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Introduction

Older citizens of a country often require additional help for the mobility and conduction of daily courses, as they mostly suffer from chronic illnesses. For providing care at home, nurses are assigned by medical organisations and related institutions. In such scenario, it is essential for the government to prepare policies and regulations that can help them in carrying out a certain protocol to take care of their clients while considering the conditions of the patients. In order to perform their task well, midwives can also implement effective theories and models that are related to healthcare and social care practices. The current study focuses on the main principles of support in the health and social care practice in the UK. Moreover, it includes an evaluation of the impacts of policies, legislations, codes of practice, and standards of nursing practices based on the provided scenario. Effective recommendations are also provided for future policy and practice.

Purpose

The health and social care services require undertaking of huge responsibility, as it is essential for the health and social care providers to be aware of the well-being and rights of the service users (Stahl and Emanuel, 2017). In the provided scenario, the rights of Mr. and Mrs. T are to be considered. As both are above the age of 85 years, the responsibility of the health care providers are increased. Moreover, Mr. T is a dementia patient with other chronic illnesses. On the other hand, Mrs. T has suffered a fall incident and requires using mobility frame after hip operation. As both of them were very independent till this age, their sense of freedom can be considered high. Furthermore, Mrs. T's willingness to improve her health condition through personal care, effective at home nursing is essential. In this case, the assigned nurse requires following all the principles of health and social care in the light of the situation.

Approaches

According to Gehlert and Ward (2019), health care and social care workers require understanding the psychological conditions of the patients. It enables them to understand whether their actions can hurt their dignity and rights. One of such theories is *psychosocial development theory*, which focuses on the personality development of a person. The theory states that people go through eight stages in their lives. Apart from this theory, nurses and organisations can also use *Solution-focused therapy*, which concerns finding solutions of problems with a collaborative approach between the client and service provider.

Discussion

Assessment of principles of support in health and social care practice

In order to perform their task effectively, it is essential for the service providers to be unbiased and consider each of the patients' situations carefully. The service users' beliefs, culture, and their personalities are all required to be taken into account for a proper service provision as per the main principles. In addition, following all codes of ethics, policies, and regulations are necessary for the health and social care providers (Joy *et al.* 2020). In the provided case study, the assigned nurse is required to consider all the mentioned areas while performing her duties.

The main principles of health and social care practices are assessed below:

- Individuals are provided with the opportunity to carry out decisions regarding their health conditions. In the light of this statement, Mrs. T should be given the opportunity to decide on the treatments and help she requires while the nurse is present. As she is willing to perform tasks as independently as possible, her decisions regarding her capability are essential. The nurse can, however, provide her advice upon askance.
- Collection of appropriate information from the service users for assisting in making informed decisions (Patel *et al.* 2020). It is the principle that the nurse requires to follow before providing any kind of treatment and wellness advice to the patients.
- Empathetic communication is to be maintained to gain trust of the service users. The nurse requires conversing with Mrs. T in order to understand their current situation and then perform as instructed by the assigned doctor. It is also essential to realise the demands and requirements of the patients.
- Thorough understanding and knowledge of laws, regulations, and related technology with each of the provided treatments is needed to be considered by the nurse (Groarke *et al.* 2020). It can help them to follow the codes of ethics related to their task and the boundaries they require focusing on while being committed to the task.
- Assessment of risks related to the service user, that is, Mrs. T in this scenario, is essential to follow. By recognition of potential risks, the nurse can inform the patient along with the responsible doctor to mitigate the issue.

The application of these principles while considering health and social care practices can improve the overall care services in the medical sector.

Critical evaluation of impacts of policies and legislation on organisation practice and policies

Focusing and following respective policies and legislations related to health and care services are highly significant. According to Poulos *et al.* (2019), the healthcare department in a country holds much strength as they provide the medical support targeting overall wellness of citizens. However, it also require considering important legislations that are prepared to maintain decorum and ethics in the system. The legislative measures are issued in order to protect and support health care workers, along with healthcare service users. The Equality Act of 2010 is an important legislation that is to be followed by all health care social care workers. It focuses on all kinds of actions that can create discrimination among individuals such as age, sex, race, religion and beliefs, sexual orientation, disability, and several others (Legislation.gov.uk, 2010). Therefore, as per the scenario, Mrs. T's age and personal beliefs are to be acknowledged by the assigned nurse, along with the respective organisation.

On the other hand, the UK government has separate policies and guidelines for nursing and midwifery. In this regard, the nurse is required to consider the policies provided. It has been noted that it has policies for children care, elderly care, leaning and physical disabilities, mental health, and many others. Some of the guidelines that independent nursing such as the case study situation, nurses require following are provided below:

- Nurse Managers or the Home managers will provide support and make decisions for the cleanliness, and effective infection control measures (Department of Health, 2009).
- The nurses are required to have the knowledge of safe resident care strategies for a safe, calm, and clean environment.
- Partnership with the managers is to be continuously maintained in order to understand the conditions of the patients. Further instructions can be provided to the nurse if needed.
- Effective communication is to be maintained in order to understand the issues related to the patients. However, it is the responsibility of the management to take care of this situation instead of the assigned nurses (Department of Health, 2009). Thus, the nurse requires sending Mrs. T's relatives to speak with their organisation management so that they can deal with the problem.

Other than these policies, the Department of Health, Privy Council, and Professional Standard Authority are considered for the decisions regarding provision of health and social care services (Nurse and Midwifery Council, 2021). Therefore, the nurse and their organisation require noting the Nursing and Midwifery Order 2001, Health Act 1999, along with several secondary

legislations such as Misuse of Drugs Act 1971 (UK Parliament, 2021). In the consideration of the present scenario, manual handling of patients with issues of mobility can be highly problematic. In this regard, the safety and dignity of the said patients is highly essential. It is to be done in a way so that the patients' human rights are effectively regarded. The Care Act of 2014 is highly recommended in the health and social care industries. The act allows people to have an effective idea of the consequences, and the factors that are associated with the wellbeing of the patients. Through high quality range support, and navigation to perform a task, the laws within this regulation are thoroughly followed by medical organisations while health care workers are encouraged to follow it as well through legal binds.

Critical evaluation of impacts of codes of practice and standards on organisation practice and policies

Codes of practice and standards are similar and include actions that can help service providers to perform their tasks effectively. In the words of Odendaal *et al.* (2020), codes of conducts enables organisations to follow ethics as well. Thus, it can be stated that through consideration of the codes of conduct and ethics, organisations can ensure effective service provision to patients. Some to the code of conducts that enables nurses and other health care workers to follow are mentioned below:

- Being accountable for the actions and omissions made by the nurse practitioner is significant. In the consideration of the scenario, the nurse providing support to Mrs. T requires being accountable for their decisions and conducts regarding each step while nursing her.
- Consideration and upholding privacy, dignity, rights, and health and wellbeing of the service user is significant. On the other hand, the medical organisations are required to be aware of the same factors for the carer (Dash, 2020). Therefore, as per the case study, the assigned nurse must take note of the privacy, dignity, rights, and overall wellbeing of both Mr. and Mrs. T. The organisation should consider the same aspects for the carer assigned to Mr. and Mrs. T's recovery.
- Collaboration with colleagues needed to be prioritised while the nurse practitioner is providing service to the patients. It is applicable for both residential and clinical participation. The assigned nurse to Mr. and Mrs. T must focus on their collaboration with their colleague while they perform their task at service user's home. Through effective

collaboration, the patients can receive high quality medical service, along with the prioritisation of their safety and support (Morley and Cashell, 2017).

- Effective communication with the service users and carers can help in understanding the current conditions of the patients. The issues that are related to respective patients can be solved through effective interactions while doubts and issues faced by the carers can also be managed. It can ensure a better quality performance of the nurses, which ultimately provides heightened service to service users.
- Respecting the rights of confidentiality of the patients as well as the carers can assist in managing privacy concerns. Patel (2019) demonstrated that through mutual respect for one another's information, strong bonds and trust among service users and service providers can be generated. It can help in open conversations regarding patient health issues that can become useful information to locate risks associated with patients' wellbeing.
- Strive to improve health service quality among individuals and organisations can help in the development of the practice associated with their actions. The thinking process can help every carer to improve their levels of performance that can allow them to render effective health quality services to service users.
- Maintaining equality, diversity, and inclusion is essential for the organisations to include in their codes of ethics and conducts in order to follow the legislations. Moreover, according to West *et al.* (2018), organisations can cause a good environment while maintaining the equality actions in the health service departments. The nurse practitioner of Mrs. T require considering her age and beliefs in order to provide her the best medical experience during her recovery.

Analysis of theories underpinning health and social care practice

Health and social care worker use several theories that help in establishing their practices while improving them for better performance. By recognising the stages of psychosocial theory, health care professionals can provide them appropriate service. The eight stages considered in the theory are trust versus mistrust, autonomy versus shame and doubt, initiative versus guilt, industry versus inferiority, identity versus confusion, intimacy versus isolation, generativity versus stagnation, and integrity versus despair. Knight (2017) indicated that people go through these stages as they age, which can be used by healthcare professionals to recommend effective treatment to patients based on the information.

In the light of the provided scenario, Mr. T can be located in the stage of identity and confusion, as he has been diagnosed with dementia. His illness causes him to forget specific parts of her memories that lead to mental problems. On the other hand, Mrs. T can be located in the stage of integrity and despair, as she is willing to be independent as long as possible. Orenstein and Lewis (2020) pointed out that identity and confusion occurs in people's adolescence. However, considering the mental conditions of Mr. T, it can be stated that he resides in stage five of the theory.

In the solution-focused therapy, problems and issues are identified by both the service provider and the user. Later on, effective solutions are devised based on individual's strength. It is highly effective for short-term goals that assist service users to mitigate the challenges they face during recovery from an illness (Zhang *et al.* 2018). Through a focus on the actions delivered by the service users, health care and social care providers can analyse the formers behaviour and change them for favourable outcomes. The system also aligns with the codes of conduct and health is principles where a patient's decisions are taken under consideration, while positive participation of service providers is also present.

The theory can be applied for the provided scenario as well, as it can ensure effective outcomes related to the issues faced by Mrs. T. The nurse and Mrs. T. can identify her problems altogether and brainstorm to come up with a solution. The nurse can provide relevant advices in this case if they deemed fit. Moreover, they can guide Mrs. T to make her decisions regarding her and her husband's wellbeing in the future. Thus, it can be stated that through the application of the mentioned theories, social and health care workers can ensure better performance and outcomes for the patient while maintaining all the legislations, regulations, codes of practices, and standards.

Recommendations

It has been observed that the UK government has invested and provided with several actions and frameworks in order to improve the health and social care services. Moreover, as per the Nurse and Midwifery Council (2021), more and more nurses and midwives will be educated for improved quality of services. In order to make them highly effective, nurses should be trained with the application of mentioned theories. With the compulsion of such practices in the codes of practices and policies, nurses and other health care workers will be highly skilled in managing and mitigating issues related to patients' wellbeing. Moreover, following effective communication, managements of organisations will be able to carry out quality treatment of the patients.

Conclusion

The analysis of the study reveals the fact that organisations and health care and social care workers are required to follow certain rules and regulations provided by the government for their conducts in the industry. On the other hand, these matters also affect their practices within the organisation, as they prepare codes of conduct and standards that are to be followed by nurses and other health care workers. It has been identified that through the application of healthcare theories such as *Solution-focused therapy* and *psychosocial development theory*, nurses can provide improved performance. In consideration of the case study, these methods are highly suitable for the service users. Inclusion of these theories while training nurses and health care practitioners has been recommended for future policy and practices.

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