

Professional Career Development in Health and Social Care (LCHS 4009)

ASSIGNMENT 2

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INTRODUCTION:

Raymond is a committed nurse assistant with a wealth of healthcare expertise who prioritises teamwork with medical personnel and compassionate patient care. Building deep relationships with patients, offering emotional support amid medical difficulties, and successfully interacting with people from various backgrounds are all sources of fulfilment for him. Raymond has demonstrated perseverance in trying circumstances, especially when patient conditions change quickly, despite the demanding nature of the healthcare industry, which includes long hours and physical hardship.

His dedication has been put to the test by the emotional toll of seeing patients suffer as well as the difficulties presented by the COVID-19 pandemic, such as increasing workloads and stringent safety regulations, but he has adjusted to ensure patient and personal safety.

Driven by a desire to increase his duties and impact on patient care, Raymond plans to extend his profession by pursuing additional schooling to become a registered nurse. Because of his experiences with elderly patients and their distinct demands, he is especially interested in specialising in geriatric nursing. Raymond is committed to lifelong learning via training and workshops in order to support his development and hone his leadership abilities in order to promote a cooperative healthcare setting.

TASK 1:

Raymond Kargbo

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Professional Profile

Compassionate and dedicated Nurse Assistant with over 4 years of experience supporting nursing staff and providing high-quality care to patients in diverse healthcare settings. Skilled in patient hygiene, mobility assistance, monitoring vital signs, and delivering emotional support. Strong team player with excellent communication and organizational skills, committed to promoting patient dignity and wellbeing.

Education

Higher Education Diploma in Health and Social Care

University of Wales Saint David Trinity, Canary Wharf — 24/08/2026.

NVQ Level 2 in Health and Social Care

Barking and Dagenham College, Dagenham — 08/08/2024.

Work Experience

Nurse Assistant

Queens Hospital, Rom Valley way, Romford.— 04/09/2025 to 05/06/2026.

- Assist nursing staff with daily patient care, including bathing, dressing, and feeding.
- Support patient mobility by helping with walking, repositioning, and using mobility aids.
- Monitor and record vital signs such as temperature, pulse, and blood pressure.
- Maintain clean and safe environment in patient rooms and communal areas.
- **Key Skills.**

- Patient care and hygiene assistance
 - Vital signs monitoring
 - Mobility support and safe handling
 - Communication and interpersonal skills
 - Team collaboration
 - Time management
 - Infection control procedures
 - Empathy and emotional support
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Achievements

- Recognized for excellent patient care and teamwork by supervising nurses.
 - Completed additional training in infection control and manual handling.
 - Volunteered over 100 hours supporting vulnerable patients in community settings.
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Interests and Hobbies

- Volunteering in community health programs
 - Reading healthcare journals to stay updated on best practices
 - Walking and outdoor activities
 - Cooking and nutrition
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TASK 2:

PERSONAL STATEMENT:

I am a kind and committed nurse assistant that is committed to providing patients with excellent care and support in medical environments. My primary professional goal is to always improve my knowledge and abilities so that I can give patients the finest care possible while also making a positive impact on their recovery and well-being. I'm excited to work in a position where I can actively assist nursing personnel and significantly improve people's lives.

I have a strong foundation in patient care, health and safety, and communication skills

thanks to my educational history, which includes a Diploma in Health and Social Care and an NVQ Level 2 diploma.

These credentials have given me both academic understanding and real-world experience in fields including infection control, mobility help, personal hygiene aid, and vital sign monitoring. To improve my capacity to operate safely and effectively, I have also completed further training in infection control and manual handling.

As a nurse assistant, I help patients with their everyday needs, such as dressing, feeding, bathing, and moving around. Making sure patients are at ease, appreciated, and supported throughout their care is something I'm proud of.

My ability to successfully communicate with patients and the healthcare team is one of my main assets, as it guarantees that any changes in the patient's condition are swiftly reported and treated. I have a reputation among my coworkers for being dependable, perceptive, and sympathetic qualities that are crucial in the health and social care industry.

Patience, resiliency, and a sincere desire to assist others are some of my personal traits. I try to offer patients both physical and mental support because I am aware of the difficulties they have, particularly those with chronic illnesses or restricted mobility. This all-encompassing strategy enhances patients' entire experience and recuperation results by fostering rapport and trust.

In order to provide safe and smooth care, the author highlights their excellent cooperation abilities and conviction that good collaboration between nursing staff and support personnel is essential. In order to improve team performance, they show a readiness to learn and take on new tasks. Their dedication to social care has been reinforced and their comprehension of various patient requirements has been enhanced by their volunteer work in community health initiatives. In order to stay up to date on best practices and maintain motivation to advance their professional abilities, the author actively reads healthcare journals. They boldly showcase their training, real-world experience, and character traits as advantages for the position of nurse assistant. The author says they are excited to contribute their commitment and kindness to the team.

TASK 3:

SWOT analysis and personal development plan:

SWOT Analysis for Nurse Assistant Role

Strengths

- **Empathy and Compassion:** Nurse assistants frequently excel at showing patients empathy and compassion. In order to foster patient comfort and establish trust, emotional intelligence is essential.
- **Basic Clinical Skills:** A key strength is the ability to perform basic nursing activities such as monitoring vital signs, helping with sanitation, and supporting movement. These abilities support the healthcare team and allow for efficient patient care.
- **Communication Skills:** In order to facilitate straightforward information exchange and collaborative treatment, nurse assistants usually cultivate strong interpersonal communication skills with patients, families, and medical professionals.
- **Adaptability:** Managing a variety of jobs, unforeseen circumstances, and a wide range of patient demands requires flexibility when working in dynamic healthcare environments.
- **Teamwork:** As essential members of multidisciplinary teams, nurse assistants frequently exhibit outstanding teamwork abilities, assisting physicians, nurses, and other professionals in providing comprehensive care.

Patient Advocacy: Nurse Assistants advocate for patients' comfort and needs, often noticing subtle changes in patient conditions and reporting them promptly.

Weaknesses

- **Restricted Scope of Practice:** Because they are supervised by registered nurses, nurse assistants have less freedom to make complex clinical interventions and make decisions.
- **Physical Demands:** Lifting, moving patients, and standing for extended periods of time can make the job physically demanding and increase the risk of injury or exhaustion.
- **Emotional Stress:** Without effective coping strategies, ongoing exposure to difficult circumstances and patient suffering can lead to emotional burnout.
- **Expertise Gaps:** Nurse assistants may have less formal schooling than registered nurses, which could result in gaps in advanced clinical procedures or expertise.
- **Time Management Difficulties:** Juggling several patients and responsibilities can be taxing, which occasionally compromises timeliness or the standard of care.

- **Limited Career Advancement:** Without more education or certification, the position can have less chances for career advancement

Opportunities

- **Additional Education and Certification:** To improve skills and employment opportunities, pursue certifications like the Certified Nursing Assistant (CNA) or specialised courses in palliative care or geriatrics.
- **Growing Healthcare Demand:** As the population ages and the number of chronic illnesses rises, there is a greater need for nurse assistants, which will lead to job growth and stability.
- **Technological Integration:** Knowledge of patient monitoring systems, electronic health records, and healthcare technology can increase productivity and lead to tech-focused positions.
- **Specialisation:** There are chances to focus on fields like home healthcare, rehabilitation, or long-term care, which may lead to more fulfilling or lucrative jobs.
- **Professional Development Programs:** To aid with career advancement, numerous healthcare organisations provide training, workshops, and mentorship programs.
- **Networking and Teamwork:** Developing solid business links can result in referrals, recommendations, and educational opportunities.

Threats

- **High Job Stress and Burnout:** The role's emotional and physical demands can cause burnout, which can have an adverse effect on mental health and productivity.
- **Workplace Hazards:** There are constant dangers associated with exposure to contagious diseases, dangerous materials, and harm potential.
- **Low Pay and Job uncertainty:** Nurse aides frequently earn less than those in other healthcare positions, and in certain situations, they may experience job uncertainty.
- **Shifting Healthcare Policies:** Staffing levels and working conditions may be impacted by budget cuts or regulatory changes in healthcare organisations.
- **rivalry:** As the number of competent nurse assistants rises, there may be more rivalry for open positions.
- **COVID-19 and pandemics:** Health emergencies add stress and possible health concerns by increasing workload and exposure to hazards.

Nurse Assistant's Personal Development Plan

Leveraging opportunities and talents while reducing dangers and weaknesses is crucial for developing a successful career. This is a customised plan for personal growth.

1. Develop Clinical Knowledge and Skills:

- Enrol in further certification programs, such as Advanced CNA, CPR, or specialised training in palliative care or geriatrics.
- Update clinical knowledge on a regular basis through institutional training, online courses, or workshops.
- To find areas where you may improve your skills, ask peers and superiors for their opinions.

2. Strengthen Self-Care and Emotional Resilience:

- Learn stress-reduction strategies include regular exercise, meditation, and mindfulness.
- Create a support system with coworkers, mentors, or therapists to talk about and handle emotional difficulties.
- To avoid burnout, give work-life balance first priority.

3. Develop Your Organisational and Time Management Skills:

- To effectively prioritise patient care and schedule duties, use digital tools like planners.
- To efficiently manage workload, practise communication and delegation.
- To find and cut down on time-wasting activities, consider daily routines on a regular basis.

4. Promote cooperation and communication:

- Take an active part in care planning and team meetings.
- Communicate with patients and medical personnel in an understandable and caring manner.
- Acquire conflict resolution techniques to handle differences at work in a positive way.

5. Examine Opportunities for Career Advancement:

- Look at career paths to become a Registered Nurse (RN) or Licensed Practical Nurse (LPN).
- Take into account apprenticeships or part-time education that permit work-study balance.
- Make connections with medical professionals to get mentorship and possibilities.

6. Keep Up with Healthcare Technology and Trends:

- Become familiar with healthcare technologies, including electronic health records (EHR).
- Keep abreast of healthcare laws and rules that could affect your position.
- Participate in webinars and industry seminars about advancements in healthcare.

Conclusion

A nurse assistant is essential to the provision of healthcare because they provide basic patient care with professionalism and compassion. Nurse assistants can improve their efficacy and job happiness while preparing for future progress in the healthcare industry by identifying their strengths and resolving their limitations through ongoing education, emotional fortitude, and career planning.

TASK 4:

Critical Reflection on LCHS4009 Component 1 Presentation Assessment

Using Gibbs' Reflective Cycle

The nurse thought back on Raymond's talk regarding clinical expertise and patient care in hospital ward environments. The nurse was motivated, but she also felt a little nervous about applying the new knowledge. Despite some difficult sections, the presentation was interesting and educational, enhancing knowledge of patient management. It was stressed how crucial teamwork, good communication, and ongoing learning are in therapeutic settings. The nurse came to the conclusion that the session offered insightful information and pointed up the need for more practice and introspection. To improve clinical competence and patient care, an action plan calls for putting the knowledge acquired to use, looking for mentorship, and going to upcoming presentations.