

## Care plans

This group activity will help workers to understand the types of information that should be recorded in a care plan, and how it's organised under different sections.

**Duration:** 20 minutes

**Resources:** Set of cards showing care plan headings (blue) and set of cards showing care plan notes (red).

### What core skills does this address?

- English skills

### What Care Certificate standards does this address?

- 6.5 Use appropriate verbal communication

### Introduce the activity

Explain that the set of blue cards have ten headings that could be in a care plan, and the set of red cards have examples of written comments that a care worker has done.

Ask staff to work together for 5-10 minutes to match the written comments to the care plan heading – explain that four of the cards have comments on that could be considered inappropriate.

Ask workers to justify their decisions during the feedback discussion.

### Feedback and discussion

Ask each group to choose two headings and read out their choice of matching comments. Ask them which comments that thought were unsuitable and why.

You could use these questions to structure the discussion:

- which headings do we use on our care plans that are worded slightly differently but have the same meaning as the ones on the cards?
- which comments do you find yourself often writing under these headings?
- what does the word 'deterioration' mean?
- which words can be tricky to spell? How do you remember how to spell them?
- which sections of the care plan do you tend to look at first?
- how often do you think you should read through all of the care plan?
- how could we improve the lay out or language of our care plans?

## Care plan headings

Communication	Skin integrity
Family	Mental health and cognition
Eating and drinking	Continence
Personal hygiene and care	Medication
Mobility and dexterity	Spiritual needs

## Written comments

The local Priest visits Mrs K weekly on a Friday to give her communion.	Mr T likes to have people's names on his photos to help him remember who they are.
Mrs A prefers to be supported with her personal care by a female carer.	Mr N's sister visits once a week, usually on a Thursday and will call in advance to let us know.
Mrs J's brother is dealing with a divorce and doesn't visit often.	Mr D eats anything.
Mrs T has 250 mg Amoxicillin capsules three times a day.	Ensure that Mr J's hearing aid is removed at night, turned off and wiped clean. He keeps spare batteries in the top drawer of his bed side table.
Mrs L is on a low fat and calorie diet and should be encourage to eat a maximum of 1000 calories per day as per discussions with the Doctor.	Mr R enjoys the company of animals and used to have a dog. He enjoys looking after other relative's dogs when they come to visit.
Mrs V has a catheter. The district nurse will come to her home every week to check it.	Mr Y is prone to bruising and pressure sores. Care workers should note down any new bruises or concerns in his care plan.

<p>Mrs H can be a little greedy with her food at times.</p>	<p>Mr I tends to be grumpy first thing in the morning.</p>
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