



Student name: Rosa Mbunga

Student ID: 2514992

Module name: Introduction to Health and Social Care

Module code: LCHS4003

Lecturer name: Shepherd Ziko

Content page

Element 1.....Page 3

Element 2..... Page 4

Conclusion Page 5

References.....Page 6

Community Mental Health

Student Name: Rosa Mbunga, Course Name: Health & Social Care, Student Number:2514992

1. The UK health and social care system its origin

This system started in 1948 when the NHS was created to provide healthcare. This was due to continuous major problems in the UK, such as, poverty, disease and unemployment. Additionally, in the 18th century, hospitals were usually overcrowded, making it harder to effectively treat patients' individual needs. Over time, the government introduced new policies, such as the Care in the Community policy (1980) which transformed from long hospital stays to short term community care. This adaptation helps people feel less isolated as they can stay close to their families and live independently. Community Mental Health Teams help those with conditions such as anxiety, bipolar disorder, depression and schizophrenia. These teams have professionals like psychiatrists, psychologists, nurses, social workers, and support workers. [National Health Service \(2024\)](#)

2. Examples of community mental health service

-Community mental health teams (CMHTs) – Multidisciplinary groups of professionals providing assessment, treatment, and support in the community.

-Counselling services – Local centres or charities offering talk therapy for individuals, couples, or families.

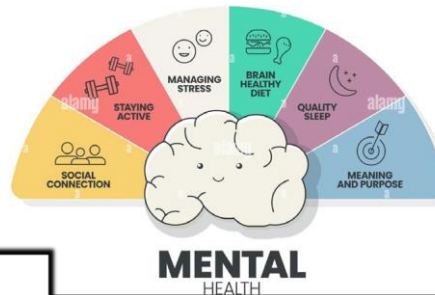
-Primary care services – GP-led mental health support, including screening, prescriptions, and referrals.

-Home treatment teams – Patients are provided with short term support as an alternative to hospital care.

-Early intervention services – Programs targeting young people/ young adults to promote fast recovery and prevents the worsening of mental health conditions. [\(NHS, 2024\)](#)

3. Importance of partners working, communication and record keeping

Healthcare professionals working together is important as those with mental health conditions often need support from more than one service. E.G. a person with depression may get medication from a GP, therapy from a counsellor and practical support from health services. Professionals will share accurate records for tracking progress, monitoring medication, and updating support plans. This also covers legal and ethical accountability necessary in taking care of mental health patients. Organisations such as "Mind" aid to provide support through helplines, advice and community programmes and help people access support earlier to reduce intense pressure on healthcare services. [Mind \(2024\)](#)



Conclusion: The UK health and social care system has evolved over the past 78 years as it's main focus has shifted to community-based care services to provide the best satisfaction possible to patients, along with effective treatment results. This has only been maintained by accurate communication about patient records between healthcare professionals. Despite difficulties like funding and waiting times, the innovated healthcare system allows patients to access treatment and be surrounded by their loved ones in the comfort of their own homes. Additionally, the role of policies has been helpful in encouraging independence through methods such as person-centered care. These factors result in rapid recovery and improvements in wellbeing.

4. Important legislation and policies in health and social care

-The Mental Health Act (1983) enables professionals to detain, assess and treat individuals if they are at risk to themselves or others and protects rights during treatment. **-The Care Act (2014)** focuses on promoting wellbeing and ensuring local authorities provide support for adults with care needs, as well as encouraging independence and **person-centered care**. **Person-centered care** means that individuals who are receiving support are involved in decisions of their treatment and care plans. This tends to be through expressing their needs, preferences and goals so health professionals can provide suitable health care. In relation to mental health services, individuals can choose therapy options, medication plans or community support programmes. The involvement of service users improves recovery and trust between professionals and patients. By focusing on the individual rather than solely the mental health illness, community mental health programmes can improve the quality of life.

-Confidentiality. This means that personal information should be stored securely and only shared when necessary for care or safety. Safeguarding policies protect individuals from abuse or neglect. Therefore, it is vital that professionals recognise signs and report them immediately.

5. Challenges in Community Mental Health services:

-Long waiting times are caused by high demand for health care services and staff shortages. Many people require urgent mental health care to survive daily challenges, however there are lack of staff who can provide immediate care. Delays in treatment can worsen an individual's mental health.

-Limited funding means that not all services receive enough money to complete treatments for patients. This could also lower the quality of care, therefore making recovery more difficult. [Royal College of Psychiatrists \(2025\)](#)

Element 2

Origins and Historical Development of Pharmacy Services

The development of pharmacy services throughout many centuries has enabled society to address its healthcare requirements throughout different historical periods. The first pharmacy practice emerged in ancient Egyptian and Greek civilisations when healers used herbal medicine to create their medicinal products (Royal Pharmaceutical Society, 2022). European monasteries in the medieval period functioned as medical centres because they combined herbal knowledge with their religious duties. The development of medical knowledge in the 16th and 17th centuries required pharmaceutical items to become today's essential products. Today this process results in better safety outcomes because it restricts medicine access to professionals who have received proper training (General Pharmaceutical Council, 2023).

The 19th century in the United Kingdom saw pharmacy become an established profession. The Pharmacy Act 1868 established training requirements which allowed pharmacists to obtain their professional licenses. This regulation protected the public from potentially unsafe practice from unqualified individuals (Royal Pharmaceutical Society, 2022). The beginning of the National Health Service in 1948 created a significant advancement for pharmacy services because it improved public access to healthcare and medicines. Pharmacy services became integrated into a larger healthcare system. The profession of pharmacists evolved to include medical counselling and treatment supervision and disease prevention because of changing public health requirements (NHS England, 2022).

How Pharmacy Services Operate Today: Strengths and Challenges

The UK healthcare system needs pharmacy services which operate as essential components while delivering various services to patients. Community pharmacies serve their customers by dispensing prescriptions and providing over-the-counter medicines and delivering safety information about medication usage (NHS, 2023). The pharmacists conduct medication reviews to assess treatment effectiveness and side effect development among patients who have chronic health conditions. Many pharmacies also provide public health services which include flu vaccinations, smoking cessation programmes and healthy lifestyle advisory services. The facilities serve as initial medical assistance points for common health issues which decreases patient demand at both GP clinics and hospital emergency rooms. The introduction of electronic prescriptions and other digital technologies has enhanced operational efficiency by enabling patients to obtain their medications with greater convenience (NHS England, 2022).

The pharmacy services encounter multiple obstacles which present difficulties for their operations. The dual problems of high patient demand combined with staff shortages create challenges for pharmacists who need to dedicate specific timeframes to their work with each patient. The financial resources which pharmacies receive limit their ability to deliver services because smaller communities face this issue especially. The introduction of new medicines and treatments requires pharmacists to keep learning while handling their daily responsibilities (General Pharmaceutical Council, 2023). These pressures can sometimes affect the consistency and quality of the service provided.

The Role of Pharmacy Services in Enhancing Quality of Life

Pharmacy services provide essential support which enables service users to attain higher quality of life.

Pharmacists enable people to manage their chronic conditions through their swift delivery of medicines together with their expert medical guidance. The treatment helps people maintain their normal activities because it decreases their chances of experiencing complications and needing to be hospitalised (World Health Organisation, 2022). Through its vaccination services and health counselling programs pharmacies deliver preventive health measures which enable people to maintain their wellness and prevent major health issues.

Conclusion

Community pharmacies serve as vital healthcare resources because they provide easy access to medical services for elderly people and people with disabilities and those who need help getting to doctors (NHS England, 2022). Pharmacists provide patients with reassurance while they demonstrate proper medication use to enhance patient self-care skills. The program provides support which enables people to sustain independence while they perform their daily activities of working and studying and taking care of family needs. Pharmacy services help patients learn about their medical conditions, which leads to better health choices and improved physical health. The pharmacy services create direct benefits for physical health while building emotional confidence which establishes their value as essential components of contemporary medical treatment (Department of Health and Social Care, 2022).

References

Element 1

- <https://carelearning.org.uk/blog/the-care-act/>
- <https://www.doncasterlmc.co.uk/the-history-of-nhs-reformations-a-journey-through-change>
- <https://www.mind.org.uk>
- <https://www.nhs.uk/nhs-services/mental-health-services/>
- <https://www.nhs.uk/mental-health/social-care-and-your-rights/mental-health-and-the-law/mental-health-act/>
- <https://www.rcpsych.ac.uk/news-and-features/latest-news/detail/2025/03/28/cuts-to-mental-health-share-of-nhs-funding-illogical--says-rcpsych-president>

Element 2

- <https://www.gov.uk/government/publications/community-pharmacy-contractual-framework-2019-to-2024>
- <https://www.england.nhs.uk/primary-care/pharmacy/>
- <https://www.england.nhs.uk/primary-care/pharmacy/pharmacy-services/>
- <https://www.pharmacyregulation.org/standards/standards-pharmacy-professionals>
- <https://www.pharmacyregulation.org/standards>
- <https://www.rpharms.com/about-us/who-we-are/history-of-pharmacy>
- <https://www.who.int/publications/i/item/the-role-of-the-pharmacist-in-the-health-care-system>
- <https://www.nhs.uk/nhs-services/pharmacies/>