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MY CHOSEN CAREER PATH

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Development

Career Path:

This is the introduction to my chosen career as a doctor. An overview about being a doctor is that I can work in a bunch of different specialties that vary from working as someone in emergency medicine to surgery. And of course, my main role would be to help and support people which is something that I have always aspired to do. Working as a doctor comes with multiple skills that you must have in order to get the job, as well as having your own personal ones that are beneficial to you. An example of a few skills that you would have as a doctor would be:

- Ability to work long hours, often under pressure
- Good practical skills
- Effective decision-making skills
- Leadership and management skills
- Communication skills, compassion and a good bedside manner
- Drive to continue learning throughout career
- Analytical ability
- Time management.

It may seem as though it's a lot that you must be able to do but these skills are very beneficial and supportive when working in a healthcare environment, especially as it's dealing with people and their lives. Along with this, you must also be able to include your own skills that are positive and will have a positive outcome because there are a lot of responsibilities that need to be carried out as a doctor and negative skills will not be very helpful in a healthcare environment. A final thing to add is that the correct mindset is a huge help in healthcare environments.

Current skills:

I currently have quite a few skills that I have, which are needed in my career and I can state how they will help and support me throughout my journey in the medical atmosphere. Firstly, I am very respectful. I am able to acknowledge and accept everyone's differences without an issue. Respect for persons is fundamental to the ethical provider-patient relationship. At least with regard to competent adults, however, "respect for persons" in bioethics has come to equal respect for patient autonomy. (*Jonsen AR, 1998*). Jonsen has said this because he is aware that respect is very important and is in fact the centre of importance. This is vital in a health and social care environment because when working in a hospital, I will have an encounter with someone of another race, belief etc. This is very normal and needs to be accepted because we all have our differences since we don't all come from the same families and so being respectful and accepting is a good skill to have because patients will be able to feel safe and loved when coming for help. Nobody should ever have to feel excluded or feel that they have to be different to fit into society, especially not in hospital. This skill fits into my chosen career as it will allow patients to feel accepted and no different to anyone else.

Another skill that I have is good communication skills. Good doctors communicate effectively with patients—they identify patients' problems more accurately, and patients are more satisfied with the care they receive. (*Maguire P, 2002*). Maguire has said this is to prove that good communication skills come with multiple benefits for myself or whoever is working as the member of staff in charge and also the patient. To add to this, identifying patients' issues accurately is very key because it reduces time being wasted, and also it prevents unnecessary treatment being given to the patient. Having good communication skills will help me throughout my career in a healthcare setting because it means I can simplify situations with the correct words, I can get information across easier and I will also sound professional. If I didn't have good communication skills, working in a hospital would be very difficult as speech is the number one support when treating patients. If I didn't have good communication skills, treating patients and getting them to understand would be very time wasting and confusing. This skill fits into my chosen career because speaking is something I'll be doing a lot.

A final skill I have is time management. Time is what drives transformation in the world. (*Klein GA, 1993*). Klein has said this because he's trying to indicate that time is what allows everything to move forward, orderly. If it wasn't for time, we'd all be trapped in one specific situation of our lives. Time management is important because it helps keep me organised and organisation is key in the healthcare environment so that everything is in order and correct.

Gap in skills:

A skill that I should gain would be emotional intelligence. Emotional intelligence is an individual characteristic that reflects the 'ability to monitor one's own and others' emotions, to discriminate among them, and to use this information to guide one's thinking and actions. (*Mayer JD, Salovey P, 1997*). They have said this because emotional intelligence is not only understanding of your own emotions but also others. This is extremely important when working in a hospital with different people as people react differently to different things and so having emotional intelligence is extremely important because it will help you react in the right way in order to have a positive effect on both you and the patient. To add to this, the three men (*Prytowsky JB, Bordage G, Feinglass JM, 2002*) have said that understanding of the underlying attributes of these competencies of emotional intelligence is required to foster educational strategies that will promote their development and thus improve patient care. From this, I have understood that there are two benefits. Not only will the patient gain better care, but the doctor will also find it easier to care and treat a patient. Another skill that I'm missing is collaboration/team-working. Exceptional health care is facilitated by a collaborative approach including many different professionals and their clients. The partnership between providers, patients, and their families in shared decision-making, and cooperation has been defined as interprofessional collaborative practice. (*R.J, 2012*) Interprofessional teamwork is the means by which different healthcare professionals collaborate. This means that collaboration is not only those who work under the same job title as you do, but those who are working towards the same goal as you. In a health and social care setting, this would be the nurses and doctors working together to diagnose and cure a patient.

Systematic approach to skills:

The way I would approach gaining emotional intelligence would be practising with those around me. I would observe myself and see how I react to other people's emotions, for example, if a friend was crying. Automatically, I would know to comfort my friend and try to find out what has upset her, in order to find a way around it and find a solution. I wouldn't shout at my friend because that would worsen the situation and result in a negative outcome, meaning that I must think positive and always remain calm. A second way I would approach gaining emotional intelligence would be accepting that everyone reacts differently to different things. For example, some people might cry at the sight of a needle but I may not even flinch. Everyone reacts differently and so if a patient reacts negatively to something, I must remember that we are two different people and shouldn't lash out but instead remain calm and support them as much as possible. Anger is a natural human emotion and as such, virtually every genetic counsellor will inevitably encounter it in their patients(*Bonnie S, Leroy MS, McCarthy P, 2020*). They have said this because anger is a natural reaction to something you dislike and so I must be able to acknowledge that all emotions are natural and normal. The way I would approach succeeding in collaboration would be getting used to working in larger environments because then I would be able to seek help from others to combine my knowledge with theirs. Collaboration allows an increased trust and respect for each other's clinical and administrative roles and was inspired by learning about different approaches (*Kotecha.J , 2015*). This means that by gaining collaboration skills, I am able to learn many different ideas based off of others ideas.

Recruitment and selection:

Based on my interview roleplay, I have learnt how to present myself professionally before someone of higher profession and high standards. What went well in the interview was how the questions were asked professionally which allowed me to answer in a good manner, as well as in clear English. Another thing that went well, was that this experience allowed me to have a bit of practice before I am in a real interview. What I have learnt from this interview is that good communication skills plays a big role in everything I do, especially in interviews as it allows me to pass on important and key information that I have about myself in a presentable manner and not in a way that makes no sense. Effective communication is crucial to many facets of life, and to people in a wide variety of settings (Brodin and McLaughlin, 2019). This tells me that communication skills benefit you no matter what setting you're in nor who you're with. What I could improve on is speaking more about why I would like the job and not only focus on my skills.

Conclusion:

To conclude this whole report, I would like to say that Piaget's theory definitely had a huge impact on me and how I interpret things. The interview has also taught me quite a lot and it was to learn new things in this report.

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