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MODULE – ACADEMIC AND
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INTRODUCTION

- In this presentation I will lay out the plans for my intended career and analyze my strengths, weaknesses and potential threats using the SWOT analysis.
- I intend on opening a private four-bed psychiatric Mother and Baby Unit. This will be a safe environment where qualified mental health professionals will provide care for women who are experiencing severe mental illness after giving birth.
- The aim is to provide care for both the mother and baby without separating them during a critical bonding stage.

MY EXPERIENCE AND STUDIES ON MOTHER AND BABY UNITS

- According to (Russell, 2017, iv) “one in five women develop a mental health problem during pregnancy or in the first year after the birth of their baby.”
- (Russell, 2017, iv) adds “the pain causes women and their families, the negative impact on their health and wellbeing” and that the strain this has on “the NHS and the nation are considerable.”
- Having worked as a staff nurse on a female acute ward for seven years and on a Mother and Baby Unit (MBU) for almost a decade, I noticed that there was always a shortage of beds available to patients on the MBU. My business seeks to offer a solution.

STEPHENSON'S STUDY ON THE SIGNIFICANCE OF MOTHER AND BABY UNITS

- (Stephenson et al., 2018) identifies “only 17 such units in the UK” and points out “this is insufficient to provide for all perinatal women with Severe Mental Illness [SMI] who require hospital admission.”
- From this I can assess that there is space and a need for my business to exist, not only to support mothers and babies but also to offer a solution to this failure towards perinatal women which will cost the UK “approximately £8.1 billion for each one-year cohort of births” (Stephenson et al., 2018).
- My business will provide care for women in urgent need for admission and focus on helping them to strengthen the bond with their babies whilst in our care.



TIME MANAGEMENT

- (Partin, 1987) states “a valuable introduction to time usage is through setting goals,” recognising the importance of setting goals and that “people who succeed in whatever field do so because they had a dream, vision or goal toward which they are willing to work.”
- During this module, I have learned how to manage my time effectively. Prioritising my workload by allocating a set time period to each task has helped me not only to meet deadlines but also really enjoy each task I have done.

REFLECTION

- Highlighting the significance of reflection (Caldwell, 2013) argues that: “The field of nursing can be emotionally draining and reflection was seen as an outlet to disperse those feelings. Reflection allowed nurses to discuss or write journal entries about their feelings to better understand why they felt a certain way.”
- I understand the significance of reflections and will put into practice all what I have learnt on this course so that the mother and baby unit is a safe environment that delivers quality care. To do this I will introduce training on reflection where different models of reflection will be in our daily practice to improve our service.

PUBLIC SPEAKING AND PRESENTATION SKILLS

- The public speaking skills that I have gained on this course will help me to present my proposal to the funding body e.g. The Local Authority, The Department of Health and The Social Services for grants.
- (Parvis, 2001) highlights a three-step plan to help individuals preparing for a public presentation: To deliver its message effectively your format should include:
 1. an introduction
 2. The body of the message
 3. A summary and a conclusion

REFLECTING ON WHAT I HAVE LEARNT

- The knowledge and skills I have learned in the Academic and Employability Skills module has given me the confidence I need to begin to set out a practical plan and work my way towards opening a private Mother and Baby Unit.
- Time Management skills has shown me how to prioritize tasks. I know now that I will be spending a lot of this year and the next doing a lot of research finding mental health professionals to bring on board, putting a plan in place for what this unit can look like before looking at the various funding options.

CONCLUSION

- From what I have learned in this semester, I now have the ability to put to the SWOT analysis into practice. The MBU business idea is a project that will take a couple of years to come to reality. A proposal will need to be presented to The Local Authority, The Social Services and National Health Services for funding.
- With the knowledge that I have gained during this first term, particularly in Academic and Employability Skills, I will continue to work on my weaknesses and threats to gain from the opportunities that I needed to get to the ladder of owning a mother and baby unit.

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