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Principles of Health and Social Care Practice (BMHP5002_LON)

Assessment Component 1

Case study - Written Report

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Contents

Introduction: Understanding the case study.....2

Why is Nursing Home best option?	2
Services for MR. T	3
Services for Mrs. T	5
Principles and Policies of health and social care	6
Conclusion	7
Recommendations	7
References	8

Introduction: Understanding the case study

According to the case, Mr. and Mrs. T are over 85 years of age which makes them vulnerable in all aspects including; functional disability, frequent hospitalization, institutionalization, loss of independence, exclusion from community activities, violence, lack of physical care, and premature death among others. (Barbosa, Oliveira and Fernandez, 2019). Mr. T's experience with dementia depends on his physical strengths, his emotional resilience, and support available to him. If nothing is done to help Mr. T, progressive dementia may affect the way he thinks, his behaviour may deteriorate, difficulty in reasoning and speaking, and may affect his ability to control movements. (Benbow and Jolley, 2012). On the other hand, Mrs. T has a mobility frame due to the hip injury which limits her mobility abilities, in addition to being elderly. Therefore, she also needs help like Mr. T. To avoid consequences and risks of vulnerability associated with Mr. and Mrs. T's situation, these elders should be admitted to a NURSING HOME because they will receive necessary help regarding; personal care, mobility, and domestic chores. With the help of workers from nursing homes, Mr. and Mrs. will be able to access social events to help them live independently as long as possible.

Why is Nursing Home best option?

A Nursing home is the best option for Mr. and Mrs. T because of the therapy services in a nursing home provided basing on specific support principles, policies and regulations, all which guide and lead to quality health and social services to the patients. (Tolson et al., 2013).

Mr. and Mrs. T are elderly people who may not be able to take care of themselves. This is why they need to be taken to a nursing home because they will receive all the

care including eating, walking, standing, using restroom, and lying down among others. In addition, they will also be given personal care regarding their hygiene like; bathing, washing, and dressing. (Brush and Norris, 2017)

By the virtue of their age and health conditions, the elders in the case are exposed to a risk of hurting themselves, and ending up in dangerous situations if they stay home as they try to do tasks for themselves. (Benbow and Jolley, 2012). They should be taken to a nursing home for their own safety. Elderly in a nursing home are protected from any kind of harm from other people and self-inflicted harm. (Farahnaz and Heider, 2016). In addition to safety, they will have access to variety of services all which are aimed at promoting their health welfare.

Mr. and Mrs. T are in an age bracket where they need professional care because they are vulnerable to diseases and accidents. As identified in the case study, Mr. T has progressive dementia which means that he is forgetful, often gets confused, and may not be able to understand things very well. Mrs. T has just returned from hip injury operation which is a very delicate issue. This is why these elders need to go a nursing home where they will receive professional care from experts 24/7. (Tolson et al., 2013).

Services for MR. T

Care Plan

Client: *Mr. T*

Care Plan by: *Benah. N*

Date initiated: *20/7/2021*

Nursing Diagnosis	Outcomes Evaluations	and Intervention
✓ Progressive dementia ✓ Diabetes ✓ Heart failure ✓ Very old ✓ Hypertension	✓ No medical reports ✓ Unable to do his personal hygiene chores well ✓ Disturbed by noise ✓ Forgetful and confuse	✓ Washing his clothes ✓ Cooking for him ✓ Taking him for walking ✓ Feeding him ✓ Provide quite environment

Mr. T needs person support regarding his hygiene and this can be offered in a nursing home by a care worker. This can be done by washing for him clothes, assisting him to

use restrooms, bathing him and dressing him up. These personal activities should be offered based on principle of respect and dignity for Mr. T (CQC, 2017).

According to Alzheimer's Disease International (2015), dementia patients often get confused and forgetful and can even forget whether they have eaten, taken the medicine or not. It is a duty of a care worker in a nursing home like Care UK to remind Mr. T of his daily routine and help him to perform his daily activities like feeding him and offering him his medication. A care worker should also use pictures of things like food, exercises, fruits, animals and place to enable him recover his memory when he gets confused or forgets certain things. (Woods et al., 2012). To enable him recover his memory, Mr. T can be taken to games and puzzles club in the community where many elders share their life experiences and this would enable him to recover some memories. (Douglas and Lawrence, 2015).

Having notice that Mr. T has other chronic conditions like diabetes, heart failure and hypertension which can be attributed to his old age, he needs to be taken to a nursing home where he can be provided with mitigation services like walking especially in the morning and evening. (Hickey and Bourgeois, 2018) However, the decision to take him for walks and other exercises should be his approval and whatever happens there should be respected by the care worker basing on his culture, preferences and beliefs. (Pachana and Gallagher-Thompson, 2018). Some social events like walking and exercise clubs will be very helpful for Mr. T to fight the chronic conditions or reduce on the negative impacts, and make him for active. (Hickey and Bourgeois, 2018)

Mr. T is often disturbed by noise due to his age and dementia. This means that he should be offered with a quite environment that is offered in a nursing home. Noisy devices like television, radios and phones should be put to minimum volume to enable Mr. T feel comfortable in a nursing home. In the quite environment, Mr. T will be able enjoy his sleep which is very important for dementia patients. (Hickey and Bourgeois, 2018)

Basing on Mr. T's dementia, a care worker should communicate with him in a particular way compared to other residents with other health conditions;

According to Woods et al. (2012), dementia patients have a low ability to reason and understand certain things. The care worker is required to use pictures, names and

places to enable the patient draw simple understanding of things being communicated.

A care worker should maintain eye contact while communicating with Mr. T a dementia patient so as to keep them focused about what is being discussed without getting distracted and confused. (Alsawy et al., 2017). In addition to maintaining an eye contact, dementia patients should be asked simple Yes or No questions especially when they are making choices.

In a nursing home, they offer residents a chance to meet and contact their friends and relatives from outside the resident. Therefore, Mr. and Mrs. T should not be worried about losing contact with their dear ones. Getting in touch with family members is important for his memory to get better. (Hickey and Bourgeois, 2018). Some patients prefer having a nap during the day especially after meals depending on their age, especially the elderly like Mr. T get tired so fast and prefer having naps during day. This gives them a peace of mind and makes them feel relieved from issues like depression. (Tolson et al., 2013).

Services for Mrs. T

Care Plan 2

Client: Mrs. T

Care Plan by: Benah N

Date of initiation: 20/7/2021

Nursing Diagnosis	Outcomes Evaluations	and Intervention
✓ Old age ✓ Hip injury ✓ Mobility Frame	✓ medical reports ✓ Unable to do his personal hygiene chores well ✓ Disturbed by noise ✓ Unable to walk ✓ Pain on the hip	✓ Washing his clothes ✓ Cooking for her ✓ Provide her with wheel chair ✓ Remote control beds ✓ Provide standing hoist ✓ Feeding him ✓ Provide quite environment

Mrs. T got a hip injury which limits her mobility. This can be attributed to old age that leads to lack of balance when moving, and her age is prone to vision impairment. (Price and Miller, 2010). Once she is taken to a nursing home, she will be assigned a care worker who will support her with walking, standing, and laying down. Support groups in the community will also help Mrs. T to overcome her hip injury pain and hence recover quickly by sharing similar stories and how they recovered. (Gunta and Hightower, 2010).

The hip injury also may stop her from moving completely. In this case, a support worker should be there with wheel chair services by pushing her to anywhere she wants. With a wheel chair, she will be able to run her errands with the help of the support worker. (Gunta and Hightower, 2010). Temporary seats should also be put in the bathroom to enable her bathe or wash in case she has the ability to do so. Even though she may fail to walk well, she can be taken to cooking clubs where elderly women spend time discussing, cooking, baking and meeting other experts to motivate her and give her hopes of recovery.

In addition to the wheel chair, most of the nursing homes in UK have a remote control beds. This is to enable the care worker to help them in sitting up and laying down, raising their legs among. Mrs. T will be able to access all these services for mobility once she is admitted in a care home. Additionally, she can also be transferred from one area to another by the use of machines like a standing hoist which will enable her to stand up well without feeling pain on the injured part.

Mrs. T's condition cannot allow her to do her domestic chores very well because of the hip injury and the old age. (Handoll, Queally and Parker, 2016). She should not worry about the chores because the support workers are there available upon request to do domestic chores like cleaning the house, washing clothes, gardening, taking her to the supermarket and churches among others. Other domestic chores can be completely easily by joining volunteer clubs in the community where other elders would come over to help her with her domestic chores. (Crawford and Harris, 2016).

In the process of providing necessary care and support to Mr. and Mrs. T, the following principle should be put under consideration;

Principles and Policies of health and social care

According to Care Quality Commission (2017), there should be social justice in a nursing home because everyone deserves equal rights and opportunities. For example, all residents should have equal access to good health, must have food and hunger security, refugees must be given equal opportunities, and there should not be any form of discrimination on the basis of origin, ethnicity, sex, gender and sexual orientation. (Matwick and Woodgate, 2017).

Right of Actions should be offered to all residents in the nursing homes by giving them a right to reject care that does not meet their needs. The rights of the patients stipulated in the Human Rights Act, Mental Health Act 2007, and Health and Social Care Act, 2008 over seen by the Care Quality Commission. In the Human Rights Act on health care, a patient is given a voice where their tastes and preferences are should be respected following their likes, and dislikes. For breach of any of the rights, every nursing home has disciplinary policies like prosecution in court, termination of employment contracts among others. Breach of human rights could also lead to closure of the nursing home. (Criminal Justice and Courts Act, 2014).

According to the Care Standard Act (2000), care workers in a care home should operate with competence and due care as well as being professional while providing health and social care. The care workers in a nursing home should ensure that meet all the standards of care as guided by the Care Quality Commission assisted by National Health Service and Department of health. The care standards Act 2000 is backed up other regulations and policies like The Fundamental Standards (Regulations) 2014, and the Care Act of 2014.

According to Health and social care Act 2008 as stipulated in regulation 10, care workers should treat patients with dignity and respect by showing respect to the residents and respecting themselves. Under this regulation, the person who needs care services should be given his privacy, autonomy, as well as being independent and given a right to community involvement.

In addition, some elders have no mental capacity to make decisions by themselves. According to the Mental Health Act 2007, the patient must make their own decision regarding their care. If he/she is unable to make the decision, the family members and care givers should do so in the best interests of the patient.

Refusal to follow the above mentioned principles, policies and regulations and other National Policy requirements regarding health and social care in nursing homes has consequences. The policies followed by nursing homes vary depending on the needs of patients.

Conclusion

To a larger extent, nursing homes and care homes in England have done their best to meet the National Policy requirements of care by following principles and regulations as directed and inspected by The Care Quality Commission, National Health Service and National Institute for Health and Clinical Excellence among others. The regulations that played a vital role in ensuring quality health and social care include; Care Act 2014, Care Standards Act 2000, General Data Protection Regulation Act, 2018, The Fundamental Standards (Regulations) 2014, and the Care Act of 2014, Health and social care Act 2008, and Mental Health Act, 2007 among others. These regulations ensure compliance with principles like; ethics and integrity, professional behavior, safety, honesty, privacy, and equality among others in the process of providing personal care to elders like; cleaning, washing, bathing, using toilets, cooking, feeding and assisting them with mobility. In conclusion therefore, Mr. and Mrs. T should consider being residents in the care home because of variety of services offered in compliance with the principles, policies, and regulations.

Recommendations

All health and social workers should be trained continuously on professional behaviour at all levels. They should be encouraged to follow principles of care and regulations to ensure they get familiar with acting in a professional way. To begin with, they should establish codes of ethics in the workplace in addition to the National Policy requirements. This promote professionalism in the care centres like nursing homes, hospitals, and rehabilitation centres among others.

In additional to the consequences outlined in the constitution regarding breach of health and social care laws, also nursing homes should have their own disciplinary policies that are strictly put in place to ensure compliance with all the policies, regulations and principles of care. This will help in the promotion of discipline while providing health care.

Government together with Department of health and other agencies should work

with community leaders to ensure that elders in the community have a belonging to the social events like walking clubs, cooking clubs, exercise clubs, Art and Crafts clubs among others. This will help in keeping elders together and it will be easy to monitor their health as well as helping each other mentally and physically.

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