

**WORLD SKILLS SINGAPORE 2023**  
**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, competitors are given 8 hours to complete the Test Projects for this competition, including time for 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 and social care and rehabilitation of clients across the lifespan in a variety of health care settings (e.g., nutrition; drug administration, use of functional/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.

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5. The simulated competition assignments consist of assessing, planning, implementing, and evaluating care given to client(s) - holistic care and rehabilitation for people across the lifespan in different settings in everyday situations. These tasks include:
  - 5.1. Assessing the client and his needs
  - 5.2. Working according to the given information
  - 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 the 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
    - 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
    - g) Ensure safe and ergonomic working practices
    - h) Discard waste ecologically
    - i) Work together in an efficient way with other practitioners and any person
    - j) Keep up with new practices and regulations e.g., safe moving and health and safety

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- 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) Act honestly with clients
  - f) Respect client's culture and religious beliefs
  - g) Use therapeutic communication methods in the delivery of care, including active listening, questioning techniques, interpretation of non-verbal signals, and appropriate educational techniques
  - h) Use coaching techniques to enable clients to learn new "life skills"
  - i) Communicate in a professional way with clients who have disabilities in communication and understanding
  - j) Manage professional and effective communications with clients' families in the appropriate manner, ensuring the needs of the clients are central
  - k) Negotiate with the Multidisciplinary Team, clients, and their families to ensure the right type and level of care is provided and that clients' autonomy and needs are met
  - l) Ensure consistently effective verbal and written communications with colleagues  
Record client information/records in the appropriate form according to organization protocols.
- 8.3. Problem Solving, Innovation and Creativity
- a) Value the individual, take a strong interest and gain a deep understanding of their character
  - 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

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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 role
- b) Assess the clients' capabilities and the capabilities of families
- c) Identify clients' nutritional status and requirements
- d) Plan how client-centred care will be delivered
- e) Secure required resources to facilitate client care plans
- f) Plan how to support client rehabilitation
- g) Obtain consent before the delivery of care
- h) 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 intimacy
- e) Include patients' 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 risks which are common in clients who are sick, e.g., pressure ulcers, pneumonia, and contractions
- j) Consistently observe clients and quickly identify any new problems that need attention or medical referral, e.g., pressure ulcer
- 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
- n) Educate clients in the promotion of a healthy lifestyle, e.g. do exercise regularly, stop smoking

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- o) Advise clients on common drug groups and their side effects within the scope of practice and regulations, e.g. antihypertensive and analgesics
- p) Support clients in the administration and storage of their medication within the scope of practice and regulations
- 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 by using the clients' resources and respecting the clients' needs by the use of adequate mobilization techniques
- t) Use resources effectively and efficiently
- u) Promote the quality of life

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) Recognize what makes clients happy and what they consider to be 'well-being'
- 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

9. Competitors will also be assessed on their understanding of the following theoretical knowledge:

- 9.3. Concepts of growth and development across the lifespan
- 9.4. Health and Social Care and fundamental nursing practices across the lifespan
- 9.5. Care in the four levels, that is, primary, secondary, tertiary and rehabilitation
- 9.6. Basic statistical skills to interpret the amounts, sizes, scales, proportions, and rearranging formulae

*The organisers reserve the right to update the Technical Description whenever necessary*

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- 9.7. Self-management in rehabilitation process
- 9.8. Duties and responsibilities of the profession

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

<b>Criterion</b>		<b>Marks</b>
a)	Work organization and management	5
b)	Communication and Interpersonal Skills	25
c)	Problem Solving, Innovation and Creativity	15
d)	Assessing Needs and Planning Patient Care	10
e)	Managing and Delivering Patient Care	35
f)	Evaluating Patient 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 and have hands-on during the familiarisation conducted before the competition.