

Student name: Yama Kanteh

Student ID: 2428898

Module name: Principles of Health and Social Care Practice

Module code:BMHP5016

Lecturer name: Mark Kane

Assessment

The principles of health and social care revolve around the insurance of safe, efficient and sympathetic services within the UK. According to 'According to the skills for care (2023)', understanding the key principles of health and social care are essential for professionals. These principles ensure every action you take as a nurse, social worker, health care assistant, or caregiver is ethical, compassionate, and effective. They not only assist in the decision-making but also uphold the care values in health and social care values in health and social care, such as equality, respect, human rights, and person-centred support.

(Twclondon.org.uk, 2025)

These principles fundamentally link to person-centred care, teamwork and ethical practice to ensure that patients receive adequate care, tailored to the person's needs. To ensure that these principles are maintained across the health and social care sector, legislation such as the Care Act 2014 and the Health and Care Act 2022 are put in place, as well as workplace codes of conduct to make sure all health and social care institutions emphasising the importance of displaying these principles within the work they carry out.

This report intends to reflect on the importance of these principles, as well as delve into how they are carried within the health and social care sector to ensure these principles are upheld. I also intend to evaluate how they have an impact on my personal development as a future health and social care professional.

The principles of health and social care include person-centred care, dignity and respect, confidentiality and privacy, safeguarding, equality, diversion and inclusion, communication and competence and professional development.¹ The principles of health and social care are put in place to guide professionals to stay on a moral compass, which helps to build trust

¹ Twclondon.org.uk. (2025). 7 Core Principles of Health and Social Care / Essential Guide . [online] Available at: <https://www.twclondon.org.uk/blogs/principles-of-health-social-care>

within health and social care service user groups. These principles are crucial to ensuring that quality service is provided throughout the UK.

For instance, the principle of person-centred care provides the space for health and social care providers to make decisions they think is best for the patient. Rather than focusing solely on the illness and services expected, person-centred care requires comprehension of the patient being tended to and creating their care plan around the person's needs morally and personally. This approach to care links with Maslow's Hierarchy of Needs, where the physiological needs of a person is important it is not the only need that should be tended to when caring for a person, but rather also focusing on an individual's emotional need to feel loved and belonged as well as what is referred to as 'self-actualisation needs' which is at the top of the hierarchy as it is the most complex need of a human whilst in recovery as it helps them realise how they as an individual can grow to their full potential.² By identifying the complexity of human needs it will make it easier for health and social care providers to promote the wellbeing and dignity of the individual they are tending to alongside their physical needs

An example of this is seen through the care act 2022 where the NHS's own proposals are being built on for the reformation of the health and care system and make it less bureaucratic, even more intergrade and accountable in the wake of the coronavirus outbreak. (Department of Health and Social Care, 2025)³

Person-centred care is also heavily reinforced within the UK through the Care Act 2014,⁴ a legislation making person centred duty of care a legal requirement and implore the further promotion of trye importance of this principle.

Another important principle is ethics which holds an important role in the health and social care field. The belief in doing no harm beneficence and justice known as autonomy help lay down the structural foundation for all areas of health and social care work are founded on ethical principles.

Autonomy, non-maleficence, beneficence, and justice, are all decision-making concepts that which guarantees that decisions are made in the patient's best interest, whereas giving respect to a patient's autonomy entails involves them in decisions about how their care goes.

² McLeod, S. (2025). Maslow's hierarchy of needs. [online] Simply Psychology. Available at: <https://www.simplypsychology.org/maslow.html>

⁴ Care Act (2014). Care Act 2014. [online] Legislation.gov.uk. Available at: <https://www.legislation.gov.uk/ukpga/2014/23/contents>

Professional codes of conduct, such as the ones that are offered by the health and care professional council (HCPC) and the nursing and midwifery council (NMC) all support ethical practise.

By guaranteeing that services are respectful, ethically sound and well organised, these principles all collectively improve the standards of care. They add to better patient happiness, greater trust in the healthcare system and better overall health outcomes. Overall effective health and social care practises in the uk is focused on the principles of person-centred care, ethics and effectiveness.

Taking care of an older patient with dementia in a uk residential care environment provides a real-world presentation of person-centred care, ethics and collective collaboration.

By making changes to support the individual preferences, cognitive skills and medical history, person centred care is displayed in this situation. For example, carers may make a tailored care plan that takes to account a patient's dietary requirements, favoured activities, and preferential daily schedule. This method aids in preserving one's dignity and identity, which is important for those suffering from dementia.

Working in partnership is essential to managing the patient's illness. To provide comprehensive care, a multidisciplinary team comprising nurses, carers, general practitioners, family members and social workers work together. The interest of everyone is kept in mind during the decision making of the health care workers, so they have regular meeting and communications in which everything is sorted through. This collaboration is made possible by integrating all the care systems together, which are encouraged by the health and care act of 2022.

A framework for making choices on behalf of people who lack capacity provided under the legislation 'mental capacity act of 2005'. people who provide care must act in the patient best interest while allowing them to be involved in many decisions as possible. For example staff must adhere to ethical standards and all guidelines legally while having perfect balance between the patient's autonomy and the necessity to avoid harm if the patient refuse medication.

The best dementia practise in care is supported by current policies and guidelines, such as those from the national institute for health and care excellence (NICE). these recommendations have a strong emphasis on person-centred approaches, communication and greater involvement from family of the care patients.

The current laws and guidelines, such as the ones from NICE all encourage best practise in care of dementia. Person-centred approaches, communication and greater involvement from family of the patients are all highly valued these policies.

In conclusion, this example shows how ethics and person-centred care may be successfully added in real world settings. Health and social care workers can deliver caring, top-quality care that addresses people's diverse needs by following rules and regulations.

As a health and social care professional, I understand that working in partnerships, ethics and person-centred care are essential to my daily everyday life. My relationships with clients, coworkers, and other professionals are led by these core values, which guarantee that I deliver compassionate and top-quality treatment.

I aim to use person-centred care in my job every time by giving all my attention to people and honouring their personal choices and preferences.

When assisting a service user, for instance, I make sure they participate in choices regarding their care plan. This is in line with the Care Act of 2014, which places a strong emphasis on fostering personal freedom and well-being⁵. I can give effective and meaningful care by taking into account each person's particular needs.

My profession is also influenced by Maslow's Hierarchy of Needs. I am concerned that people need emotional support, social contact, and a sense of purpose in addition to their medical care. For example, I might promote social interaction or offer consolation when someone is in distress. This all-encompassing strategy helps general health and fulfilment of life.

Another important part of my job is working in partnerships. Empathy is one of the fundamental building blocks of communication. In a healthcare environment it allows for connections and trust to form quickly, offering benefits to both you and your patients. When patients can quickly establish that you're able to resonate with their thoughts, feelings and overall well-being they're more likely to trust you. This in turn allows for more efficient and tailored personal care. (Skills for Health, 2025)

I frequently work with service users and their families, as well as colleagues from several disciplines. In this process, effective communication is crucial since it guarantees accurate and timely information sharing. The Health and Care Act 2022 emphasises the value of

⁵ Department of Health and Social Care (2016). Care Act Factsheets. [online] GOV.UK. Available at: <https://www.gov.uk/government/publications/care-act-2014-part-1-factsheets/care-act-factsheets>

integrated care, and I try to support this by cooperating with others and honouring their roles⁶.

My decision-making process is based on ethical principles. The world health organisation 2022 touches on the importance of multi-disciplinary teams as intergrade care requires professionals and practitioners from across different sectors to work together around the needs of people, their families, and their communities. Teams which bring together the relevant professionals and practitioners can be an effective means to encourage better coordination of their work. (Social Care Institute For Excellence, 2022)

To make sure I behave honourably and professionally, I abide by professional rules of conduct, such as those established by regulatory organisations. For instance, in accordance with data protection regulations, I uphold confidentiality and respect service users' privacy. I use values like autonomy, beneficence, and justice to direct my behaviour when presented with ethical issues.

My decision-making process is based on ethical principles. To make sure I behave honourably and professionally, I abide by professional rules of conduct, such as those established by regulatory organisations. For instance, in accordance with data protection regulations, I uphold confidentiality and respect service users' privacy. I use values like autonomy, beneficence, and justice to direct my behaviour when presented with ethical dilemmas.

Given my present skills and strengths, I consider myself to be a sympathetic and kind person who respects the rights and dignity of others. My ability to communicate effectively allows me to establish a good rapport with both coworkers and service users. Additionally, I am flexible and eager to learn, which is crucial in a healthcare setting that is always shifting.

I am aware that there is room for improvement, though. For instance, I'd like to learn more about rules and regulations like the Mental Capacity Act of 2005 and safeguarding protocols⁷. This will enable me to make better decisions and guarantee that the treatment I provide complies with legal standards. I also want to increase my self-assurance regarding handling difficult moral dilemmas, especially when there are conflicts of interests.

I intend to participate in continuous professional development (CPD) in order to advance my education and skills. Attending workshops, training sessions, and online courses pertaining

⁶ Thenhsalliance.org. (2022). A guide to the Health and Care Act 2022. [online] Available at: <https://thenhsalliance.org/resources/a-guide-to-the-health-and-care-act-2022>

⁷ GOV.UK (2005). Mental Capacity Act 2005. [online] Legislation.gov.uk. Available at: <https://www.legislation.gov.uk/ukpga/2005/9/contents>

to health and social care principles may fall under this category. To find areas for improvement, I will also ask management and coworkers for their opinions. Journaling and other reflective practices will enable me to assess my experiences and to improve my performance.

In addition, I want to keep up with the latest rules and regulations, including those from NICE and other pertinent organisations. This will guarantee that my work stays grounded in best practices and evidence. By actively participating in multidisciplinary meetings and picking up tips from other experts, I also intend to boost my teamwork abilities.

In summary, the values of ethics, partnership working, and person-centred care are essential to my job as a health and social care worker. By incorporating these ideas into my daily tasks, I am able to offer people high-quality treatment that is tailored to their requirements. I want to improve my abilities and make a constructive contribution to the health and social care industry through ongoing education and insight.

References:

- Care Act (2014). Care Act 2014. [online] Legislation.gov.uk. Available at: <https://www.legislation.gov.uk/ukpga/2014/23/contents>(Accessed at 29th March 2026)
- Department of Health and Social Care (2016). Care Act Factsheets. [online] GOV.UK. Available at: <https://www.gov.uk/government/publications/care-act-2014-part-1-factsheets/care-act-factsheets> (Accessed at 17th March 2026)
- GOV.UK (2005). Mental Capacity Act 2005. [online] Legislation.gov.uk. Available at: <https://www.legislation.gov.uk/ukpga/2005/9/contents>(Accessed at 29th March 2026)
- McLeod, S. (2025). Maslow's hierarchy of needs. [online] Simply Psychology. Available at: <https://www.simplypsychology.org/maslow.html>(Accessed at 1st April 2026)
- Thenhsalliance.org. (2022). A guide to the Health and Care Act 2022. [online] Available at: <https://thenhsalliance.org/resources/a-guide-to-the-health-and-care-act-2022>(Accessed at 3rd April 2026)
- Twclondon.org.uk. (2025). 7 Core Principles of Health and Social Care / Essential Guide . [online] Available at: <https://www.twclondon.org.uk/blogs/principles-of-health-social-care>(Accessed at 7th April 2026)
- Skills for Health (2025). *The importance of empathy*. [online] Skills for Health. Available at: <https://www.skillsforhealth.org.uk/article/the-importance-of-empathy/>.

- Social Care Institute For Excellence (2022). *Multidisciplinary Teams Working for Integrated Care*. [online] Social Care Institute for Excellence . Available at: <https://www.scie.org.uk/integrated-care/research-practice/activities/multidisciplinary-teams/>.
- SCIE (2023). *Personalised and person-centred care*. [online] SCIE. Available at: <https://www.scie.org.uk/providing-care/personalised-and-person-centred-care/>.
- cqc (2025). *Health and Social Care Act 2008 (Regulated Activities) Regulations - Care Quality Commission*. [online] Cqc.org.uk. Available at: <https://www.cqc.org.uk/guidance-regulation/providers/regulations-service-providers-and-managers/health-social-care-act>.
-