

## Title of the task

Max points of the task: 87

### **Working environment: A customer in home care, in a block of flats**

You'll work in home care. You are at home of a user of homeservice.

### **Background of the user of homeservice:**

The user of homeservice is a 75-year-old woman, Anna Johansson. Anna Johansson moved from Sevettijärvi, in Finland, to Norway 40 years ago. Anna worked for fish farming in Båtsfjord before retiring, and her husband died eight years ago. Anna then moved to Kirkenes to live closer to her only child, daughter Lisa, and her two grandchildren.

About 10 years ago, Anna suffered from a stroke. After a rehabilitation stay at the local hospital, she was able to move home to her own apartment. She is living by herself in a block of flats, where are all modern convenients. She can now walk with her walking stick, but she has problems with sense in her left arm.

Anna was previously an active lady and concerned with Sami language and culture in the local community. She often traveled to Sevettijärvi to visit relatives, and bring Sami traditional food back home to Norway. Anna liked cooking, and she still prefers the food she was used to, instead of the dinner she is sent from the municipal kitchen. Her daughter Lisa is often bying food for her mother. She is worried about the physical condition of her mother. Lisa wants her mother start using a wheelchair.

A year ago, Anna had a heart attack, and then developed a milder degree of heart failure. Anna also has a recently discovered type 2 diabetes, which is regulated without medication. Two months ago, Anna granted home nursing two visits/day because she could no longer take care of her personal hygiene and care properly.

The current medication of Anna Johansson:

- Marevan 3 mg according to a separate instruction
- Emconcor 5mg 1x1

**The task to accomplish:**

You are going to visit Anna Johansson this morning. After a previous survey, it appears that Anna needs help to take care of her personal hygiene, medicine use, eating habits, blood glucose control and physical activity.

Guide Anna to meet her needs.

The oral planning of the task, which the judges listen to and evaluates: 10 min.

The accomplishment of the action: 45 min.

Oral report: 5 min.