

Personal Profile

A caring and committed student in Health and Social Care at the university of Wales and who adores high quality and person-centred care. I am a good knowledge of the protection, communication, and ethics in medical facilities.

Shows empathy, patience and professionalism in working with people with diverse needs. Confidence and inspired, capable of operating efficiently when working alone and in a team of professionals. Applying to a position of Healthcare Assistant where I will be able to become part of the team that will help in enhancing the wellbeing of the patient and still be able to train my practical skills in a medical setting.

Key Skills

- Active listening and communication.
- Caring, sensitive attitude towards the patient.
- Good teamwork and co-operation skills.
- Information about protection and good faith.
- GDPR and confidentiality knowledge.
- Organisational skill and time management.
- Capability of staying composed when in stress.
- Skills of observation and attention.
- Diversity, equality, and inclusion Respect.

Education

University of Wales

BSc (Hons) Health and Social Care -2023-Present.

- Taking the most essential courses such as Safeguarding Vulnerable Individuals, Health Promotion, and Communication in Health and Social Care.
- Gained knowledge of person-centred care, ethical care and professional standards.

- Acquired experience in mental health awareness and advocating to people with diverse needs.

Work Experience / Voluntary Experience.

Volunteer Care Assistant

Local Community Care Centre, UK - Jan 2023 - Aug 2023.

- Assisted the elderly with their everyday tasks including mobility support and interacting with others.
- Effectively conveyed to people in order to enhance dignity, independence, and emotional wellbeing.
- Helping personnel to structure group activities to limit seclusion and enhance mental conditions.
- Adhered to health and safety measures, such as infection prevention and control measures.
- Monitored professional care behaviours and made positive contributions towards teambased care provisions.

Retail Assistant (Part-Time)

Tesco, UK -- Jun 2022 - Dec 2022

- Delivered high-quality customer service under a hectic setting.
- Exhibited good interpersonal and communication skills in dealing with different customers.
- Collaborated with fellow team players in order to achieve daily goals.
- Responsibilities that have been handled include replenishment of stocks and keeping the store in order.
- High levels of reliability, punctuality and work ethics.

Achievements

- Successful coursework in patient care and principles of safeguarding.

- Graded favourable assessor evaluation with regards to collaboration and communication skills.
- Always delivered academic assignments on time and of high quality.
- Gained good skills in presentation with academic work.

Interests and Hobbies

- Helping in the community and supplying the vulnerable.
- Reading about personal development, health and wellbeing.
- Exercise and having a healthy lifestyle.
- Participation in group activity and team work.

Personal Statement

I am a committed and caring Health and Social Care student in the university of Wales and am in the process of developing my professional career in the health care industry. In the long term, my career objective is to be a well-qualified and highly skilled healthcare practitioner, becoming a Healthcare Assistant, in which case I will be able to help to provide high-quality, person-centred care as I will keep honing my practical and clinical skills.

The study of health and social care has enabled me to acquire an excellent knowledge of the significant concepts in the field, such as safeguarding, duty of care, equality and diversity, and effective communication. My course has provided me with theoretical skills necessary to assist people with various physical, emotional, and social requirements. Another thing that I have learned is the need to preserve patient dignity, encourage self-sufficiency, and operate within professional and ethical limits.

Along with my academic qualifications, I have had a good practical experience in my capacity as a Volunteer Care Assistant in one of the local community care centres. As a part of this job, I assisted the elderly members in their daily tasks including mobility and socialization. The experience has enabled me to use my communication and interpersonal skills in practice of real-life clinical scenarios, where I was able to make service users feel respected, comfortable, and valued. I also had an opportunity to collaborate with care staff, and this allowed me to discover the significance of a team in providing quality and effective care.

My skill set has also been acquired due to my previous experience as a Retail Assistant at Tesco. I have been able to acquire excellent communication skills, patience, and calmness under pressure in a fast-paced environment. I also had to engage with people of various backgrounds on a consistent basis, which boosted my confidence and adaptability in adjusting my communication skills to suit the demands of different people- a vital ability in healthcare environments.

I believe that the main strengths of mine are empathy, reliability, and strong work ethic. I am caring and attentive by nature, and can be able to listen actively and respond suitably to needs of other people. My desire to learn and improve is also at a high level as I am always ready to learn and train my skills and knowledge. I comprehend the duties of working in the sphere of healthcare, such as observing confidentiality, adherence to the procedure of safeguarding, and professional norms in every situation.

One specific position that I find myself to be of interest is the position of the Healthcare Assistant since I would have a chance to impact the lives of people positively on a daily basis. I would love helping people to have their dignity and independence, especially those, who can be vulnerable or require extra assistance. I would like to work in a multidisciplinary team and make a positive contribution to patient outcomes.

To summarize it, I think that my educational background, work experience, and personal attributes can make me a good candidate in a position of a Healthcare Assistant. I also believe in providing quality care that is compassionate and I am also determined to improve as a healthcare professional. I am eager to have a chance to work in a health care environment where I can positively and significantly change the lives of other people.

Task 3a: SWOT Analysis (Healthcare Assistant Position)

SWOT Analysis

Strengths

- Good communication abilities gained in academic activities and in customer-facing positions.
- Emotional and sensitive character, which are required in patient-centred care.

- Proper knowledge of safeguarding, confidentiality and duty of care.
- Team playing skills and professional direction.
- Trustworthy, time conscious and responsible.
- Flexible, capable of being calm under stress.

Weaknesses

- Little practical clinical training in a professional health care environment.
- Continued building trust with complex patient care.
- Little experience in modern medical procedures and equipment.
- Self-blame character, potentially influencing the confidence in new circumstances.

Opportunities

- Possibility to acquire practical experience using Healthcare Assistant positions.
- The availability of training and development programmes in the NHS or provided by employers.
- Professional advancement to nursing or specialised medical care.
- Skill to acquire other certification (e.g., First Aid, Care Certificate)
- Being mentored by skilled medical workers in multidisciplinary teams.

Threats

- There exists stiff competition when seeking entry-level healthcare positions.
- Psychological and physiological pressures of working in healthcare settings.
- Possibility of burnout in case work-life balance is not well taken care of.
- The healthcare policies and procedures keep on changing.
- Working with vulnerable patients can be a difficult situation to encounter.

Task 3b: Personal Development Plan (PDP).

Personal Development Plan (2026 - 2028)

Goal 1: Achieve Hands-On Healthcare Experience.

Objective:

Find a job in the role of a Healthcare Assistant to gain practical experience in the field of patient care.

Actions:

Being a Healthcare Assistant: Find jobs in NHS and in the private care facilities.

Go to interviews and perfect CV and application skills.

Find volunteer work in case of prolonged job search.

Timeline:

Within 6-12 months

Monitoring & Evaluation:

Monitor the applications and interview feedbacks.

Take time to reflect on skills that you have acquired in every experience.

Check progress after every month and change strategy, when necessary.

Goal 2: Enhance Clinical Knowledge and Skills.**Objective:**

Gain an improved insight into patient treatment protocols and medical practice.

Actions:

Full mandatory training e.g. the Care Certificate.

Participate in online training or workshops concerning health care competencies.

Get experience with senior employees during placements or while working.

Timeline:

Within 12-18 months

Monitoring & Evaluation:

Certifications and training done.

Use new knowledge in the field.

Get the opinion of supervisors and mentors.

Goal 3: Strengthen Communication and Care Confidence in the Care Settings.

Objective:

Instil confidence in dealing with patients, families, and health care professionals.

Actions:

Demonstrate communication skills in the real world and professional environment.

Watch senior employees and embrace good communication skills.

Engage in group discussions and group presentations.

Timeline:

Ongoing (review every 6 months)

Monitoring & Evaluation:

Consider patient- and co-worker-related interactions.

Request positive feedback on the part of supervisors.

Measure improvement on increased confidence and effectiveness.

Reflective Essay (Gibbs Reflective Cycle).

Gibbs reflection on LCHS4009 Component 1 Presentation.

Description

The LCHS4009 Component 1 presentation has made me present a structured presentation on a topic that is related to health and social care. It was supposed to show that I understood the most important concepts and was able to communicate information to a group of people. I made slides by using PowerPoint and arranged my materials in such a way that it consisted of a logical flow of information, including introduction, main body, and conclusion. Academic sources were also needed in the presentation to enhance my arguments and illustrate knowledge in the subject.

Feelings

I used to be nervous and a bit anxious before the presentation especially on how to speak before people. I feared missing some important points or failing to articulate my thoughts. I was however partially prepared because I had taken time to research and plan my content. As the presentation progressed, my confidence increased by the minute because I started feeling more at ease with the presentation. Having done the presentation, I was relieved and became more confident in my skills as a presenter, though I realized that there were certain points at which I could work on.

Evaluation

In general, there were a number of strengths of the presentation. My presentations were intelligible, properly structured, and visually arranged, which contributed to my oral presentation. I managed to show the decent knowledge of the subject and added the corresponding academic sources. I also spoke in a professional manner.

Nevertheless, there were also weak points. I also depended on my notes overly, and this influenced my eye contact and interest with the audience. I did not have a consistent voice projection and could have talked more assertively. According to my lecturer, my feedback showed that I was very strong in content, but I would have to have more engaging delivery and less reliance on reading out of slides.

Analysis

My strengths in the presentation were attributed to great preparation and familiarity with the subject matter. My effective organisation of my content and my reliance on academic sources

allowed me to provide the relevant and precise information. This is an indication of the significance of planning in the attainment of positive results.

The weaknesses though were more of my presentation skills as opposed to my knowledge. The use of notes indicated that I was not confident with speaking in front of people, and it hampered my capacity to interact with the audience. Communication theories in the health and social care stipulate that proper communication is not only what is said but also how it is passed across. Eye contact and body language are some of the non-verbal communication aspects that are utilized to connect with an audience, which I did not use to full potential.

This was backed up by the content of the feedback provided by my lecturer because it made me realize I have to work on my delivery style. This brings out the fact that although academic knowledge is very crucial, the skill of communicating such knowledge in an effective manner is also important especially in professional medical practice where effective communication is vital.

Conclusion

To conclude, the presentation was an effective learning experience that has helped me find out my strong points as well as areas of improvement. Although I was good at subject knowledge, organisation, and engagement with the audience, I still realise that I need to work on my confidence, delivery, and engagement. This has taught me that communication is one of the main skills that I should also continue to acquire, particularly in the future in my career in health and social care.

Action Plan

To enhance my further work, I will follow a number of steps. To begin with, I will train more on presentations in order to gain confidence and avoid using notes. Second, I will work on the development of my verbal and non-verbal skills, such as maintaining eye contact and proper body language. I am also going to use the feedback provided by peers and lecturers to realize the areas where I have to work continuously. Further, I will think of recording myself during practice sessions to assess my performance and highlight certain areas that I should improve. In the long term, these strategies will make me a more confident and effective communicator, which will prove necessary in an academic and a professional healthcare setting.

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