

Module code: LCHS4009

**Module name: Professional Development within
Health and Social Care**

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Introduction

Professional development in social and health care is important for developing knowledge and skills. Healthcare workers stay up to date with the practices and confirm that they develop the most accurate care possible. Daily training sessions, courses and workshops permit professionals to understand new changes in the regulations. These aspects not only improve the performance of the people but also develop team collaboration which helps to drive accurate patient outcomes. A professional CV that will shed light on achievements, voluntary and work experiences in detail. The personal strengths, opportunities, weaknesses, and threats will be highlighted with the help of SWOT analysis.

Task 1

CV

Name: Daniela Apetrei
Address: XXXXXX
Email: XXXXXXXX
Phone Number: XXXXXXXX

Personal Details

I am an experienced professional with important hands-on experiences as a Care Assistant in the Children department in a hospital setting at the University of Wales Trinity Saint. This profile helps me to improve my communication skills and a core understanding of empathy for children and families. I learned the necessity of listening to the needs of the patients which supports me in delivering accurate care. My passion for helping children led me to Deliver-Quality Care and a possessive impact in their daily lives. I have a keen interest in developing my professional improvement in the health and social care sector by gathering more knowledge from different profiles.

Educational Journey

Duration: 2025 – Present
Course: Health and Social Care
University: University of Wales Trinity Saint David
Duration: 2020-2022
Course: Health and Social Care Studies
University: University of Wales Trinity Saint David

Professional Journey

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Timeline

2022-2025

Organisation

Heartlands Hospital – Birmingham

Role

Children's Care Assistant

Responsibilities

- Provided support and care to children in a hospital.
- Interact effectively with families, healthcare professionals and children.
- Helping with daily care requirements and confirming safety and comfort.
- Maintaining health and safety regulations and the safeguarding procedures.
- Demonstrated patience, empathy and understanding of the energy situation.
- Helping medical staff in providing high-quality patient healthcare.

Key Skills

- Excellent interaction skills
- Compassion and Empathy
- Teamwork in health and social care
- Safeguarding awareness
- Organisation and Time Management
- Ability to work under pressure
- Problem-solving ability

Achievements

- Gathering important experiences by serving as a Children's Care Assistant in the hospital sector.
- Improved interpersonal skills and strong patient healthcare practices.
- Progressive completed Health and Social Care studies and returned to continue higher education.

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Interests and Hobbies

- Keen interest in gathering knowledge about child development and wellbeing
- Caring and helping others
- Spending time with close members
- Professional and personal development

Task 2

Personal Statement – Senior Care Assistant

Career aims

My main ambition is to create a long-term career in health and social care where I prefer taking on more responsibility so that I will grow into a Senior Care Assistant. I always enjoy helping others so that they feel safe and respected. Now I want to keep learning and enhancing my skills since I hope to support patients and junior staff in a positive manner.

Education

I am currently studying Health and Social Care at University of Wales Trinity Saint David. This course has helped me to understand different care values along with communication and patient requirements. On the other hand, I have also finished Health and Social Care Studies before starting with my current study course. Such an educational background has given me a strong knowledge base about how to give proper and effective care.

Work Experience

I have prior work experience as a Children's Care Assistant at Heartlands Hospital in Birmingham. During this time, I have helped many children with their daily needs and made them feel comfortable. Working closely with many families and healthcare staff has given me good experience about the ways where I performed clear communication. I have followed appropriate safety and safeguarding regulations that have given me sufficient confidence throughout a care setting.

Personal Strengths and Skills

My key strength comes from having strong communication skills since I listen very carefully and speak clearly. I have good patience to understand difficult situations and analyse them to find meaningful solutions. Good teamwork skills are another aspect that I have as I prefer supporting others whenever anyone needs help. My time management skills are also very good and I can stay calm under pressure. I am always organised for both personal and professional commitments followed by good problem-solving skills.

Value to the Employer

Based on the skills, knowledge and experiences which I have gained, I believe that I would be an important member of your team. I bring real experience after working in a hospital environment and I understand the significance of both dignity and respect in care settings. Following rules and regulations are very important in these situations, making me a reliable candidate who is always willing to learn.

Task 3

SWOT analysis

<i>Strengths</i>	<i>Weaknesses</i>
My primary strength comes from my hands-on experience at Heartlands Hospital. I have spent three years working directly with children in a clinical setting. This experience has taught me how to remain calm during medical emergencies. I am also very good at communicating with parents who are under huge stress (O'Toole, 2024). I have a deep understanding of safeguarding protocols which keeps children safe. I am a natural team player where I support my colleagues during busy shifts. My empathy always allows me to build trust quickly with young patients (Delgado <i>et al.</i>, 2023).	Sometimes, I find it quite difficult to separate my emotions from my professional duties. Seeing children in pain can become very emotionally draining for longer periods. As a student, I still have gaps in my knowledge regarding complex medical equipment. I am still learning how to manage the administrative side of social care work. On the other hand, I also take on too many tasks at once instead of segregating them with others.
<i>Opportunities</i>	<i>Threat</i>
The current shortage of healthcare staff in the UK has created many job openings. My university degree will qualify me for higher-level management roles in the future (Buckingham, 2025). I can choose to specialise in specific areas like paediatric mental health or oncology. There are many free workshops available that can later help me to learn about neurodiversity in children. Networking with senior nurses at the university can also provide me with better placement opportunities (Blacklock <i>et al.</i>, 2022).	The high cost of living can make it difficult to balance low-wage training roles (Francis-Devine, 2026). Frequent changes in healthcare legislation will put constant pressure and time-consuming study. There is a high risk of burnout due to long hours and understaffing in hospitals. Budget cuts in the public sector may reduce the number of available specialist roles (Lay, 2026).

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Personal Development Plan

Specific Skills	Measurable Criteria	Achievability	Relevance to Role	Time	Development Method	Monitoring and Evaluation
Academic Completion	Pass all second and third-year modules.	I am currently enrolled and attending all lectures.	A degree is required for senior healthcare positions.	June 2025 – July 2027	I will attend every seminar and complete all required readings (O'Toole, 2024).	I will check my assignment grades and tutor feedback monthly.
Advanced Safeguarding	Get a Level 3 Safeguarding Children certificate.	My university and workplace offer these specific training courses.	Protecting children is the core duty of a care assistant.	March - June 2026	I will enroll in an online NHS safeguarding workshop.	I will save my certificate and pass a knowledge test.
Clinical Observation	Perform 100 supervised sets of patient observations.	I have access to medical equipment at Heartlands Hospital.	Accurate vitals are vital for patient safety and treatment.	June - December 2026	I will ask senior nurses to mentor me during shifts.	I will keep a practical logbook signed by my supervisor.

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Communication Skills	Complete a professional communication skills workshop.	Training sessions are available through the hospital HR department.	Clear communication reduces stress for families and children.	December 2026 – May 2027	I will practice active listening during my daily interactions.	I will ask for verbal feedback from families after shifts.
Professional Leadership	Lead three shift handovers under senior supervision.	I have three years of experience to share with others.	Leadership skills are needed to progress to a senior role.	May – July 2027	I will volunteer to assist new student placements on my ward (Delgado <i>et al.</i> , 2023).	I will have a formal review meeting with my manager.

Task 4

Reflection

Description

The LCHS4009 Component 1 presentation influenced me to provide a proper academic presentation that depends on the social and health care subject. The goal was to explain my understanding of the topic while productively communicating important ideas (Rowe, G., 2022). I made slides, practiced delivery before the assessment and conducted research. I covered the key contexts, helped them with the evidence and attempted to involve the audience via clear explanation during the presentation.

Feelings

I felt slightly nervous and anxious mainly because of the lack of public speaking practice before the presentation. Although I was also somewhat made and encouraged to serve my role well (Furey, 2025). Primarily, I felt tense but as I continued, I became more motivated and confident during the presentation. After completing my work, I felt relaxed but also conscious that my performance was not as perfect as I hoped. The verbal review from my lecturer supported me more objectively on my weaknesses and strengths.

Evaluation

A positive perspective of my presentation was that my content was relevant and properly researched. The lecture shed light on my understanding of the subjects which was clear and I was capable of adding proper academic references (Rawles, 2025). My slides were well-structured and visually clear that helped me to represent my presentation properly. According to the feedback of the lectures, I focused too much on the reading and my lack of confidence in delivering the details was recognised. My eye contact with the other was limited which decreased involvement during presenting my presentation. Furthermore, my time management skills were not proper as I spent on a single section and rushed the other parts.

Analysis

The feedback addressed that while my preparation was proper but my presentation skills require development. This integration with my personal awareness of the weaknesses in my speaking skills and time management. My reliance on delivering information reflects a poor confidence level and insufficient practice. Effective interaction skills in the health and social sector are important and this work sheds light on real-life scenarios where expertise is needed to represent data clearly (Grainger, 2022). Additionally, poor time management can affect the completeness and clarity of data delivered. The feedback of lectures explains the cruciality of practicing delivery protocol such

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as utilising notes rather than reading slides and balancing eye contact. All the information that not only enhances my knowledge but also develops my confidence level.

Conclusion

This presentation delivered an important learning experience that helped to proceed further with the accurate protocol. I explained subject knowledge but my information delivery skills need more significant practice. The feedback demonstrated areas that require improvement as engagement, time management and confidence which are crucial for professional practices and academic understanding (Daff *et al.*, 2024).

Action Plan

I will practice more by focusing on communication skills without relying on slides to develop upcoming presentations (Daniels, 2025). I will train myself in the case of developing confidence by speaking with others. Furthermore, I will also practice eye contact and utilise the cue cards rather than reading the entire slides.

Conclusion

Professional development mainly known as Continuing Professional Development, is the systematic and lifelong mechanism of upgrading skills, competence and knowledge. This has demonstrated the personal strengths, threats, weaknesses and opportunities which relevant to the Senior care assistant. On the other hand, the reflection has also highlighted that covered the understanding, thoughts and feedback during the presentation with the help of Gibbs Reflective Cycle.

References

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