

Assignment 1: E-Portfolio Evidence of Learning by Iskra Tsvetanova Valkova student number: 2026742

Module:
Changemakers: Building your Personal Brand for Sustainable
Employment
Module code: BMHP 5015_BIRM
Lecturer: Kennedy Obohwemu

ISKRA VALKOVA

Summary

CONTACT

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Expert Care Team Leader bringing over 15 years of expertise in the Health Care Sphere. Able to perform tasks to perfection and successfully lead a team. Accepts challenges and provides the best service using individual approach. Determined to progress onto the professional ladder. Qualified Team Leader with sufficient knowledge in the care-taking process. Communication skills built to perfection to fulfill clients' demands. Great at organizing teams and leading them to always completing the tasks on time. Highly motivated to deliver outstanding care and exceed expectations. Very trustful and reliable, expert of problem-solving and decision-making.

SKILLS

- Personnel management
- Communication skills
- Problem-solving
- Dementia qualified
- Health Care Management
- Policies and procedures
- Strong team-building and organizational skills

CERTIFICATIONS

Health and Social Care Level 4 Working towards BSc Level 5 and 6 Currently doing a dissertation in Health and Social Care

LANGUAGES

Bulgarian: First Language

English: C2 

Proficient

Russian: B1 

HOBBIES AND INTERESTS

Voluntary community job at Yates Court Health Care Centre. I enjoy spending time with the elderly people and assisting them with their needs which makes me feel part of their life. We entertain ourselves singing, playing bowling, organizing and participating in different games. I contribute to their social life which is giving me a sense of purpose. I am a mother of 3 children and I love spending time with my family. We like hiking and spending time around the nature.

EXPERIENCE

- May 2006 to April 2016
- Nursing Assistant *University Hospital of Pleven, Bulgaria, Pleven, Pleven***
- Turned and adjusted position of patients for patient comfort and to avoid bed sores.
 - Responded to audible and visual cardiac alarms to address needs of patients.
 - Reviewed charts, notes and test results and input accurate data on computer healthcare system to maintain updated records.
 - Administered CPR following Basic Life Support for Health Care Provider during emergency cases to help patients encountering cardiac arrest.
- May 2016 to April 2018
- Senior Care Assistant *Blanchworth Care Homes Limited, Northleach, Gloucestershire***
- Performed my tasks to perfection, which was proved by the positive feedback of the families
 - Supported the residents in their decision-making process while respecting their choices and leading them to goal accomplishment.
 - Monitored ongoing care, identifying and proactively addressing obstacles affecting recovery.
- May 2018 to Current
- Team Leader *The Orders of Saint John Care Trust, Stow-on-the-Wold, Gloucestershire***
- Motivated the staff to complete their tasks and achieve their goals.
 - Monitor the team to perform their duties according to the health and safety regulations, appropriately dealing with rule-breakers.
 - Evaluated team performance and provided constructive feedback to improve daily goal achievement.
- December 2016 to February 2022
- Agency senior carer *Forever Healthcare LTD, Gloucester, Gloucestershire***
- Specialized in dementia care working in many different care facilities
 - Domiciliary care
 - Medication administration
 - Team leadership

EDUCATION

- 2022
- Certificate of Higher EducationHealth and Social Care Level 4 University of Wales Trinity Saint David** , Birmingham, BIR
- Level 4 Graduate
- Ongoing (due to graduate in 2024)*
- Bachelor of ScienceHealth and Social Care Level 5 and 6 University of Wales Trinity Saint David** , Birmingham, BIR
- Currently doing dissertation in Health and Social Care
- Member of Unison Union

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The Orders of Saint John Care Trust

Edwardstow Court Care Centre
GL541FG Stow-on-the-Wold

23 October 2022

Re: Care Home Manager at Edwardstow Court Care Centre

Dear Recruiting Manager,

I became so excited when I saw that OSJCT has advertised the position for a Care Home Manager. I believe that the knowledge I have along with the right skills I possess makes me the right candidate for that position. Currently, I am working for the company more than three years, however I have got almost 15 years of experience in the health-care sector. I have been assigned as a health care professional in multiple fields such as nursing in a university hospital, domiciliary care, nursing and residential home care. I also have experience as an agency health care worker in more than 20 homes in Gloucestershire area.

I am an ambitious professional at running efficient, profitable care teams focused on client satisfaction. During my previous role as Care Home Team Leader, employers praised me for my expertise in leadership, critical thinking and decision making. Each year, my annual reviews have highlighted my ability to handle any challenge with ease. I have successfully managed a night shift, where I have been in charge of the whole care home, including group of 3 to 8 staff members as well as being responsible for the residents living in the home. I have also dealt with emergencies such as shortage of staff, medication order, any accidents that have occurred in the care home related to the wellbeing of service users. I have developed a great sense of empathy for elderly people, and I am able to accommodate their needs while ensuring I have a personal approach to each one of them. Also, my individual approach will revolve around their best interest.

The most challenging thing I came across within while practicing my profession, was working with people living with dementia. This company has provided me with all the necessary trainings on an yearly refreshment basis, therefore I can bravely call myself a dementia expert at present. Therefore, I believe that position will suit me perfectly, because this is a residential dementia care home. I am familiar with the company's values, policies and procedures and I am highly motivated to make a difference in people's lives.

I enjoy mentoring junior staff and taking the time to help my team understand innovations in our sphere. I am able to provide the right training for all new starters, make them aware of their duties and what would be expected from them while ensuring they are well-welcomed in the team. I believe my enthusiasm and care industry experience will translate well to this role. Additionally, I am also familiar with the financial responsibility of the role, and I can guarantee that I will be able to meet your expectations and I will be an excellent asset to this company as I have proven over the years.

To summarize, I hope that I will be able to expand my knowledge and develop my skills even more by being able to fit in my new job role. The opportunity I might gain will help me to fully reveal my potential and show my dedication to the desired profession.

I really hope that you will consider my application for the position, and I would like to thank you in advance for your time and attention.

Sincerely,
Iskra Valkova



Anti-Smoking Radio Campaign

by

Iskra Valkova



The following radio podcast aims to promote healthier lifestyle by quitting smoking, show risk factors, diseases related to smoking and the impact on our environment. The radio campaign is presented to you with the support of the government. The podcast contains 5 different episodes, each one 20 mins long .

QUIT SMOKING START HEALING

EPISODE 1 - THE BENEFITS OF QUITTING SMOKING AND RISK FACTORS



20
MIN

Blood pressure is
optimised, hearth beats
normally



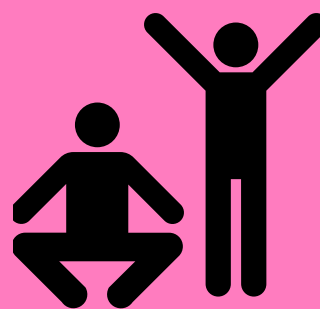
24
HRS

The oxygen in the blood increases, the
breathing is no longer compromised

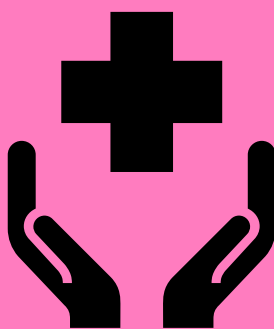


2-3
DAYS

a change in the smell and
taste is noticed



1-9
MOS

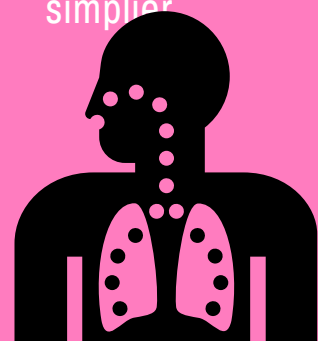


1-5
YRS

flow of energy fulfills our
body as breathing
becomes easier and
exercising is a lot
simplier

the risk of hearth attach
and stroke decreases

10
YRS



our organs recover and
it feels like we have
never smoked



The most vital question of the time is "how long you can live" which is more appealing to smokers. The question in an emotional approach brings awareness and warns people about the harmful truth of tobacco products. It further encounters influences and increases the spreading of pro-health messages by touching the emotion and raising concerns within individuals. As it increases the risk of cancers, and pulmonary and cardiovascular diseases, the question is necessary to ask citizens. The key vision of the program is to increase awareness and intention based on the information and engage with the audiences. The emotional approach of advertisement is required to engage individuals through an appealing attitude and evoke a strong feeling.

Source(s):

<http://media.mercola.com/assets/images/infographic/quit-smoking.jpg>

http://www.huffingtonpost.co.uk/2014/10/06/stoptober-stop-smoking-affects-body_n_3960096.html

Smoking is a significant reason for the increasing cases of cancer, lung diseases, chronic bronchitis, and certain eye symptoms.



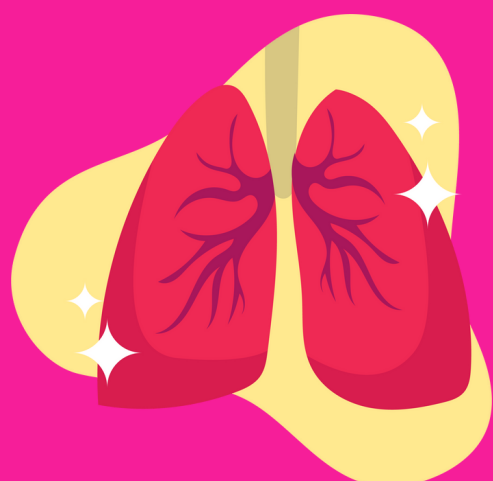
It damages the airways and increases the risk of dying from cancers, gradually affecting the overall health of a smoker. It is further known that more than 8 million people have died due to direct cigarette consumption which further affects non-smokers (who.int.com, 2022)



The cost of using tobacco products is substantial and affects human capital which results in increased mortality and morbidity



The UK governments are taking different steps and actions to ban tobacco products to improve the health status of their citizens.



This information is presented through different graphic messages and depicts the severity and consequences of tobacco products (Goldfarbmuren et al. 2020).



It has become an addictive habit that increases the risk of multiple respiratory diseases with many other health problems.



Time to quit!

Episode2

Economic losses



The cost of tobacco products and their associated poor health condition affects both the individual and economic status of the country. A report further finds that smoking costs about €19 billion per year in the UK economy and it is responsible for several deaths (City.ac.uk, 2022).



It brings a further loss of economic condition of the country and its citizens due to the cost of cigarettes and maintaining health conditions.



Educating the audiences about this financial loss is necessary to raise awareness to quit smoking.



In the lower economy and youth society in the UK, maximum smoking is observed which increases the mortality rate.



EPISODE 3 SMOKING KILLS OUR PLANET



TOXIC SMOKE

Tobacco products contain a deadly mix of multiple chemicals including poison gases and toxic metals.



WILDLIFE

It is dangerous for human beings as well as wildlife and pollutes rivers, oceans, beaches, soils, and city sidewalks. As influenced by Münzel et al. (2020), smokeless tobacco and cigarettes are the main reasons for plastic pollution and it releases toxic air pollutants into the atmosphere.



ENVIROMENT POLLUTION

Citizens generate 4.5 trillion of cigarette waste all over the world and it endangers environmental conditions. It is the prominent reason for environmental pollution for the emission of toxic air pollutants and chemicals which is harmful to animals and plants.



RISK FACTORS

The severe impact of smoking affects both the environment and human health to a great extent.

EPISODE 4

AWARENESS

PROGRAMME

WHY TO QUIT SMOKING

The episode brings a request to quit smoking by evaluating different severe challenges which are dangerous to both human lives and the environment.

Time to quit!

RISK FACTORS

Quit smoking is a particular solution to improving health status and the nation's economy with to minimize mortality and morbidity rate. As influenced by Morales-Prieto et al. (2021), the increasing rate of cancer and different respiratory diseases are further resolved through these decisions.

IMPROVE YOUR LIFESTYLE

This awareness program is framed to spread information about its severe outcome and appeal to smokers to make proper decisions in times. It improves health conditions and lowers the rights of different types of cancers and cardiovascular diseases while enhancing the lifespan of an individual.

AVOID SMOKING

It assists in protecting the oceans and other environmental pollution and minimizes waste to secure the planet.

Episode 5 Protect yourself and the planet

*Time to
quit!*

The last episode brings the final message to change the decisions of smokers through a "question-answer" round that asks about the issues.

Awareness Program

In the awareness program, the main goal is to minimize the number of smokers through an appealing approach and spreading information about increasing cases of cancers and their severity

Economy loss and pollution

As stated by Kondo et al. (2019), economic loss is a significant outcome of the increasing rise of using tobacco products which further increases waste and damages aqua life.

It's time to take action!

It brings an appealing approach to quitting smoking to improve economic and health condition and status by protecting the planet and animals.



References

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