

INFORMATION

Module Title:

***Professional Career
Development within
H&SC***

Module Number:
LCHS 4009 (LON)

Assignment No:
ASSIGNMENT 1

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Acknowledge use of AI

On this page state whether you have or have not used AI. Include the AI source if you have!.

Introduction.

My name is Raymond Kargbo and I am currently working in a Chinese food production in which we made Chinese pasta, sweet and meat. In my previous years I have work in different professional which I have work as kitchen Assistance, warehouse worker, part time sale customer attendance.

OBJECTIVE OF YOUR PRESENTATION:

- Explain how my transferrable skills from work experience can be used to work as a care worker within hospital ward.
- Using Gibbs Reflective Cycle Model (1988).
- Identifying my weakness that might affect my workflow pattern within the hospital ward using reflection.
- Give a clear communication, explanation and solutions going forward.



REFLECTION IN HEALTH AND SOCIAL CARE.

- **What does this skill mean (definition)?**
- The process of carefully evaluating one's experiences, choices, and action in professional practice in order to gain knowledge and enhance future care delivery.
- **What does it involve in everyday practice?**
- >It helps you to analyse your daily actions, mistakes and progression of your daily activities in delivering your care to your clients or patient within the hospital ward.
- >It identifies strengths, weaknesses and helps build confidence after you have recognised your mistake and set plans to overcome challenges that might lead you to it again.
- Where and how you have developed this skill
- **Where:** During training placements, internships, or direct patient care in hospital wards or clinical settings.
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- **How:** By using Gibbs' six stages: Description, Feelings, Evaluation, Analysis, Conclusion, and Action Plan
- to routinely reflect on clinical experiences, such as patient contacts, procedures, or difficult circumstances.
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- **Through:** group discussions, reflective journals, mentorship or supervisor guidance, and feedback sessions that promote critical thinking and practice-based learning.

Importance of Reflection in professional practice.

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- Healthcare workers can critically assess their actions, apply best practices, and follow safety procedures with the help of reflection skills, which support safe and effective treatment.
 - This increases communication, fosters individualised care plans, and deepens awareness of patient needs, all of which increase patient satisfaction.
 - Benefits for patients include improved health outcomes, customised care, and enhanced safety. While organisations attain higher care standards and improve their reputation, employees enjoy better teamwork, professional development, and less stress.
 - On the other hand, inadequate application of reflection techniques can result in increased staff burnout, poor communication, safety hazards, and decreased care quality.

Gibbs Reflective Model

1988

- The Gibbs Reflective Model (1988) is a methodical framework for introspection that enables people to draw lessons from their experiences and make better decisions in the future.

Among its crucial phases are:

What took place?

Emotions: What thoughts and emotions were you experiencing?

Evaluation: What aspects of the experience were positive and negative?

Analysis: How do you interpret the circumstances?

In conclusion: what more could you have done?

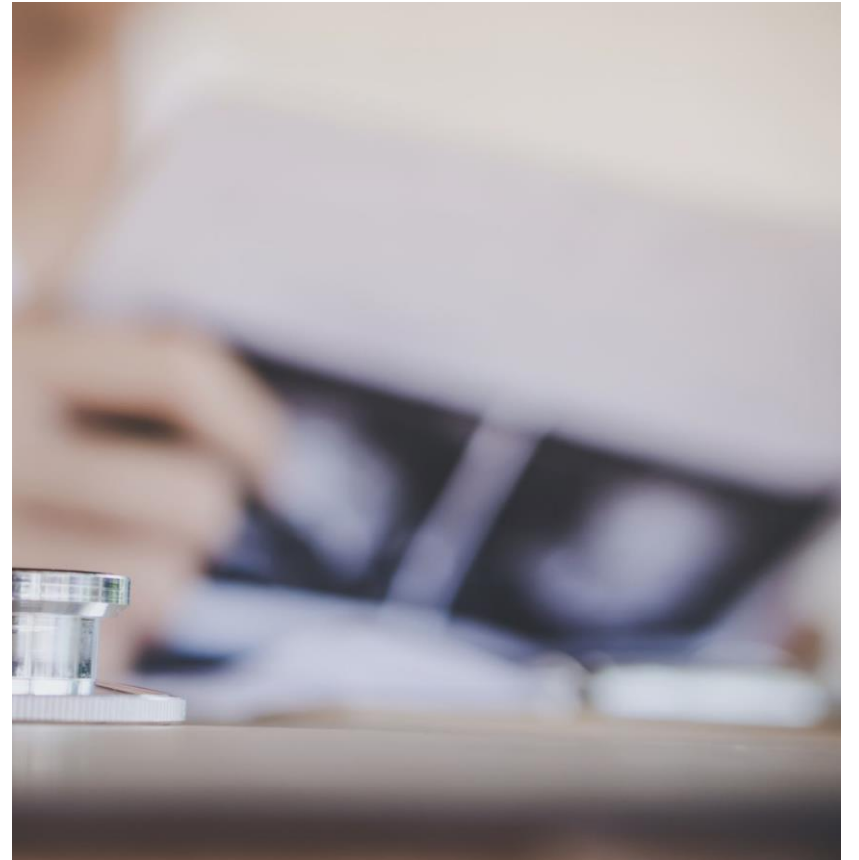
Action Plan: What will you do in the events that it occurs once more?

By assisting professionals in a thorough reflection process, this paradigm fosters critical thinking, self-awareness, and ongoing learning for improved practice.



HOW Reflection skills in Hospital ward will be useful.

- The document outlines the experience of a registered nurse on a busy medical-surgical ward who administered medication late, potentially affecting its effectiveness. Using Gibbs Reflective Model, the nurse analyses the incident through six stages: describing the error, expressing feelings of concern and anxiety, evaluating actions as mostly correct despite the mistake, analysing contributing factors such as distractions and workload, concluding that double-checking could have helped, and planning to implement measures like setting alarms and improving team communication for future practice. This reflective process aims to enhance patient safety and care quality, fostering trust and satisfaction while supporting continuous professional development and better clinical outcomes.



HOW REFLECTION WILL BE USEFUL IN THE FUTURE CAREER?.

The ability to reflect on your experiences, develop new abilities, and adjust to changing circumstances makes you a more useful and productive worker, which is crucial for your employment. Candidates who exhibit self-awareness and a dedication to both professional and personal development are valued by employers.

Reflection is crucial for your future work in health and social care because it enables you to assess your practice critically, comprehend the needs of the people you look after, and continuously raise the standard of care you offer. It encourages moral decision-making and enables you to react to difficult circumstances in a kind and suitable manner.

Conclusion

- In a hospital ward, the ability to reflect is crucial for both better patient care and ongoing professional development. They make it possible for medical personnel to assess their activities critically, draw lessons from past mistakes, and improve clinical judgement. Reflective practice promotes emotional resilience, self-awareness, and a culture of responsibility and cooperation. In the end, cultivating good reflection skills helps to give health and social care in a way that is safer, more efficient, and compassionate.

References List

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