

**Principles of Health and Social Care Practice
(BMHP5002_LON)**

Assessment Component 1

Case study - Written Report

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Contents

Introduction	2
Principles of support, policy and practices utilized within UK Care Home.	2
MR. T	4
Emotional support for Mr. T in a care home	4
Personal support for Mr. T	5
Support for Mrs. T	7
Social events for Mr. and Mrs. T	8
Conclusion/ Recommendations	8
References	9

Introduction

Basing on the case study (Mr. and Mrs. T), the individuals in the case are elderly above 85 years. In addition to the old age, Mr. T has progressive dementia and other chronic diseases. Mrs. T got a hip injury that ended in an operation. This compromises her ability to move. The old age, dementia, chronic conditions, and disability makes members of this family face difficulties in supporting themselves, moving and doing their house chores. Therefore, for betterment of their lives, it is wise to take them to a good Care Home where they will be able to receive physical and mental support to enable them live more independently as long as possible.

Care Home

A care home is a residential facility where the elderly people, or and those with disabilities are taken to given support physically and mentally. Usually, residents in care homes are those with learning disabilities, physical disabilities, and those with mental health illness. A care home in the UK can be owned by private company, voluntary or charity organization, and sometimes government.

Principles of support, policy and practices utilized within UK Care Home.

According to Care Quality Commission (2017), all care homes in the UK should be registered and supervised by the Care Quality Commission by law. Upon registration, care homes should be able to provide care and operate in line with the set National Standards of care. To ensure that National standards of care are being met, the Care Quality Commission carries out regular inspections to assess compliance with principles of support, policies, legislation and regulations. (Kemparaj and Kadalur, 2018).

The Care Quality Commissions outlines some of the following **principles** of support for care homes;

Equality and assortment: this principle asserts that services in care homes should be provided on equal term basis including health care, foods, drinks and equal opportunities. In addition, the residents should be assorted in their respective and right groups where they belong; for example, elders should be put with elders and treated fairly. (Department of Health, 2010).

Respect and Dignity: all care homes should operate on the principle of respect and dignity while dealing with residents. The care providers should ensure that resident's decisions are respected at all times, and should treat the residents with dignity. (NICE, 2010).

Empathy and Sympathy: residents in care homes are usually having disabilities, aged, and with mental health issues. This is why Care Quality Commission emphasizes that care providers in care homes should be empathetic and sympathetic to the residents to enable them feel loved, and worth the care. (C.Q.C, 2017).

Safety of the resident: care homes should ensure safety of all the residents by protecting them from external danger, internal danger like hurting themselves, right medication at the right time among others. This is why care providers who work in shifts are assigned to specific residents to ensure that quality care is provided with

safety. (Berwick, 2013). In addition, services in care homes should be based on other principles like; social justice, privacy, honesty, and congruence.

In addition to Principle of support, care homes are also guided by some policies including; Care homes should give their residents information security by seeking consent from the residents before their data is used somewhere or shared with other people. (Leeds, 2015). This should be done following the General Data Protection Regulation Act, 2018.

Care in care homes should be person centered by giving patients a right to actions, right to make their own decisions of care by considering their preferences. Under person centered care, a patient's voices is superior and client's voices should be heard at all times. (Mulley, Trimble and Elwyn, 2012). Regulations stipulated in the Mental Health Act 2007 as amended, the Health and Social Care Act of 2012, and Human Rights Act 1998 guide on the compliance of these policies.

Workers in care home should follow professional responsibility policy by valuing patients, respecting clients and ensuring that all patients in a care home matter. Care providers should also ensure that they are being appropriate and ethical while providing care. (C.C.Q, 2017). Professional behavior of care providers is regulated by Care Standards Act 2000, The Care Act of 2014, and the Health and Social Care Act of 2012.

According to Tingle and Bark (2011), the National Health Service emphasizes that ethics and codes of conduct should be brought to the forefront when assessing and administering care in care homes and other health care institutions. This is why it is important to do a background about the patient before administering care by considering financial status, cultural background, and beliefs of the patients. (McCarthy, 2011). For example, Mr. and Mrs. T's lives should be well understood by the support worker to find out easy ways of caring and supporting them keeping in mind principles and policies of care.

MR. T

In addition to being elderly, Mr. T has progressive dementia. According to Aguirre et al. (2013), progressive dementia is one that gets worse over time, and the

deterioration depends on the age, general health condition and chronic brain damage. From the case study, we can identify that Mr. T's age and the presence of other chronic condition may make his dementia worse if nothing is done. According to Alzheimer's Association (2018), Mr. T's progressive dementia could have been caused by infections, impaired blood flow of the brain, cancer, vitamin deficiency and other chronic conditions. However, the good news is that if proper personal health care is offered to Mr. T, progressive dementia can be treatable and reversible. (American Psychiatric Association, 2013). Therefore, the following health care should be given to Mr. T;

Emotional support for Mr. T in a care home

Mr. T has progressive dementia. This indicates that his issues with his memory, and this limits his capacity to remember, understand, and reason out things. As a support worker, I would encourage Mr. T to have a note book where he notes important things like; visitors, phone numbers of his dear ones, things he intends to do, what he was told, and what he hears. This will help Mr. T to keep refreshing his mind and update about many things and activities. In addition, to support Mr. T emotionally to remember things, I would also show them family photos to ensure that they remember their dear ones and contact them if they feel like.

Given Mr. T's situation, it is very important to keep reassuring him that he still has value and very important to the society and his family. This will motivate him to follow instructions so as to achieve his maximum potential. (Thompson, 2011). Telling dementia patients that they have value helps them to feel loved. As a support worker I do this by being fully supportive physically and emotionally to enable them meet their needs and achieve their maximum capacity. While giving offering emotional support to patients like Mr. T, it is very important to show respect and dignity at all times as well as being a good listener. (Kemparaj and Kadalur, 2018)

Personal support for Mr. T

If Mr. T is taken to a care home for further health care, he will be able to receive a variety of personal care including;

In a care home, every resident has a care plan designed by the care provider to ensure that the patients get the right health care in the right time. Daily care activities

are schedule against their respective times. Therefore Mr. T, personal support activities for the day would include the following;

Table 1: showing possible support for Mr. T once he becomes a resident in a care home.

Client: Mr. T

Care Worker: Richard

Starting date: 13/8/2021

Diagnosis	Evaluation	Support needed
Progressive dementia Chronic conditions	Disorganized speech Forgetful Confused Gets tired so fast	☐ Washing Mr. T's clothes ☐ Bathing and dressing Mr. T ☐ Preparing meals for Mr. T Conversing with him Morning and evening walks

In the morning and evening hours, residents in care homes are supported personally by bathing them very well and dressing them up. Mr. T is an elderly dementia patient which makes him unable to perform some personal tasks like bathing himself and dressing him up since his unable to bend and stand upright because of his age and

other chronic conditions. Therefore, it is the work of a support worker in a care home to provide such personal care. While doing these tasks, a support should show respect to patients like Mr. T by respecting his decisions and giving them a chance to pick what they want to wear depending on the weather. (Hibbard and Gilburt, 2014). In addition to being bathed and dressed, Mr. T will have his clothes cleaned by staff in care homes once he becomes a resident.

Once they have been bathed and dressed up properly, a support worker then ensures that they have meals in time like breakfast, lunch and dinner respectively. Staff in care homes ensure that meals are prepared and administered by a specific worker assigned to a particular patient. Therefore, since Mr. T and Mrs. T are already elderly people, such physical activities maybe a bit difficult hence they should be residents in a care home to ensure they get right meals in the right time. After meals, a care worker usually engages the patients in productive conversation where they discuss personal stories and experiences which helps the health worker to understand why the patients behave or act the way they do.

Elderly dementia patients in care homes are assigned with specific support workers that assist the patients with exercises like walking and other simple exercises. This is done in the times of the day when the patient is very active usually in the morning and evening hours. (Hibbard and Gilburt, 2014). A patient like Mr. T who has dementia and other chronic conditions needs regular exercises to reduce or manage the symptoms of the conditions. (Rippe, 2018)

In addition to simple exercises, a support worker should also play games like cards, draft, chess with interested patients to make them active and increase their thinking and brain capacity. This will also help them to gain a few memories will improve the relationship between the patient and care provider.

Support for Mrs. T

Mrs. T is also above 85 years. This age bracket is prone to many risks and health conditions. These health conditions may include; inability to move well, blurred vision, obesity, and hypertension among others. (Alzheimer's Association, 2018).

Mrs. T recently got a hip injury that led to an operation, this can be attributed to her age which compromises vision and mobility. (Aguirre et al., 2013).

According to Bieler et al. (2017) hip injury makes one's life difficult because they cannot perform usual daily tasks. Hip injury effects one's ability to move well, ability to carry heavy objectives, comes with severe pain, bruises and swellings. (Harbo, Brincks and Anderson, 2012). This is why Mrs. T needs help with her mobility and doing daily chores from health care facilities like care home.

Mrs. T can be helped with mobility by replacing the stairs in her home with graduated slows. This will help her to move easily with putting much pain and stress on the injured hip. In addition, ramps could be put at the entrances to enable her get in and out with ease. By doing this, Mrs. T will be able to move in all corners of the house to complete simple house chores and personal tasks like using the toilets. (Hong, Cho and Tak, 2010).

Mrs. T hip injury cannot allow her to stand for long especially when doing simple tasks like bathing. Therefore, to help with that, grab bars should be installed in the bathroom to enable her perform bathroom activities like bathing and cleaning and this should be done with the help of family members and friends. (Thomas, 2011).

Mrs. T is already very old; this means she cannot move well or see clearly. Therefore, she needs an environment like a care home where path ways are cleared, clutter removed from floor to grant her easy mobility as doing her simple chores in the house.

Mrs. T is still recovering from hip injury; she can be helped by applying simple physical therapy to enable her to heal. The therapy Mrs. T needs includes simple hip exercises like; sideways hip exercises, simple knee bends in standing, forward hip movements in standing, and encouraging her to put some weight on the injured part which kills away pain eventually. (Bieler et al., 2017).

Like Mr. T, also Mrs. T needs personal care like washing for her clothes, bathing her, dressing her up, cooking for her and administering treatment by the virtue of her age.

Mrs. T also needs help with her house chores like cleaning the house, running errands, and doing her daily activities. (Thomas, 2011).

Social events for Mr. and Mrs. T

Mr. and Mrs. T should be encouraged to join Group Exercise classes that bring many elders from the same communities. This will help Mr. T to manager the chronic conditions he has because exercise is very vital in fighting chronic conditions like diabetes, hypertension, heart failure, and other cardiovascular diseases. (Rippe, 2018)

Apart from group exercise classes, Mr. T can also be encouraged to join walking clubs where elders meet for morning and evening walks. Joining a walking club is will help Mr. T to live independently as long as possible because it motivates them to do exercises, share lifestyle experiences, and building a positive relationship with other elders hence achieving better health outcomes. (Gibson and Carson, 2010).

For Mrs. T, she has mobility problems and therefore should be encouraged to join cooking and gardening clubs. These clubs are more effective for women because they enjoy gardening like arranging flowers and cooking especially baking. This will help Mrs. T to live more independently because she will be active and will able to recover her hip injury with the support of other elderly women. (Harbo, Brincks and Anderson, 2012)

If Mr. and Mrs. T are interested in art, they should be encouraged to join art and crafts club where they will be made busy in activities like painting, photography, pottery, and knitting among others. These activities unite so many elders with similar health conditions, and they would be a great deal for Mr. T to refresh his memory and feel relaxed instead of thinking about his health issues that would eventually depress him.

Conclusion/ Recommendations

To ensure quality health and social care in care homes, government in partnership with other agencies like Non-Governmental Organizations should increase their

funding in the care homes to enable them purchase better medical equipment, and make improvements for better service delivery.

The Care Quality Commission should continue doing regular inspections to ensure that all care homes meet the set standard of care, and should take disciplinary action to those who are not operating in compliance with the principle, policies, standards, and regulations of health and social care.

Care homes should adopt to person-centered care approach by allowing their residents to choose services they feel comfortable with, and should work closely with resident's family members to ensure residents gain positive health results.

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