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ASSIGNMENT COMPONENT 1 SOCIAL HEALTH CARE

Introduction

The purpose of this report is to examine the principles of health and social care practice and their importance in delivering safe effective and high-quality support to service users. It will explore three key principles person centred care partnership working and ethical practice, considering how these principles are applied in real life health and social care setting. Person centred care involves respecting individual's needs and preference values and choices, that promotes dignity. Independence and wellbeing partnership working involves collaboration between service users, families, carers and multidisciplinary professionals to achieve positive outcomes. Ethical practice focuses on maintaining confidentiality, respecting and promoting equality and ensuring that decisions are made in the best interests of individuals. The case study selected for task 2 which will be used to demonstrate these principles influence professionals practice and service delivery in practical situation. These principles can positively affect service users by improving their involvement in decision-making, promoting trust and protecting their rights and enhancing their overall quality of life. For professionals these promote accountability effective communication and teamwork and evidenced-based decision-making. However, their implementation may be challenging by conflicting views and limited resources and ethical dilemmas. Consequently, understanding and applying these principles is essential to maintaining professional standards and ensuring that care remains compassionate inclusive and responsive to individual needs.

Reflection on the Importance of Principles of Health and Social Care

The principles of health and social care are essential for providing safe, effective, respectful and high-quality services in the United Kingdom. Reflecting on these principles has helped me understand the importance of person-centred care, partnership working and ethical decision-making. These principles ensure that individuals receive appropriate support according to their needs, preferences, values and personal circumstances. They also help health and social care professionals maintain professional standards and protect the dignity and rights of service users.

Person-centred care is an important principle because it places individuals at the centre of decisions about their care. It recognises that every person has different needs, beliefs, preferences and life experiences. For example, an older person receiving domiciliary care should be encouraged to make choices about their daily

routine, meals and personal care. Reflecting on this approach, their independence can improve their confidence, dignity and overall wellbeing. This principle is supported by Carl Rogers' person-centred approach, which emphasises empathy, acceptance and understanding. In UK health and social care, person-centred practice also supports the Care Act 2014 wellbeing principle, which requires local authorities to consider individual wellbeing when carrying out their care and support responsibilities.

Partnership working is equally important because service users may require support from several professionals and organisations. Effective collaboration between nurses, social workers, doctors, carers and family members can improve communication, reduce misunderstandings and ensure continuity of care. When supporting a person with a long-term condition, professionals can share relevant information appropriately to develop a coordinated care plan. Bronfenbrenner's ecological systems theory helps explain how individuals are influenced by relationships and wider social environments. This care should not focus only on a person's medical needs but also consider their family, community and social circumstances. The Care Act 2014 promotes cooperation between local authorities and relevant partners to support individuals effectively.

Ethical decision-making is another fundamental principle because professionals must protect service users' rights, safety and dignity. Important ethical principles include autonomy, beneficence, non-maleficence and justice. Autonomy means respecting an individual's right to make informed choices, while beneficence involves promoting their wellbeing. Non-maleficence means avoiding harm, and justice requires fairness and equal treatment. If a service user refuses personal care, a professional should explore their reasons, communicate respectfully and consider their decision-making capacity where relevant rather than automatically forcing treatment or support. The Mental Capacity Act 2005 provides a legal framework for supporting people who may lack capacity to make decisions. Reflecting on this, I understand that professionals must balance individual choice with their duty to protect people from harm.

Overall, these principles contribute to quality care by promoting dignity, independence, effective collaboration, safety and accountability. The Health and Social Care Act 2008 framework and Care Quality Commission standards also support safe, effective, compassionate and well-led services. My reflection has strengthened my understanding that good care involves more than completing tasks; it requires empathy, communication, respect and professional responsibility. By applying person-centred care, partnership working and ethical decision-making, health and social care professionals can improve individual outcomes and deliver services that respond to each person's needs.

The principles of health and social care are essential for providing safe effective, ethical and high-quality services. Person-centred care partnership working and ethical practice help ensure that individuals receive appropriate support according to their needs,

preferences and personal circumstances. These principles are reflected in the health and care Act 2022 National institute for health and care Excellence (NICE) guidance, care Quality commission (CQC) standards and the six Cs of nursing and care. Their practical can improve service users and experience and support professional to deliver effective care. UK care homes supporting an older service user who has diabetes reduced to mobility and difficulties managing daily activities. Person-centred care involves assessing the individuals needs respecting their choices and developing an individualised care plan. Staff may agree on suitable meal choices and preferred personal care routines and activities that reflects the individual interests. This can improve independence dignity emotional wellbeing and satisfaction with care. For professionals person-centred practice encourage accountability and improve understanding of individual needs. However limited staffing and time pressures may restrict opportunities to provide personalised support. These challenges can be addressed through effective care planning staff training and regular reviews. NICE guidance emphasises involves people's decisions about the care and respecting their preferences (NICE 2021).

Partnership working involves communication and collaboration between service users, family members and care workers, nurses, GPs and other relevant professionals. Care staff may work with diabetes nurse and GP to monitor blood glucose levels review medication and provide dietary advice. The service user benefits from coordinated care, reduced risks and improved continuity between services. Professional benefits from shared expertise, clearer responsibilities and better-informed decisions. Nevertheless, poor communication inconsistent record-keeping and confidentiality concerns can create difficulties. These challenges can be overcome through regular multidisciplinary meetings, accurate documentation secure information-sharing procedures and obtaining appropriate consent. The health and care ACT 2022 provides a legislative framework for greater integration and collaboration across health and care services in England (UK Government,2022).

Ethical practice requires professionals to respect autonomy dignity and confidentiality equality and the individual's right to make informed decisions. For instance. if the patient refuses a particular meal or declines assistances with personal care. staff should explore the reason respectfully explain relevant risks and offer suitable alternative rather than applying unnecessary pressure. This protects the individuals' rights and builds trust, and professionals are supported by clear ethical responsibilities and improve relationship with patients. However, a challenge may arise when a person choice creates concerns about their safety. Staff should undertake proportionate risks assessment and communicate clearly and follow relevant safeguarding procedures while respecting the person autonomy. The CQC assesses whether services are safe effective and caring responsive and well-led helping ensure that care meets appropriate standards (CQC,2024).

The six C, s-care compassion competence and communication courage and commitment provides a useful framework for professional practice. For example, compassion supports respectful and interaction and competence promotes safe care and communication reduces misunderstanding. Courage enables staffs to report unsafe practice while commitments encourage continuous improvements. Applying these values alongside person –centred care partnership working and ethical decision-making helps professionals overcome barriers and maintain quality standards.

As a developing health and social care professional i recognise that providing high-quality care requires more than completing daily tasks.it involves respecting individual choices working collaboratively with other professionals and making ethical decisions that protects patients and dignity rights and wellbeing. Person-centred care partnership working and ethical practice are fundamental principles that influence professional responsibilities and improve the quality of care. This reflection critically examines how i would apply these principles in my daily practice identifies areas for improvement and considers how professional development will support my future career. Relevant theories legislation and professional guidance are used to support my reflection.

Person-centred care and Maslow's Hierarchy of needs

Person-centred care involves recognising each patient as an individual with unique preferences believes abilities and care needs. In my daily practice i would involve individuals in decisions about their care respect their cultural background and maintain their privacy and dignity. When supporting an older person with personal care i would explain each procedure obtain consent and allow them to complete tasks independently wherever possible and this approach promotes autonomy and prevents unnecessary dependence. Maslow hierarchy of needs (1943) provides a useful theoretical foundation for understanding individual wellbeing. The theory identifies physiological needs safety, belonging esteem and self-actualisation. In practice i would ensure that essential needs including nutrition, hydration comfort and safety are addressed while also supporting emotional wellbeing and social relationships and independence. However, I recognise that individuals do not always experience these needs in a fixed order. Therefore, Maslow s model should guide rather than dictate individualised care.

The care act 2014 strengthens this approach through its emphasis on wellbeing personal dignity control over daily life and participation in decisions. The statutory wellbeing principles require local authorities to consider the person circumstances holistically. In future practice i would use care plan that reflect individual goals and regular review whether support remain appropriate. Uk healthcare setting such as an NHS hospital discharge team nurses, doctors and occupational therapists, social workers also community services may collaborate to support a safe transition from hospital to home. In my future role I would communicate relevant information

accurately listen to my colleagues and professional opinions and involve service users in discharge planning. for an example A old person has mobility difficulties i would contribute observation about their daily support needs and communicate concerns to the appropriate professional. This could help ensure that equipment home support and follow up arrangements are considered before discharge. The health and care act 2022 supports greater integration across health and social care services in England including through integrated care systems. However effective partnership working can be challenged by staff shortages unclear responsibilities communication failures and different organisational priorities. I would address these challenges by using clear handovers accurate documentation and appropriate escalation procedures. I would also share information lawfully and proportionately respecting confidentiality under data protection requirements. I recognise effective teamwork requires accountability; collaboration does not remove my responsibility to act when a service user may be at risk. Ethical practice means acting with honesty and fairness compassion and accountability. In my daily responsibilities i would respect confidentiality obtain informed consent maintaining professional boundaries and challenge discriminatory behaviour. I would assess any immediate risks explain available options and seek appropriate professional guidance when necessary. The care act 2014 also provides a framework for protecting wellbeing and supporting individuals control over their lives. I would consider the person wishes relevant legislation, capacity and safeguarding procedures before acting. This demonstrates that ethical care requires critical judgement rather than simply following instruction. Reflecting critically on my practice will help me identify strengths and weaknesses learn from feedback and improve outcomes for service users. I need to develop in confidence in communicating concerns during multidisciplinary discussions and would prioritise safety dignity and individual needs while working within my competence by combining theoretical knowledge with practical experience and continuous reflections. I aim to become a compassionate reliable and accountable professional.

Conclusion

Person-centred care, partnership working and ethical practice are interconnected principles that support safe effective and respectful care. Maslow's hierarchy helps me consider holistic needs while legislation and professional standards guide my responsibilities. Through targeted training supervision feedback and regular reflection. They promote dignity independence coordinated support trust and accountability. Although staffing pressure communication difficulties and conflicting care needs may present challenges effective training collaborative working clear policies and regular care reviews can help overcome them. Applying the health and care act 2022 NICE guidance CQC standards and the six C s supports safe inclusive and high-quality health and social care in the uk.

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