

**Planning your time in nursing and care**

**Task 1:** You work shifts in a care home. Your start time, tasks and shifts are different each day. Answer the questions about the shift.



On Mondays you work a two-and-a-half-hour shift, starting at 8.15. You assist with breakfast for the first hour. Then you have to visit five residents to update their records.

1. What time does your shift end?
2. What time will you finish assisting with breakfast?
3. How much time (in minutes) will you have left between the end of breakfast and the end of your shift?
4. How long will you have to visit each resident?

**Task 2:** Complete the record sheet with the time the patient’s temperature was checked - use the 24-hour clock to record the times.

Patient’s name: Mr Amir Safrooz
Temperature checked:
Temperature checked:
Temperature checked:

The patient’s temperature was checked at the following times in the afternoon:

