

Professional Career Development

Task 2 – Report

Student Name: Basilia Chinyere Chinaka

Student ID: 2027595

Lecturer: Rita Ukachi-Lois

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Introduction

In this report, I will be reflecting on the role play where I was interviewed for the job role of support worker. The interview was carried out in a fairly manner, both I and the interviewer were able to discuss in detail the planning of career growth and development after securing a job, display of deep understanding of the knowledge and support skills which enables the efficient delivery of services, getting ready for the care support role, knowing personal strengths and key development areas that needs attention. It also focused on ways of ensuring goals of taking the job and developing elaborate development plan.

Gibb's reflective cycle

Description

After learning about the job posting for support worker, I was eager to know more about the position. I applied the job and hoped for best. I was invited to the interview, and I was very excited. I went to the interview, and I was able to be interviewed by the qualified staff. By leaning forward in my seat, I did an excellent job of maintaining an attentive posture. One of the main reasons I enrolled in the studies is that I admire how support workers treat people and deal with various situations. I thought it would be a good idea to conduct an interview to determine whether my support worker expectations were reasonable. I was kept on my toes by the interviewer. I had no idea what kind of inquiry would be asked next. In addition, the interviewer did a fantastic job of keeping my concentration. All through the conversation, the interviewer was interesting. At some point, the interviewer asked questions that were beyond my experience and that interfered with my morale and confidence.

Feelings

The prospect of sitting in front of an interviewer made me worry, and the fact that I would be assessed added to my uneasiness. I was anxious and I could feel like knowing exactly what the interview question was all about. After being ushered in, I tried to calm down and show some courage and general readiness for the position. After the introduction, we proceeded to the actual interview and the interviewer made the process go on smoothly by asking general question outside the support workers' practices to make the interview more enjoyable. More questions followed, both hard and the easiest ones. At the end of the interview, I went back home and waited for the positive feedback knowing that the interview was fair to me.

Evaluation

At first, I was anxious and worried about the interview. The interviewer made everything possible to ensure there was healthy and enjoyable interview session. According to the Guardian, (2017), a competent support worker possesses a daunting collection of skills, including compassion with communications, kindness and perseverance, transparency and flexibility. For the recent graduate, they can persuade companies that they have what it takes for the job. The interviewer went ahead and asked what was beyond my experience. Interviewer could have asked my experience level before proceeding with the interview questions.

Analysis

Support workers should always demonstrate courage during an interview because that is the opportunity to showcase their skills and assure the recruiter that they really deserve the opportunity. During the interview candidates should not be nervous this will increase their chances of landing into a job (The Royal College of Nursing, n.d.).

Competence refers to ability to offer care assistance as one of the most important roles in healthcare. According to Fukada, (2018), the services should meet the patients' requirements like their mental and emotional health, the available treatments and making the right choices. This was seen in the reflective account whereby I was nervous when being interviewed.

Conclusion

In the reflection, several aspects have been discussed. The support workers should always act professionally, analyse the risks and the impact it could have on the mental health patient and the people living with dementia. During the interview, support worker interviewees should showcase their skills and abilities to the recruiters because this is the only opportunity to ensure that the most qualified support workers are given jobs. The candidates should avoid being nervous because this will limit their abilities of handling interviews.

Action Plan

From the reflection, I have learnt that I should be more courageous during the interview. This is achievable by practising adequately for the interview by knowing the common interview questions that are normally asked. Again, proper studies and research should be done always to get deeper understanding of support practices and ways of dealing with mental health patients.

Conclusion

In conclusion, I have learnt that support workers should act professionally during the interviews and when administering their duties. Support workers should be well informed on current issues and ways of dealing with patients with varying mental diseases.

Career development in mental health nursing

Mental health nurses collaborate with a group of psychiatric doctors to provide high-quality care to patients with mental illnesses and disorders (Indeed, n.d.). Mental health nurses assist with the diagnosis and treatment of mental diseases such as depression, anxiety, and dementia. Patients who have experienced mental trauma because of abuse or physical violence may benefit from a mental health nurse's service. I want to be a psychiatric professional; this will be a great opportunity for me to reach more patients with mental health and being looked up for when there are complex challenges that needs to be addressed.

Effective work skills and knowledge

Working as a mental health nurse necessitates a strong personality and outstanding communication abilities (Mental health nursing, 2015). You'll need to have a broad understanding of mental health issues as well as the capacity to put what you've studied into practice. You'll be friendly and personable, with genuine concern for service customers' requirements. This could include the difficult-to-overcome societal stigma linked with mental health issues (Mental health nursing, 2015). I have variety of skills. These skills include communication. This skill is crucial for nurses providing care for the patients with mental issues. My communication abilities will enable me to be assertive while remaining understandable, allowing me to offer clear directions and ideas (Mental health nursing, 2015). Communication skills also assist me to be a good listener, which is vital in this line of work because listening can help me determine a patient's level of comfort as well as identify any issues. Furthermore, many patients with mental illnesses feel isolated and lonely, so being able to contact with them and simply conversing with them can make them feel much better and may even improve their therapy (Mental health nursing, 2015).

I also have compassion skills. Compassion and empathy will be necessary for me to interact with it & care for the numerous patients I will encounter during my time as a nurse. As a psychiatric nurse, I expect to be disappointed at and faced with other sorts of abuse, which means I must be able to manage with this behaviour while maintaining my ability to judge the patient.

Compassion is a useful tool for assisting me in seeing through this and better knowing the patient. Compassion will also assist me in becoming a better nurse by enhancing my capacity to apply treatment and guarantee everybody is satisfied and well-cared for (Mental health nursing, 2015).

Because of the sad and stressful situations, I may encounter, this type of employment can get highly emotional (Mental health nursing, 2015). To deal with this, I'll need to build up my toughness so I can deal with their emotions in a healthful and dignified way. If I don't believe myself to be a courageous person, this job may not be right for me because it can quickly pull me out and overpower me if I don't have the skill (Mental health nursing, 2015).

Because a mental nurse's day is never the same, those in training must be able to adapt quickly to a variety of settings, locales, and scenarios. A nurse must be able to master a variety of abilities to assist and support as many individuals as possible (Töre, n.d.). As a result, a nurse's capacity to quickly pick up new skills while being unaffected by changing circumstances is critical. As a result, adaptability will help me advance in my profession and may make me more appealing to employers than nurses who do not possess this skill. It implies that adaptability can lead to more options, higher pay, and a broader range of job chances (Töre, n.d.).

As a mental health nurse, I will have to overcome challenges and problems. Problem-solving abilities like avoiding overwhelmed and thinking critically and logically can assist me in succeeding in this sector and providing better care to vulnerable people and patients (Töre, n.d.).

Working as a mental health nurse

I am very excited to accept the offer of employment as a mental health nurse. This is a great opportunity for me to assist people who are experiencing anxiety, sadness, personality issues and eating disorders (Nurse Info, 2020). Doctors, social workers, therapists, and psychiatrists are among the professionals and medical personnel with whom I can collaborate. I am capable to working in a variety of settings, including hospitals and private residences (Nurse Info, 2020).

Personal strengths

I am conscious of my own feelings, fantasies, and anxieties and have a real self-perception. I can evaluate my own professional strengths and flaws (Nurse Info, 2020). I have my own set of life beliefs and values, and I can understand and accept my own emotions and how they influence my behaviour. I can recognize when I'm stressed and the effects it has on my physical and mental

performance, as well as devise techniques to alleviate it. I'm confident in my ability to engage patients in therapeutic discussions (Nurse Info, 2020). Because I approach the patient with a positive attitude of acceptance, tolerance, and genuine interest, I can do so. Acceptance is the cornerstone of all therapeutic interactions, which implies that as a nurse, I must treat the patient as a person rather than a diagnostic entity or a collection of mental symptoms (Nurse Info, 2020).

Empathy is a useful technique for understanding others' feelings. Empathy is the process of putting oneself in another's shoes and experiencing what they are experiencing before taking a step back and assessing the situation (Nurse Info, 2020). I can picture how the patients are experiencing regarding their feelings. To understand and sympathize with patients, I must be willing to become emotionally invested in the patient's situation.

Goals of employment

Psychiatric nurses are important members of society because they diagnose, treat, and administer therapies to help people with mental illnesses manage or improve their symptoms. Even though each patient's goals should be different, psychiatric nurses should strive for some general goals when caring for all patients with mental illnesses (Career Trend, n.d.). The goal is to safeguard the patients from harming themselves, their family, and anybody else or their workplace by providing suitable protection and safety equipment.

To build a strong relationship with the patients, I should attend to their immediate needs, listen carefully to what they have to say, assist them when they struggle with daily tasks, or allow them to accomplish duties on their own if they can do it perfectly without the assistance of a nurse.

Development plan

As I take over the duties of mental health nurse position, I am excited to be part of the team that make things great at various departments in the healthcare environment. I plan to continue learning new things along the journey. My goal is to be at a high position where people will look up to me when they need special attention. I have described my development plan using the SMART framework as follows.

Specific objective	Improving on time management	Using the best communication skills	To develop Professionally
Measurable	Effective time management can be determined on the number of patients handled at a specific time	Communication happens in various forms; some information also can be expressed in different ways	This can be determined on how you handle critical incidence, by providing lasting and effective solution
Attainable	Time management can be achieved through planning and taking full control of time.	This can be achieved by doing more research on effective communication	Can be achieved through regular training and using the acquired knowledge and skills to effectively bring excellent results
Relevant	Time management is applicable in the healthcare environment where it involves handling high number of patients and being able to attend every patient using the available time.	Communication can take place in healthcare sector	It is achieved in hospital when the patient is treated, and the patient recovers fully from the mental disorder
Timely	It takes 5 months to master the skill of time management	It will take 3 months to learn effective communication	It can take 1 year to understand various skills that will enable me to grow professionally.

Conclusion

In conclusion, I have learnt on the various skills that a professional mental health nurse should possess. It is very important to know the goals of choosing this field, development plans, careers objectives, learning goals, strengths and weaknesses. A professional nurse should fully understand their roles to bring effective handling the patients suffering from mental illness.

References

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**The urban building
3-9 Albert street
Slough
Berkshire
SL1 2BE
Tel: 01753 537797**

Email: info@remedysupport.co.uk

Job Application Form

Please use **dark ink** or **type**

Post applying for

Job Title: Support Worker

Ref

PERSONAL DETAILS (please print clearly)

Title: Mrs

Surname: Chinaka

Forename: Basilia

Marital Status: Married

Date of Birth: 27/05/77

Address: 74 Hengrove Crescent Ashford Middlesex, Surrey

Postcode: TW15 3DJ

Home No. : 0749313035

Mobile No. :

Email Address:

National Insurance Number:

YOUR IMMIGRATION STATUS

Do you have permission to work in the UK? (Please circle) **YES** NO

In line with Home Office guidance of illegal working, we will need to verify and take a copy of your original ID documentation as evidence of your right to work in the UK if you are engaged by Remedy support for temporary or permanent work.

EDUCATION

Name of Establishment	Dates from	Dates to	Qualifications
Brookland College	2010	2011	NVQ2,, health and social care
Brookland College	09/2020	07/2021	GCSE's

EMPLOYMENT HISTORY

This employment record should be complete and continuous with no periods unaccounted for. If you have a full CV please attach it to this application form.

Present or most recent Employment

Name and Address of Employer	Dates from/to	Job title
K-Care, 19 bridge street, Reading	11/2020	support worker

Briefly describe your main duties and responsibilities in the above job.

Supporting patients with their daily activities, doing observations: 1 to 1 level, level 3 and more. Going out in the community, like leaves, observing changes in them, working with colleagues; maintaining patients and colleagues safety.

Previous Employment History

Name and address of Employer	Dates from/to	Job Title	Reasons for leaving
A24 group, House 92. Branch group, 96		Healthcare assistant	relocation
K-Care, 19 bridge street, Reading	2020-current	Healthcare assistant	distance

WORK EXPERIENCE

Which of the following areas have you worked in before? (Please circle)

Learning Disability

Mental Health

Physical Disability

Young People

Nursing/Residential Homes

Supported Housing

General Hospital

Day Centres

Nursery Schools

Special Schools

TRAINING (please include copies of your training certificates)

Mandatory Training Undertaken	Date
Moving and Handling	30/10/2020
Food Hygiene	30/10/2020
Safeguarding of Vulnerable Adults (SOVA)	30/10/2020
Fire Safety	30/10/2020
Health and Safety	30/10/2020
First Aid	30/10/2020
Infection Control	30/10/2020

DRIVING (only complete this section if driving is required as part of the role)

Do you hold a current driving license? YES NO

Do you have any current driving convictions? YES NO

(If yes, please state convictions; continue at the end of the form, if necessary)

.....
.....

PROFESSIONAL REFERENCES

Please give the names and addresses of two referees (**not friends or relatives**) including email addresses, wherever possible. One of your referees must be your present or most recent employer/organization. Where you have been unemployed or not working for a period of time, it is helpful if references can be given from voluntary work/school groups or committees.

1st Referee	2 nd Referee
Name: A24 Group	Name: Francis Nwaogu
Position: manager	Position: manage
Company name and address: A24 group, 92 branch group 96, Lind Road, Sutton	Company name and address: Ashford Middlesex
Email: referenc@a24group.com	Email:
Telephone: 08718733309	Telephone:

CRIMINAL CONVICTIONS

Do you have any criminal convictions? YES **NO**

If yes, please give details on a separate sheet, this should exclude any spent convictions under Section 4(2) of the Rehabilitation of Offenders Act 1974, unless the job for which you are applying involves working with vulnerable adults or children in which case cautions, bindovers, pending prosecutions, spent and unspent convictions must be declared.

DISCLOSURE AND BARRING SERVICE (DBS) CHECKS

As you are to work in areas where you are likely to have substantial access to children or vulnerable adults then we will require a DBS check to be completed. It is now law that all members dealing with the above mentioned clients have a DBS check carried out. Information disclosed on a DBS check will not automatically exclude you from being offered a position; all information will be assessed on an individual basis, following the guidelines provided by the DBS. Guidelines are available from the office upon request.

THE WORKING TIME REGULATION 1998

The above regulation sets out new provisions governing average working time limits for workers. By signing this application, you hereby agree to the exclusion from the conditions of service of Remedy support of any implied working time limits as referred to in such regulations.

HEALTH AND DISABILITY

The following questions on health and disability are asked in order to find out about your needs in terms of reasonable adjustments to access our recruitment service and to find out your needs in order to perform the job or position offered.

Do you have any health issues or a disability relevant to the post or role you seek?

YES ☒ NO

If you have a disability, what are your needs in terms of reasonable adjustments to enable you to perform the role sought?

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.....
.....
.....

NEXT OF KIN

Name: Peter Chinaka

Relationship: husband

Address: Middlesex, Surrey

Telephone: 07898572440

Mobile:

BANK ACCOUNT DETAILS

Please fill in the following if you wish to be paid directly into your bank account

Name of Bank

Sort Code Account No

Account Name

CANDIDATE DECLARATION

In accordance with the Data Protection Act 1998, the information provided on this form will be used in the recruitment and selection process and may be disclosed to all those who need to see it. It will also form the basis of the confidential personnel record of the successful candidate. In the case of unsuccessful candidates, the application form will be destroyed after six months.

I hereby declare that to the best of my knowledge, all the information given by me is correct, and that I possess all the qualifications I have listed on this form. I confirm that I do not object to the information collected on this form being transferred onto computer for the purpose of anonymous statistical reporting, in accordance with requirements, and to assist The Secretary in equal opportunities monitoring in respect of job applications. I agree that The Secretary has the right to validate any of the information provided. I understand that any false statements could result in my dismissal if appointed.

If during the course of a temporary assignment, the client wishes to employ me directly, I acknowledge Remedy support will be entitled either to charge the client an introduction/transfer fee, or agree an extension of the hiring period with the client (after which I may be employed by the client without further charge being applicable to the client.)

I confirm that I am legally eligible to work in the United Kingdom.

Signed by candidate

Name: Basilia Chinaka

Date: 05/04/22

Office use only

	Date sent	Date received
1st Reference		
2nd Reference		
DBS		
Payment for DBS	YES	NO
Training undertaken: Common Skills Induction Moving and Handling Food Hygiene Health and Safety SOVA First Aid	Dates	
Notes		

Application Form Reference:

www.remedysupport.co.uk

Questions:

1. Can you tell me about yourself?
2. What are the main care assistance duties?
3. How did you hear about this job?
4. What skills do you need to become a care assistant?
5. A health care assistant in the hospital, what are your future plans?