

Academic and employability skills

BMSW4001

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NO ONE IS
MORE CHERISHED
IN THIS WORLD
THAN SOMEONE WHO
LIGHTENS THE
BURDEN OF ANOTHER.

Incredible ♥ JOY

Background

- + I was born in 1976 in Eritrea and lived in Sudan most of my young life. In 1997 my father, sister, brother, and I arrived in London seeking asylum.
- + Times in Sudan were extremely difficult and one thing that was even more heart breaking was the fact that there was no care or support available for the sick, old or the young ones hence I found myself caring who whoever I could whenever I could as it was something I always watched my mum do.
- + Having come into the UK as an asylum I have the first-hand experience of how challenging and scary it was settling down in a new land especially since my sibling and I did not speak English. We were blessed with the fact that my father was an educated accountant and spoke English so the first thing he did was to enrol us into a college to learn English.

Why I chose the Social Care Sector:

I was 21 when I came to London and I wanted to support my father, so I worked different jobs, but none gave me personal satisfaction as when I cared for a person and was able to make them smile or make them feel comfortable. However, not until I had to care for my father and brother that I learnt of the different care services available in the UK, and this is when I knew I wanted to pursue my career in the social care sector.

Just like any journey this was not an easy one I did a few short courses here and there and now that my two children are grown up, I thought of investing in myself and enrolled onto the CertHE Skills for the workplace (Health and Social Care). I chose this course because I can continue working whilst I study, and this means I can apply what I learn within everyday work duties.

Professional experience

- **Through many years working in care I have worked:**
- to provide care to individuals in their homes
- within a care home
- in private hospitals I also translated conversations between Arabic speaking patients and their doctors.

- **My duties have ranged from and not limited to:**
- Providing personal care
- Administer medication.
- Check patients' blood pressure and Bm box to test for diabetes.
- Weight patients and support patients in their daily mobility.
- Ensure patients have enough supply of medication and place orders when required.

A new skill learnt.

At the Great Ormond Hospital, I had to care of a premature baby for 10 months and during the first lockdown I was given training in nasogastric tube so that I could feed the baby through a tube. This was a very scary experience as I could not risk getting anything wrong however nothing felt as fulfilling when I was able to feed and care for this little one adequately.

Career progression

I am currently considering between these two options:

1) Care manager

I would like to be a care manager in a care home or nursing home for elders and

2) Care coordinator

According to Randstad these are one of the responsibilities care coordinators have, 'Visiting patients, checking on the care they've received and documenting it accordingly.'

Career progression

To better understand the 2 job roles, I had to do some research which led me to 'The Care Quality Commission (CQC)', which is an executive non-departmental public body of the Department of Health and Social Care of the United Kingdom.

During our course importance is given to recording incident and maintaining a journal in a timely manner and I can now appreciate this especially since I learnt that CQC can prosecute for a breach of part of this regulation (17(3)) if a provider fails to submit such a report when requested. CQC may consider that this failure could prevent the provider from taking appropriate, timely action. CQC could therefore move directly to prosecution for a breach of this part of the regulation without first serving a Warning Notice.

SWOT Analysis

Strength:

- 😊 Confident & Ambitious - This empowers me to work as hard as I can to achieve my goals and dream.
- 😊 Good interpersonal skills & Empathetic - These help me better understand my patients and relate to them in a supportive manner.

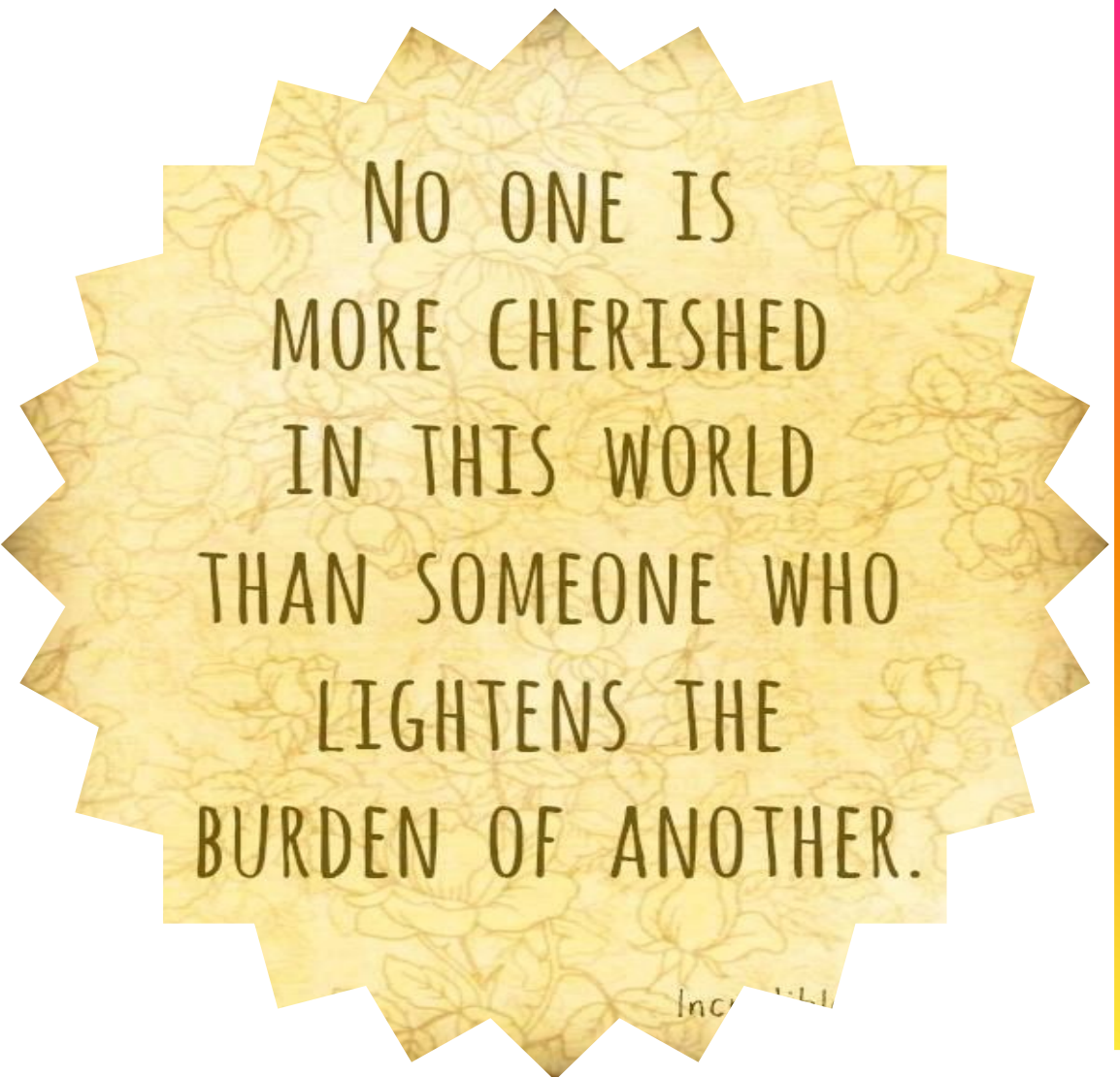
Weakness:

- 😞 Not Digitally Savvy - I am still old school and am not confident using technology, laptops, and computers. I am aware technology has advanced and I fear that a wrong click of a button might result in me losing all my work or a patients' report.
- 😞 To better support myself I have enrolled for some computer classes and as for focusing during online classes I am still trying to find the best way to always maintain focus.

SWOT Analysis

Opportunity -

☺ Attending a number of educational events, conferences and courses has allowed me to gain more knowledge and experience. The networking events introduced me different professionals and this is how I got introduced into the idea to investing in myself and I took the opportunity of enrolling onto the Social Care course.



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SWOT Analysis

Threat-

☹️ I find online classes challenging as I enjoy face-to-face interactions and sharing knowledge and learning in classroom setup hence, I find studying online challenging. Also, sometimes online classes do get monotonous, and I struggle to remain focused as I miss the practical group activities, discussions, and role-plays. Not being able to remain focused during online classes results in under performing in my course and this makes me feel less effective and incompetent.

😬 I am still working on finding the best balance or solution to remain focused in online classes but for now I have set up a group chat with some friends where we discuss the course concepts and their experience via video chat.

Reference:

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