



Health Care Worker

By: Ma Clarissa Magno



Introduction

I chose this course as this will support me in accumulating knowledge and broaden my understanding for my chosen career. Helping me gain experience which would benefit me in near future.

Gibbs' Reflective Cycle' 1988

Descriptions: Good communication is one of the primary skills needed for this career, in order to communicate with people around you. Which is one of the skills I would need to work on, and I think with this career it would help me improve this skill. Work-wise I am passionate and determine, I will work hard to achieve my goals.

Feelings: I often get excited but nervous at the same time, since English is not my first language.

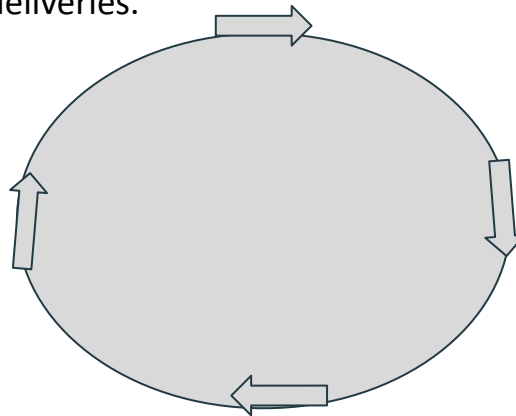
Evaluation; My aim is to gain as much skills and experience for my future employability.

Conclusions;(general) To understand my career from different aspects and improve

Conclusions;(specific)
I would need to expand my knowledge and be determined in order to understand my career goal

Personal Action Plan;
To be reach my career goal.

Initial Experience; I used to be a midwife and I was able to perform normal deliveries.



ANALYSIS

Overall, studying this course would help would me gain new skills and experience. Meeting new people would enhance my communication skills and other essentials skills that I would be needing. My greatest goal is to become a Health Care Worker and this course would be essential in helping me reach that.

Working with different multidisciplinary teams is one of my strengths; this will benefit me throughout my career because I will be able to learn directly from a wide variety of experts. My weakness, on the other hand, is interacting with others; I find it difficult to communicate my concern and thoughts. Improving my listening skills, which is the secret to successful communication, is an opportunity to improve my weakness. It's easy for messages to be misunderstood without the ability to listen effectively. Threats I will encounter is handling rude and patients and co-workers.

SKILLS



One of the skills required for Health Care Worker is communication skills.

Communications skills is very significant in this career because you get to relay clear and accurate information of the patient and this helps build trust between you and the patient. (NICE, 24 February 2012).

Another skill for Health Care Worker is to have a positive attitude, This is an important responsibility because it will help you to interact and communicate. (Remez Sasson, 2020).

REFERENCE

NICE, (24 February 2012). Patient Experience in adult NHS Services: improving the experience of care for people adult NHS services. Retrieved April 11 2021 from <https://www.nice.org.uk/guidance/cg138/chapter/1-guidance>

Remez Sasson (2020). What is the Meaning of Positive Attitude -Definitions. Retrieved 11 April 2021 from <https://www.successconsciousness.com/blog/positive-attitude/positive-attitude-and-state-of-mind/#:~:text=By%20Remez%20Sasson,does%20not%20give%20in%20easily.>