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SOCIAL HEALTH CARE WORKER

I have chosen to study social health care worker because i am deeply committed to supporting individuals in improving their wellbeing and overall quality of life this field provides the opportunity to assist individuals' families and communities while making a meaningful contribution to society through this course. i am developing essential professional skills including effective communication empathy safeguarding teamwork and person-centred care. These competences enable me to understand and respond to the diverse needs of individuals and deliver high-quality support studying social health care also enhance my professional development by strengthening my confidence expanding my knowledge and improving my practical abilities thereby preparing me for a successful and fulfilling career in this sector.

One of the biggest current problems in social health care is the shortage of qualified health and social care staff many services. are struggling to recruit and retain staff due to increasing demand low pay in some sectors stressful working condition and an ageing population that requires more care this problem affect several groups firstly people who need health and social care services including older people with disabilities and those with long term health conditions may experience delays in receiving support secondly existing care worker are affected because they often face heavier workloads increased stress and higher risk of burnout families and unpaid carers are also impacted as they may need to provide additional support when professional services are unavailable. this issue matters to organisation because workforce shortages can reduce the quality and efficiency of care health and social care organisation may struggle to meet services standards achieve positive outcomes for service user and comply with regulations staff shortages can lead to increased costs through overtime payments agency staffing and recruitment efforts in addition organisation may face reputational damage if service users are dissatisfied with the care they receive.

This problem matters to me because everyone relies on health and social care services at some point in their lives either directly or through supporting families members a shortage of workers could affect the quality and availability of care that i or my loved ones receive in the future it can also impact the wider community by increasing pressure on hospitals and other public services understanding this issue helps me appreciate the importance of supporting a wellbeing and trained and staffed workforce by being aware of these challenges i can better understand the role that health and social care services play in society and why investment in staff recruitment training and wellbeing is essential for delivering safe and effective care.

A social health care worker play an important role in supporting individual's families and communities to improve their health and wellbeing they work closely with patients' healthcare professional and social service agencies to ensure people receive the care support and resources. they need social health care workers help individual overcome social emotional financial and environmental challenges that may affect their health outcome their work is particularly important for vulnerable groups such as older adults' people with disabilities individuals with mental health condition and families facing social difficulties. According to the world health Organization (WHO) health and social care workers are responsible for providing services that promotes health prevent illness support recovery after injury or disease and assist individual who have long term or end of life care they also help people access to healthcare for everyone.

World health organization the British Association of social workers in healthcare setting support people experiencing illness disability or life changing condition they access patients' needs coordinate care plans provides emotional supports and connect individual with communities resources social workers often work in hospitals GP practice rehabilitation units mental health services and charity they help patients and families manage the social impact of illness including housing issues financial difficulties safeguarding concern and access to welfare benefits.

A key responsibility of social health care worker is advocacy they ensure that patients right wishes and need are considered. Social health care workers rely on a variety of information sources to provide effective care three important sources are government health websites professional organisations and services user and their families first government health website such as england.nhs.uk provides reliable up to date information about health policies safeguarding procedures and best practices these sources are useful because the information is evidenced based and regularly updated social health care workers can use this guidance to ensure they are following current and delivering safe high quality care i support the use of government sources because they promote consistency and help staffs meet legal and professional standards. Secondly professional organisation such as socialworkengland.org.uk and skillsforcare.org.uk provides training material code of practice and professional development opportunities these sources help workers improve their knowledge and skills enabling them to provide better support to individuals with different needs. I support these organisations because they encourage lifelong learning and help maintain high standards within the health and social care sector. Thirdly services user and their families are valuable sources of information they can provide insight into an individual's preference need cultural background and daily challenges this information helps social healthcare workers deliver person centred care that respect the individuals wishes and promotes their wellbeing i support using information from services user and families because its ensures that care is tailored to the person rather than based on

assumption listening to their views also builds trust and positive relationship with patients and others which ultimately improves outcome for those receiving support.

Research methodologies refer to the overall strategy and approach used to investigate a research problem in social health care methodologies help researchers understand health outcomes services delivery patients experience and social factors that influence wellbeing. Quantitative methodology focuses on collecting and analyses numerical data it is used to measure variable identify patterns test hypotheses and determine relationships between factors common quantitative methods include survey questionnaire experiment and statistical analysis research may examine whether access to communities' support service reduced hospital admission among older people. Qualitative methodology explores people experiences opinions behaviours and perception through non numerical data methods such as interview focus group observation and case studies allows researcher to get a deeper understanding of social and health related issue for instance interview with patients may reveal barrier accessing health care service that statistics alone cannot explain. A mixed method methodology combines both quantitative and qualitative approach within a single study this method provides a more comprehensive understanding of complex social health care issue by integrating numerical evidence with personal experience research can use quantitative data to identify trends and qualitative data to give why those trends occur. For a future study in social health care a mixed methods approach would be particularly effective social health care involves both measurable outcome such as services use and health indicators and subjective experience such as patient satisfaction and quality of life combining survey with interviews would enable researcher to gather robust evidence enhance the validity of finding and get more information recommendation for policy and practices.

To justify my decision in social health care setting i would use both primary and secondary data primary data is information given directly from people involved in the service this may include questionnaire interviews observation and feedback from service users' carers and healthcare staff's primary data is useful because its provides current specific and details information about the needs experience and satisfaction levels of individuals receiving care. It helps ensure that decision is based on real experience and current circumstances. Secondary data includes information that has already been collected by others such as government reports academic journals healthcare statistics policy documents and report from organization such as the national health service and the world health organization secondary data helps provide background information identifies trends and allow comparisons with wider populations. The advantage of using both types of data includes obtaining a more complete understanding of the issue improving the reliability of finding and supporting evidence-based decision making. Primary data offers accuracy and relevance while secondary data saves time and resource by providing existing evidence. However there

are challenges collecting primary data can be time consuming expensive and may require ethical approval especially when working with vulnerable individuals. There may also be issues with participant consent and confidentiality secondary data may be outdated incomplete or not directly relevant to the specific care setting as a social health care worker i must ensure data is collected and used ethically accurately and in compliance with data protection regulation.

In conclusion social health care staffs are essentials members of multidisciplinary health care teams they provide practical assistance emotional support advocacy and care coodination to individual facing health related challenges through their work they help improve patient wellbeing protect vulnerable people and ensure that healthcare services are accessible and responsive to the need of diverse populations.

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