
i) Refer to medical professionals as appropriate

8.5. Managing and delivering client care

a) Promote and assist with physical, social, and psychological well-being, growth and development, caring and rehabilitation
b) Respect clients and the principles of law and ethics in the delivery of care
c) Create a positive environment for clients and deliver safe care
d) Assist with hygiene needs as required and respect clients' need for privacy
e) Include clients` resources and capabilities in the delivery of care
f) Use culturally appropriate measures
g) Perform medical tasks within the scope of practice e.g., first aid, wound care, breathing exercises

h) Monitor different health parameters e.g., blood pressure, pulse, temperature, blood sugar, pain, and weight and give information about them
i) Take precautions for health risks which are common in clients who are sick, e.g., pressure ulcers, pneumonia, and deep vein thrombosis
j) Consistently observe clients and quickly identify any new problems that need attention or medical referral, e.g., pressure ulcer and heart problems
k) Accurately judge when immediate medical attention or support may be required, and start with first aid measures
l) Implement measures that promote clients' independence within any limitations
m) Recommend and administer appropriate measures to support nutritional well-being within the scope of practice and regulations, the habits and preferences of the client
n) Educate clients on adopting a healthy lifestyle, such as exercising regularly, stopping smoking, and maintaining a healthy diet.
o) Advise clients on common drug groups (e.g., how to take them) and their side effects within the scope of practice and regulations, e.g. antihypertensives, analgesics, antibiotics etc
p) Support clients in the administration and storage of their medication within the scope of practice and regulations and environmental situations of clients.
q) Plan and adapt schedules to ensure each client receives the time they need, ensuring individuals are not rushed
r) Organize educational and rehabilitative activities to meet the needs of clients of different adult age groups
s) Promote mobility using appropriate techniques while considering the client's abilities, available resources, and individual needs.
t) Use resources effectively and efficiently
u) Promote the quality of life by using specialized competencies of caring such as in palliative care, and rehabilitation.

8.6. Evaluating client care

a) Understand the clients' perspectives through careful discussion with them
b) Gain inputs from the clients' families, colleagues, and related professionals
c) Acknowledge what promotes client's wellbeing and quality of life while providing support based on client's needs and aligned to the professional standards
d) Listen carefully and respond positively to any problems, endeavouring to develop solutions
e) Judge the extent to which care plans are helping clients

f) Agree any changes to care plans with clients, their families, colleagues, and related professionals
g) Record outcomes of evaluations
h) Develop action plans, taking into consideration the available resources
i) Report and record any concerns to the relevant parties
j) Reflect on feedback and evaluate own working practices
k) Change/adapt working practices following reflection, to improve

9. Competitors will also be assessed on their understanding of the following theoretical knowledge:
   9.1 Concepts of growth and development across the lifespan
   9.2 Health and Social Care and fundamental nursing practices across the lifespan
   9.3 Care in the four levels, that is, primary, secondary, tertiary and rehabilitation
   9.4 Basic statistical skills to interpret the amounts, sizes, scales, proportions, and rearranging formulae
   9.5 Self-management in rehabilitation process
   9.6 Duties and responsibilities of the profession

The assessment criteria and relative weighting of marks are as follows:

Criterion		Marks
a)	Work organization and management and sustainable practice	5
b)	Communication and interpersonal skills	25
c)	Problem solving, innovation and creativity	15
d)	Assessing needs and planning client care	10
e)	Managing and delivering client care	35
f)	Evaluating client care	10
	Total	100

Tools and Materials

10. The tools, equipment and materials for the competition will be provided.

11. Competitors will be able to view, handle, and practise using the equipment during the familiarisation day before the competition.