



Student name:Liliana Vladut

Student ID:241157

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Lecturer name:Mark Kane

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Task 1: Understanding Person-Centred Care, Partnership Working and Ethics in UK Health and Social Care

Health and social care services in the United Kingdom are based on a number of important principles that aim to ensure individuals receive safe, respectful and effective support. These principles guide professionals in providing care that responds to both the physical and emotional needs of service users. Some of the most important foundations of modern practice include person-centred care, partnership working and ethical practice. These principles influence how professionals interact with individuals and how different professionals cooperate with one another in order to provide high quality care.

Person-centred care refers to an approach where the individual receiving support becomes the central focus of all decisions regarding their care. Instead of concentrating only on a disease or medical diagnosis, this approach also considers the individual's preferences, beliefs, cultural background and life experiences. The aim is to recognise the person as a whole individual rather than simply as a patient. The Health Foundation (2016) explains that person-centred care involves working together with individuals to plan and deliver care that reflects their needs while also enabling them to take an active role in decisions about their health and wellbeing. This highlights the importance of adapting care to the unique needs and circumstances of every individual.

In the UK health and social care system, person-centred practice is extremely important because it promotes dignity, respect and independence. When individuals are involved in decisions related to their treatment or daily support, they are more likely to feel valued and respected. This involvement can also increase their motivation to follow care plans. Research indicates that person-centred approaches can lead to improved health outcomes, greater patient satisfaction and better overall quality of care (NICE, 2021). In social care settings, this may involve encouraging individuals to maintain independence, respecting cultural or religious preferences and allowing them to participate in decisions about their daily activities.

Another important principle in health and social care is partnership working. This concept refers to cooperation between professionals, organisations and service users in order to deliver coordinated and effective care. Health and social care services usually involve different professionals such as doctors, nurses, social workers, therapists and care assistants. For services to work effectively, these professionals must communicate clearly, share appropriate information and work collaboratively. Glasby and Dickinson (2014) highlight that partnership working helps ensure that services are organised efficiently and that individuals receive support that addresses different aspects of their needs.

Partnership working becomes particularly important when individuals have complex needs. For example, a person may require support for physical health problems while also needing assistance with mental health or social care issues. When professionals work together, they can combine their knowledge and experience in order to create a more holistic care plan. Partnership working also involves including service users and their families in the care process. Their experiences and opinions can help professionals better understand the needs and preferences of the person receiving care.

Ethics also plays an important role in guiding professional behaviour in health and social care practice. Ethical principles help professionals make decisions that respect the rights, dignity and wellbeing of individuals receiving care. Many ethical frameworks are based on four key principles: autonomy, beneficence, non-maleficence and justice. Autonomy refers to respecting the individual's right to make informed decisions about their own care. Beneficence involves acting in the best interest of the person receiving support. Non-maleficence focuses on avoiding harm, while justice relates to fairness and equality when providing care (Beauchamp and Childress, 2019).

In the United Kingdom, ethical practice is supported by professional regulatory organisations that establish clear standards for healthcare professionals. Organisations such as the Nursing and Midwifery Council (NMC) and the Health and Care Professions Council (HCPC) provide professional codes that guide practitioners in maintaining safe and ethical care. For example, the NMC Code emphasises the importance of prioritising people, practising effectively, preserving safety and promoting professionalism in healthcare practice (NMC, 2018).

In conclusion, person-centred care, partnership working and ethical practice are fundamental principles within health and social care services in the United Kingdom. These principles ensure that care is delivered in a respectful, coordinated and responsible way. By focusing on the needs of individuals, encouraging collaboration between professionals and maintaining strong ethical standards, health and social care services can improve outcomes and support the overall wellbeing of service users.

Task 2: Practical Examples of Person-Centred Care, Partnership Working and Ethics in Practice

In health and social care environments, theoretical ideas such as person-centred care, partnership working and ethical practice only become meaningful when they are applied in everyday situations. Practical experience in care settings shows how these principles contribute to better patient wellbeing, improved communication among professionals and safer delivery of care services.

A clear example of person-centred care can be observed in residential homes or community care settings where individuals need support with daily activities. For instance, an older person who has limited mobility may require assistance with personal care and medication administration. Within a person-centred approach, professionals do not simply carry out tasks on behalf of the individual. Instead, they involve the person in decisions regarding how their care should be organised and delivered. The individual may be asked about their preferred daily routine, personal values or cultural requirements. Some people may prefer personal care at a particular time of the day, while others may wish to remain independent in certain tasks. Respecting these choices helps maintain dignity and personal autonomy, which are essential aspects of person-centred care (NICE, 2021).

Evidence from research also highlights the value of person-centred approaches in health and social care. Studies indicate that when individuals participate in decisions related to their treatment and care plans, they are more likely to follow medical advice and report higher levels of satisfaction with healthcare services (Health Foundation, 2016). Furthermore, involving individuals in decisions can reduce anxiety and strengthen communication between patients and healthcare professionals.

Partnership working is another key principle that is commonly seen in practice across the UK health and social care system. Effective support often depends on cooperation between different professionals, such as doctors, nurses, social workers, physiotherapists and care assistants. For example, when an individual is recovering from a respiratory condition, a coordinated approach may involve medical assessment from a doctor, rehabilitation exercises provided by a physiotherapist and ongoing monitoring by care staff. Through effective communication and information sharing, professionals can ensure that the person receives well-organised and comprehensive care.

Partnership working also extends to collaboration with family members and informal carers. Families often possess valuable knowledge about the individual's personal history,

preferences and daily habits. When professionals maintain open communication with relatives, it helps create a more supportive care environment and improves decision-making processes. Glasby and Dickinson (2014) suggest that collaborative and integrated working between professionals, service users and families is essential for delivering effective care, particularly for individuals who have complex health and social care needs.

Ethical practice also plays a crucial role in the delivery of care, particularly when supporting vulnerable individuals. Healthcare professionals are required to make decisions that respect the dignity, rights and wellbeing of those receiving support. Ethical dilemmas may arise, for example, when an individual refuses a certain treatment or medical intervention. In these situations, professionals must carefully balance their responsibility to promote wellbeing with the individual's right to make informed choices about their own care.

Confidentiality represents another fundamental ethical principle within health and social care practice. Professionals have a duty to protect sensitive personal information and share it only when necessary for providing care or when legally required. Maintaining confidentiality helps build trust between individuals and healthcare professionals while also supporting safe and ethical practice (NMC, 2018).

In summary, both research evidence and practical experience demonstrate that person-centred care, partnership working and ethical practice are essential components of effective health and social care services. These principles contribute to improved outcomes for individuals by ensuring that care is respectful, coordinated and compassionate, while also encouraging strong collaboration between professionals within the UK health and social care system.

Task 3: Critical Reflection on Professional Practice and Development

Reflective practice represents an essential component of professional development in health and social care. It enables practitioners to review their experiences, recognise both strengths and areas for improvement, and enhance the quality of support they provide. Through reflection, professionals develop critical thinking abilities and are able to adjust their practice according to the needs of individuals receiving care. One widely used framework that supports reflective learning in healthcare is Gibbs' Reflective Cycle. This model includes six stages: description, feelings, evaluation, analysis, conclusion and action plan (Gibbs, 1988).

In the example presented in Task 2, a person-centred approach was implemented while supporting an individual who required assistance with daily living activities. The care team made an effort to understand the person's preferences and involved them in decisions related to their daily care routine. For example, the individual was encouraged to communicate their preferences regarding personal care and other everyday activities. This approach helped maintain the person's dignity and independence, which are important aspects of person-centred care.

From a reflective point of view, this situation demonstrates the importance of recognising individuals as active participants in their own care rather than passive recipients of assistance. In some healthcare environments, there may be a tendency to prioritise the completion of tasks quickly and efficiently. However, reflection allows professionals to understand that effective care involves more than simply completing duties. It requires recognising the individual behind the health condition and responding to their personal needs. The Care Act 2014 highlights that promoting wellbeing and respecting personal dignity are fundamental responsibilities for professionals working in health and social care (Department of Health and Social Care, 2014).

Within Gibbs' reflective cycle, the evaluation stage involves examining both positive outcomes and areas that could be improved. In this situation, several positive outcomes

were observed. Communication between the care staff and the individual improved, and the person showed greater cooperation during care activities. The individual appeared more relaxed and comfortable when their preferences were acknowledged, which contributed to a more positive care experience. Research has shown that person-centred care strengthens trust between patients and healthcare professionals and increases overall satisfaction with care services (Health Foundation, 2016).

Nevertheless, reflective practice also helps identify aspects that could be improved in the future. For example, time pressures in busy healthcare settings may sometimes reduce opportunities for meaningful conversations with individuals receiving care. In future practice, it would be beneficial to ensure that communication is prioritised so that individuals have sufficient opportunities to express their needs, preferences and concerns. Strong communication skills are therefore essential for delivering effective person-centred care.

This example also highlights the importance of partnership working in health and social care environments. Collaboration between professionals ensured that the individual received coordinated and comprehensive support. Effective communication between care assistants, nurses and other healthcare professionals helped address the individual's physical, emotional and social needs. Partnership working is widely recognised as an important element of integrated care, particularly when supporting individuals with complex needs (Glasby and Dickinson, 2014).

Ethical practice is another significant aspect demonstrated in this reflection. Healthcare professionals must ensure that their actions respect confidentiality, protect dignity and promote the best interests of individuals receiving care. Professional standards, such as those outlined in the Nursing and Midwifery Council Code, emphasise the importance of prioritising people, maintaining professionalism and ensuring safe practice (NMC, 2018). Ethical decision-making often requires balancing the individual's right to make their own choices with the professional responsibility to ensure their safety and wellbeing.

Theoretical models can further support reflective practice. For example, Maslow's Hierarchy of Needs provides a useful framework for understanding how different factors influence wellbeing and health outcomes. Maslow (1943) suggested that individuals must first have their basic physiological needs met, including food, safety and health, before they are able to focus on higher-level needs such as self-esteem and personal development. Within health and social care settings, this theory emphasises the importance of ensuring that individuals feel secure, respected and supported in order to promote overall wellbeing.

Additionally, recent policy developments such as the Health and Care Act 2022 highlight the importance of integrated care systems and improved cooperation between health and social care services. These changes aim to strengthen communication between organisations and ensure that care services are better coordinated and more responsive to the needs of individuals (Department of Health and Social Care, 2022).

Reflecting on this experience has helped identify several areas for further professional development. Firstly, improving communication skills will support stronger relationships with service users and encourage more effective person-centred care. Secondly, gaining a deeper understanding of ethical decision-making will help ensure that care practices consistently respect the rights and dignity of individuals. Finally, continuing education and professional training will help develop the knowledge and skills required to deliver high-quality care.

In conclusion, reflective practice plays a crucial role in professional development within health and social care. By analysing experiences and linking them to relevant theories, legislation and professional standards, practitioners can improve their practice and provide more effective support. Applying principles such as person-centred care, partnership working

and ethical practice will continue to guide my future professional development and help ensure that individuals receive safe, respectful and high-quality care.

Conclusion

In summary, person-centred care, partnership working and ethical practice represent key principles that support effective health and social care services in the United Kingdom. These approaches help ensure that individuals who receive care are treated with dignity, respect and compassion while also contributing to improved health outcomes. Person-centred care emphasises the importance of recognising the individual needs, preferences and values of each person, allowing them to be actively involved in decisions related to their care and wellbeing. At the same time, partnership working promotes cooperation between healthcare professionals, service users and their families in order to provide coordinated and holistic support.

The practical example discussed in this report illustrates how these principles can positively affect the quality of care and enhance the wellbeing of individuals who require support. Reflective practice is also an important element of professional development, as it allows healthcare practitioners to review their actions and identify ways to improve their practice. By using reflective models such as Gibbs' Reflective Cycle and connecting experiences to relevant theories and legislation, professionals can gain a deeper understanding of their roles and responsibilities.

Overall, incorporating person-centred care, effective teamwork and strong ethical standards into everyday practice is essential for providing safe, respectful and high-quality care within the UK health and social care system.

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