

TASK 1

presentation

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Teamwork

Teamwork refers to coordination and collaboration of individuals with complementary skills, knowledge and various expertise to pursue a shared objective or outcome. It involves interdependence, Structured communication, role clarity, and accountability. Effective teamwork relies on clear communication and shared goals which together reduce errors and speed up task completion (West, 2021). When team members trust one another, they are more willing to contribute unique ideas and resolve conflicts constructively, (Lepsinger and Lucia, 2020). Research also shows that diverse team with strong collaboration habits produce more innovative solutions than individuals working alone (Salas et al., 2019).



Importance And Relevance of Teamwork

Teamwork matters in healthcare because... :

- It cuts medical mistakes
- Care becomes faster and clearer
- Different skills work together
- Complex needs full support
- Staff share pressure and avoid burnout
- Recovery improves and stays on track
- Everyone follows the same plan

Example:

Scenario: Supporting an elderly patient who lives alone and suffers from dementia

How teamwork applies:

- The nurse monitor blood pressure, medication administrations and dress which needs teamwork between the nurse and the patient.
- Weekly team meetings which is when everyone shares updates, resolves barriers and align next steps.
- Social worker arranges meal delivery and regular carer visits.



Skill and Knowledge needed within Health Care

- Interpersonal Communication:

To have clear and adapted communication, be an active listener, build positive relationships and advocate for individuals' choices

- Practical and professional:

To have accurate observation, follow & update care plans, effective teamwork, calm problem-solving and emergency response

- Personal attributes:

To be patient, reliable and to have accountability, non-judgemental attitude and the willingness to learn & reflect.

Conclusion

Finally, team is crucial in health and social care. A multi-disciplinary team brings together skilled professionals who cover complex medical, social and emotional needs, (NHS Confederation, 2024), who must liaise closely to coordinate care and achieve the best outcomes for service users. Strong teamwork also helps everyone to stay fully informed, reduces risks, and make sure care always adapts quickly to what the service users' actual needs. And, also, clear communication, trusts and supporting each other help overcome challenges, keep everyone aligned, and achieve goal faster and better than working alone. It builds strong bonds makes hard work easier and creates results no one could deliver by themselves.

References

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