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Task 1 Report

Introduction

For Task 1, I chose the job role of a **Health Care Support Worker**. I chose this role because it is a very important job in healthcare and focuses on helping patients while supporting nurses and other healthcare professionals. In this report, I will explain my understanding of the role, how I carried out my research, how I evaluated my sources using the CRAAP test, the challenges I faced and how I overcame them, why planning is important, and what my next steps will be.

Understanding the Role

A Health Care Support Worker helps patients with their everyday needs in places such as hospitals, care homes, and clinics. Their duties include helping patients to wash, dress, eat, and move around safely. They also take basic health checks such as temperature, pulse, and breathing. Health Care Support Workers support nurses and doctors by preparing equipment, keeping areas clean, and making sure patients feel safe, respected, and comfortable. This role requires kindness, patience, good communication skills, and the ability to work well as part of a team.

How I Started My Research

I started my research by searching online for information about the Health Care Support Worker role. I focused on understanding the responsibilities, skills needed, and working environments. I used different healthcare and career websites and took notes in my own words. I made sure I understood the information before writing it down and avoided copying directly from any source.

Research Source Used

One main source I used was an article from the **NHS careers website** that explains the Health Care Support Worker role. This article was helpful because it clearly described what

Health Care Support Workers do, the skills they need, and why their role is important in healthcare. It helped me gain a realistic understanding of the job and its responsibilities.

Using the CRAAP Test to Evaluate the Source

I used the **CRAAP test** to check whether this source was reliable and suitable for my report.

- **Currency:** The information on the NHS careers website is regularly updated, which means it is current and relevant to today's healthcare system.
- **Relevance:** The article was directly related to my chosen role and matched the task requirements exactly.
- **Authority:** The information was written by the NHS, which is a trusted and official healthcare organisation. This makes the source reliable.
- **Accuracy:** The information was clear, factual, and matched what I found on other healthcare websites.
- **Purpose:** The purpose of the article was to inform people about healthcare careers, not to advertise or persuade unfairly.

After using the CRAAP test, I decided this source was reliable and suitable for my research.

Challenges I Faced and How I Overcame Them

One challenge I faced was that some information used difficult medical terms, which made it hard to understand. I overcame this by using simpler sources and reading more than one website to improve my understanding. Another challenge was having too much information available. I dealt with this by selecting only the information that was relevant to the task and focusing on key points about the role.

Why Planning Is Important

Planning is important because it helps organise ideas clearly and logically. It saves time and helps make sure all task requirements are met. Planning also makes writing easier and reduces stress because it gives clear direction for each section of the report.

Next Steps for My Report

My next steps are to create a detailed plan, continue researching if needed, and start writing the full report. I will review my work carefully to check spelling, grammar, and clarity. I will also make sure everything is written in my own words and meets the assessment criteria.

Conclusion

This task helped me develop a clear understanding of the Health Care Support Worker role and improve my research and evaluation skills. It also showed me the importance of using reliable sources and planning carefully before writing a report. Overall, this task has helped prepare me for completing my final report successfully.