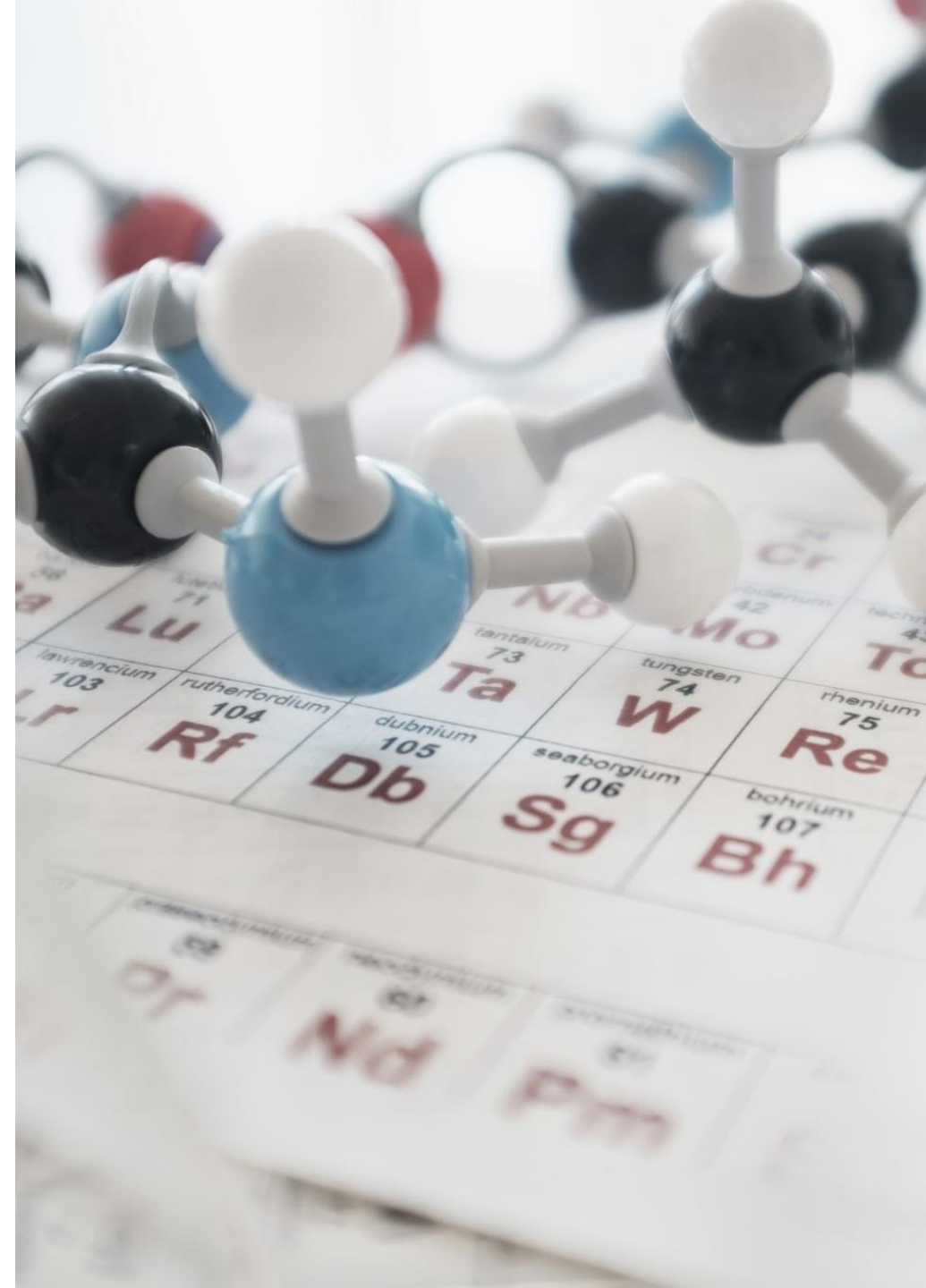


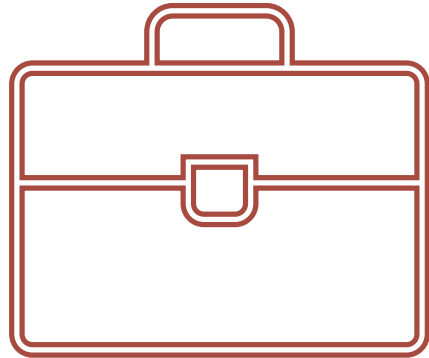
Self-Awareness & Career Planning

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- Module Name: Professional Development within Health and Social Care
- Module Code: LCHS4009
- Submission Date:



Career & Job Advert

Job Role: Registered Nurse (NHS)



A Registered Nurse is a qualified healthcare professional, registered with the Nursing and Midwifery Council- the UK regulator. They work autonomously and as part of teams, responsible for assessing, planning, delivering and evaluating patient care.

Source: NHS Jobs, West Midlands University Hospital Birmingham NHS Foundation Trust, Reference No. UHB/2026/04125, posted September 2026

Key Responsibilities



- Assess patient's physical, mental and emotional health needs.
- Plan & deliver individualized care plans; monitor progress and adjust as needed.
- Administer medicines & treatments safely _ including injections, IV therapy, wound care.
- Carry out clinical procedures: vital signs, observations, catheter care, blood glucose monitoring, etc.
- Respond to emergencies- recognise deterioration, escalate, start life-saving actions.
- Communicate clearly with patients, families, doctors, HCAs and other professionals; handover critical info.
- Keep accurate records- legal, detailed, up-to-date care documentation
- Supervise & mentor- guide HCAs, student nurses and junior staff.
- Advocate- speak up for patients' rights, dignity and best interests.

Key Requirements:



Degree in Nursing (Registered with NMC)



Excellent communication & interpersonal skills



Ability to work in a team & under pressure



Empathy, compassion & patient-centered care



Basic IT & record-keeping skills



Commitment to continuing professional development (CPD)



(NHS Employers, 2026; Nursing and Midwifery Council, 2018)

Personal SWOT Analysis

✓ Strengths	✗ Weaknesses
Compassionate & good at listening to others Reliable, punctual & committed Good at following instructions & learning new skills Calm in busy situations Team player	Lack of professional clinical experience Sometimes hesitant to speak up in groups Can be too self-critical Limited knowledge of advanced medical procedures
★ ★ ★ Opportunities	⚠ Threats
Access to university courses & student placements Local NHS trusts offer student support & apprenticeships Free training & CPD once qualified Growing demand for nurses in the UK	High workload & stress in NHS settings Competitive entry to nursing degrees Emotional burnout from caring for others Changes in NHS funding/recruitment rules

Using Strengths to Address Weaknesses



Compassion & listening- build confidence: being naturally empathetic helps me connect with patients; I will use positive patient feedback to grow confidence in my voice. (Gopee & Galloway, 2020)



Reliability & calm – compensates for inexperience: being organised and consistent means I can learn tasks step-by-step without rushing; I will ask questions when unsure rather than guess.



Teamwork- helps me speak up: working closely with peers will make it easier to contribute ideas; I will start with small contributions in meetings and build up gradually.

Minimising Threats & Using Opportunities



High demand + local placement – secure career: nursing is one of the most in-demand roles in the West Midlands; I will apply for university early and take every placement opportunity to build experience (NHS England, 2026)



CPD & training – protect against changes: The NHS invests heavily in staff development; I will take all training offered so my skills stay up to date and I remain employable.



Compassion + self-care – prevent burnout: I will use my caring nature to support patients and myself – setting boundaries, using support networks, and reflecting regularly to manage stress (NMC, 2018)



Student support – overcome competition: Universities offer mentoring, tutors, and practice supervisors; I will use these resources to stay on track and improve my application.

Conclusion



My strengths- compassion, reliability, and teamwork – align well with core values of nursing



My weaknesses are mostly due to being new to the profession; they will improve with time, practice, and support.



Opportunities in the NHS are strong and accessible if I stay focused and make the most of training.



Threats like workload and stress are real but manageable with good self-care and professional support.



Nursing is a challenging but rewarding career - I am committed to growing into this role.

Reference

- Gopee, N. & Galloway, J. (2020). Leadership and Management in Healthcare. 3rd ed. SAGE.
- NHS Employers (2026) Job Advert: Registered Nurse (Adult). UHB NHS Foundation Trust, NHS Jobs website
- Nursing and Midwifery Council (2018) The Code: Professional Standards of Practice and Behaviour for Nurses, Midwives and Nursing Associates. London: NMC
- NHS England (2026) Nursing Workforce Plan for England. Department of Health and Social Care.