Trainee Assessment
Pressure Care

<table>
<thead>
<tr>
<th>Unit standard</th>
<th>Version</th>
<th>Level</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>28737 Demonstrate knowledge of pressure injuries and pressure care</td>
<td>1</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

Your name:  
Your workplace:  
Your date of birth:  
NSN number (if you know it):  

Declaration  
- I was told about and understand the assessment requirements and appeals process.  
- I have prepared my answers myself.  
- Any evidence I have provided as my own, I produced myself.  
- I understand that this assessment may be used for moderation and quality control purposes.  
- I understand that when I achieve this unit standard my result will be registered with the New Zealand Qualifications Authority.

I confirm the above declaration:  Yes [ ]  No [ ]  Date:  

[Image of Careerforce logo]
Assessment summary (completed by assessor)

Trainee's performance summary

<table>
<thead>
<tr>
<th>Assessment tasks</th>
<th>Assessor signature</th>
<th>Date achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Task 1: How pressure injuries can occur</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Task 2: Provide pressure care</td>
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<td></td>
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</tbody>
</table>

Unit standard results

I have assessed the trainee and confirm the requirements have been met to demonstrate competency in:

<table>
<thead>
<tr>
<th>Unit Standard(s)</th>
<th>Version</th>
<th>Level</th>
<th>Credits</th>
<th>✔️</th>
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</table>

Assessor name:  
Assessor number:  
Signature:  
Date:
Trainee information

Before you start:

- The assessor/verifier will meet with you and talk about what you need to do.
- Read through the Careerforce workplace learning and assessment guide if you need more information about the assessment process.

As you go:

- Follow instructions for each task.
- Answer all questions.

When you finish:

- Make sure you have completed any parts where the assessor/verifier has said you need more work.

Appeals

If you wish to appeal against the assessment result or process, talk to your assessor. If you are still not satisfied, you can appeal to Careerforce by completing the assessment result appeal form that can be found online at www.careerforce.org.nz/contact/forms

Feedback

Careerforce regularly reviews our assessment and learning resources. As a user, we would appreciate feedback on how you found it. Feedback can be provided to Careerforce via:

- our online feedback form at www.careerforce.org.nz/contact/resource-assessment-feedback
- email to info@careerforce.org.nz
Task 1: How pressure injuries can occur

For this task, you need to show your understanding of how pressure injuries occur.

1  What are the parts of the human skin?

Describe the anatomy (different parts) of the parts of the skin and describe how these layers are made up.

2  What happens to the skin when pressure injuries occur?

In your answer, describe what happens to the skin at each of the four stages in the pressure injury process.

Stage 1:

Stage 2:

Stage 3:

Stage 4:
3 Where on the body are pressure sores likely to develop?

On the following diagrams correctly name the places on the body that pressure points are likely to develop.

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**Task 1: Assessor feedback to trainee**

When the assessor agrees you have completed this task successfully, they will sign it off on the assessment summary page at the front of this assessment.
Task 2: Provide pressure care

For this task, you need to show you understand the interventions that are necessary to prevent pressure injuries and that you provide appropriate care for people with pressure injuries.

Complete all written tasks in this assessment before completing the verification.

1. Complete the table below to show your understanding of risk factors and interventions for pressure injuries.

Think about the people you work with and support and why they might get pressure injuries. Some causes might include:

- weight.
- nutritional status.
- mobility.
- age.
- co-morbidities (when people have more than one disease or condition).
- incontinence.
- medications.

Choose three risk factors and describe the situation. For each risk factor, provide an intervention you may use to reduce the risk. Your answers should consider best practice and your organisation’s policies and procedures.

At least one of the interventions must be a type of equipment or an aid.

An example has been provided for you.

<table>
<thead>
<tr>
<th>Risk factor that could cause pressure injuries</th>
<th>Intervention to reduce the risk</th>
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<tbody>
<tr>
<td>Nutritional status</td>
<td>I always check her skin when I am giving her a shower. I have talked to Mrs T about either getting clothes without zips to reduce the risk, or scheduling her visits last thing in the day to help her change into her pyjamas.</td>
</tr>
<tr>
<td>Mrs T struggles to undress herself and sometimes when she too tired she sleeps in her clothes. She has lost of lot of body fat as she has aged and is quite thin. The zip in her dresses can dig into her skin and create the risk of a pressure sore.</td>
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Continued next page
### 2 Pressure care – verification

Complete the table below to provide details of a person you support where you have had to provide pressure care.

Ask your verifier to complete the verification form to confirm that you provide pressure care as part of your job, following your workplace policies and procedures.

The verifier is likely to be your manager, supervisor or team leader. This must be a person who has observed your work over a period of time and can verify what you have done. Your assessor may contact your verifier to discuss their comments.

Read the checklist so you know what is being verified.

<table>
<thead>
<tr>
<th>Date range care was provided:</th>
<th>What changes did you look for in the person’s skin condition?</th>
<th>Who did you report the changes to?</th>
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<tr>
<td>Question</td>
<td>Answer</td>
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<td>-------------------------------------------------------------------------</td>
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<tr>
<td>Why was it important to report the changes?</td>
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<td>Describe the pressure care you provided.</td>
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## Verification

**Note to Verifier:**
You have been asked to complete this verification as the supervisor/manager of the trainee who has observed them working over a period of time.

The trainee has provided details of providing pressure care to a person, including reporting changes in a person’s condition in terms of their significance to pressure injuries.

You need to be confident that the information the trainee has provided is correct and that the trainee consistently provides pressure care to people, including reporting changes in people’s condition relevant to pressure injuries according to the standards listed in the checklist below.

If you agree that the trainee meets these standards please tick the boxes below. If you do not agree please discuss the requirements with the trainee. Please comment on the trainee’s performance. The assessor may wish to contact you to discuss this verification.

I confirm that the information the trainee has provided is correct and that the trainee consistently meets the standards below when providing pressure care. The trainee:

<table>
<thead>
<tr>
<th>Please tick if you agree</th>
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Please comment:

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<tr>
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<tr>
<td>Verifier Name:</td>
<td>Designation:</td>
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<tr>
<td>Signature:</td>
<td>Date:</td>
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<tr>
<td>Contact phone number or Email:</td>
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### Task 2: Assessor feedback to trainee

When the assessor agrees you have completed this task successfully, they will sign it off on the assessment summary page at the front of this assessment.