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Introduction:

The United Kingdom has distinction of health and social care, which is established on key ideas that indicate how professionals ought to assist people, relate with others and make decisions. These three concepts are ethics, partnership working, and person-centered care. The concepts ensure that care is safe, respectful, structured and individualized to an individual. New regulations, such as the Care Act 2014 and the Health and Care Act 2022, have placed more emphasis on individualization, collaboration and responsibility across the services. With these concepts, one should be acquainted with any person preparing to work in this area since they influence not only communication and evaluation but also the safety of people and decision-making.

In this report, the authors consider the importance of person-centered care, partnership working, and ethics in UK health and social care. It contains a theory section, a real-life example and my opinion on how these concepts will influence my further professional life.

Task 1: Reflection on the Importance of Principles of Health and Social Care

The UK health and social care is based on the concepts of person-centered care, partnership working, and ethics. They indicate how professionals communicate with individuals, make decisions and engage others to address needs. Person-centered care implies considering a person outside of his/her sickness, his/her values, preferences and biography. This is backed by the Health and Care Act 2022, which emphasizes personalization and shared decisions. When individuals are involved in self-care, they get happier, safer and healthier.

Psychology supports the concept of person-centered practice, such as the theory by Carl Rogers, which puts a special emphasis on empathy, respect, and honesty. In practice, employees must hear what is important to the patients and not merely read medical information. Hierarchy of needs reveals that it is necessary to take care of emotional, social and mental needs, not only about body issues. When an individual experiences his or her safety, comfort and dignity, there is a high chance that he/she will be involved in his or her care.

The aspect of partnership working is important in this regard since health and social care may be complicated and require many professionals. The collaboration between the GPs and other social services, hospitals, charities, and families provide a more desirable system. The Care Act 2014 states that local authorities and staff should work collaboratively to enhance wellbeing, prevent issues and provide integrated care (Adams et al., 2022).

A good partnership reduces repetition of work, time wastage and misunderstanding and assists in the maintenance of care.

Ethics provides a foundation of safe, fair and respectful care. Moral ideas such as autonomy, doing good, avoiding harm, and fairness assist in determining what to do, and this is particularly in the case of trickiness's such as consent and safeguard. Equality and human rights are also emphasized in new ethical rules, along with the help of the Equality Act 2010 and professional standards by NMC and HCPC. Ethical practice ensures that staff treat people with fairness and dignity, and they do not violate anyone, particularly when he or she is at risk.

All these concepts determine the quality of health and social care in the UK. Person-centered care is considerate and respectful of treatment issues. Partnership work ensures the complex needs are well addressed. Ethics ensures that the decisions made are just secure and legal. Whenever we apply these concepts on all occasions, we come out with a caring, effective and trustworthy system.

Task 2: Practical Examples of Concepts in Action

Proper illustration of such concepts in practice is community-based mental health assistance among depressed elderly people. In a case in the UK, a 72-year-old man received assistance of his GP, mental health nurse, and a charity in the area, combating social isolation. The team had crafted a care plan that was guided by the things that were important to him, his lifestyle and his aspirations. He stated that loneliness was impairing his mood, hence the plan employed medication and social events rather than only drugs.

Person-centered care was applied by the mental health nurse as he extensively conversed with him to get to know his routines, fears, and strengths. She did not just consider clinical symptoms but also examined his emotions and social needs according to the concept of the whole wellbeing by Maslow. Shared decision-making was also utilized by her so that he could select activities and treatments (Brayne et al., 2023).

The GP would test his medicine, and the charity has assisted him in going to a weekly community group. The success of this was through partnership working. Joint meetings were held between the GP, nurse, and charity. This is in accordance with the NHS England rules that indicate that the teams must jointly reduce the number of people staying in hospitals and assist them at home. Through the partnership, the man received regular assistance without the need to narrate the story to many individuals.

There were ethics in the entire care. The employees would honor his liberty by allowing him to make decisions, as well as obtaining his informed consent. They did not share his information with a third party, which is in line with GDPR and professional ethics. They adhered to guidelines when he was discovered to be inattentive to himself. Instead of making decisions on his behalf, they proceeded to risk check and advise him to contribute to his own wellbeing.

This is an illustration of the way these concepts can resolve actual matters. Person-centered care involved the patient in the process, and collaboration formed streamlined and coordinated care. The moral methodology made the patient respected, fair and dignified. The current regulations, such as the Health and Care Act 2022, emphasize that the combination of personal care can enhance better outcomes, particularly among older individuals. These concepts can be used more to resolve challenges like late care, ineffective communication, and unfulfilled needs within the UK healthcare system (Department of Health and Social Care, 2022).

Task 3: Self-reflection as a Health and Social Care Professional

I am about to work in the field of health and social care. I understand that the essentials in my way of working will be person-centered care, collaboration, and ethics. They influence the way I communicate with individuals in need of assistance, my interaction with other employees, and my decision making. Reflecting on my strengths, experience, and what I should learn, I will become a professional who is skillful and kind.

Person-centered care is highly significant to me. I think that everyone has his or her own story, values, and advantages, which should be appreciated. I will also spend some time getting to know about the background of people, what they like, and what they desire in the future. I will consider physical and emotional wellbeing using the hierarchy of needs as developed by Maslow (Mearns et al., 2021). As an illustration, an individual might not be interested in participating in his or her care plan when they feel unsafe or unheard. I will also apply active listening and open questions to make people share with me the most important things about themselves. This is consistent with the NHS Long Term Plan, which puts the emphasis on personal care and shared decision-making (NHS England, 2021).

Another concept that I would like to change in my working life is partnership working. Health and social care are too complicated to be handled by an individual. Teamwork requires good communication, trust and respect. I am already quite at ease in teams, but working in teams entails power imbalances, divergent views and workplace cultures. I know that my conflict resolution and negotiation skills should be improved. I will acquire these through the CPD

training on collaborative work and the experience of the more experienced colleagues during placements.

Ethics matters most to me. As a future professional, I will need to make all decisions that are within the law, professional regulations, and moral principles. Ethical issues, such as the freedom against safety of individuals, secrets and risk management, or choices of given limited resources, are often real in workplaces. These are times when one should be sensitive, think clearly and have confidence. To become a better ethical decision-maker, I will read the codes of conduct in my field and adhere to regulations such as the Care Act 2014, Mental Capacity Act 2005 (amended) and Health and Care Act 2022. I would like to be able to justify my decisions and do whatever is always in the best interest of patients.

When examining my existing abilities, I believe that I am a good communicator. I can put myself in other people, remain patient and clarify things in a clear and polite manner. These are the strengths that contribute to person-centered care and trust building. I am also well organized and dependable, which is applicable in maintaining good records and collaborating with other employees. I appreciate equality and fairness, and this is one of the factors that facilitate ethical work and enable me to treat everyone with dignity (NHS England, 2023).

However, I also understand that there are some areas that I need to improve. I do not feel confident about talking out in groups. Healthy teamwork requires individuals to articulate issues and ideas, particularly during multidisciplinary meetings. I should also be more informed on hard ethical issues, such as capacity checks and legal protection. I would like to improve my introspection of my work. I do think about it at times already, but I desire a more systematic approach with such frameworks as Gibbs' Reflective Cycle (1988). That will allow me to learn from every experience and continue to become better.

To overcome these challenges, I will draw up my personal development plan. I will attend CPD sessions concerning communication, ethics, and teamwork. I will also observe practitioners with experience to know how they resolve ethical issues and collaborate effectively. A reflective journal will allow me to see my progress and identify the additional areas of improvement. I will go through the existing studies where fairness, empathy, and joint decision-making are emphasized during testing (Crawford et al., 2023). To remain evidence based, I will also revise national guidelines such as NICE standards and updates in NHS policy.

I particularly like community-based care, which emphasizes co-creation. Research by Owen et al. (2024) reveals that allowing patients to participate in the development of their individual care

enhances engagement and outcomes. I will apply the same concepts by motivating individuals to be actively engaged in the process of planning and reviewing their care.

I will apply the laws in the UK to assist patients in my future profession. The Care Act 2014 lays emphasis on wellbeing, prevention and empowering of individuals. I will apply it to assist people who have difficulties in accessing services due to disability, mental health, or social barriers. The Health and Care Act 2022 promote integrated care, which emphasizes teamwork. The awareness of these rules will enable me to assist people and collaborate with others in an effective way.

Conclusion:

Summing up, my practice in the fields of health and social care will be guided by person-centered care, teamwork, and ethics. Existing in the context of my strengths and weaknesses, I will be able to strategies how to become better and have confidence. As a professional, my personal goals are to listen and collaborate with others, as well as make informed and ethical decisions. I will take a life-long learning journey and provide compassionate, safe, and inclusive care throughout my life.

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