

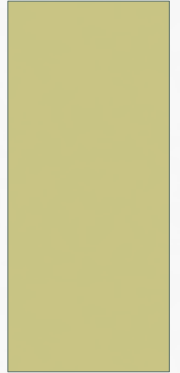
EMPLOYABILITY SKILLS IN HEALTH AND SOCIAL CARE

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EMPLOYABILITY SKILLS IN HEALTH AND SOCIAL CARE

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INSTRUCTOR'S NAME
DUE DATE



- ❖ Health and social care worker requires both clinical abilities and personality skills.
- ❖ These personal attributes affect and improve the way one communicates and interact with colleagues, peers, and patients
- ❖ Personality skills can impact one's career, job performance, and other activities in life.
- ❖ Business are frequently looking for both personality skills in addition to academic qualifications.
- ❖ In most careers, comprising health and social care, personality skills can assist one profession progression (Aliu & Aigbavboa, 2019).



EMPLOYABILITY SKILLS

Empathy

- In health care, a healthcare worker needs to show empathy to patients during difficult situations.
- Empathy is usually mentioned as a fundamental characteristic of effective and satisfying discussions

Communication Skills

- Communication skills are at the center of most workplaces but for health and social care workers, it's even extra significant.
- Health care workers are involved in a conversation with patients and their relatives and regularly communicate with colleagues.

Teamwork

- ❖ The attitude of a team player is a very significant attribute in health care employees.
- ❖ Health care fields are composed of a group of people working toward patient care. One needs to recognize how to work together with these peers.
- ❖ A higher functioning team is related to improved patient outcomes.⁴

Personal Skills

- ❖ Work ethic comprises a set of values founded on hard work.
- ❖ There are numerous constituents of work ethic, comprising proficiency, timekeeping, a person's general attitude, and behavior.
- ❖ In healthcare, work ethic describes the certainty in the moral benefit and significance of work and its intrinsic capability to strengthen character.
- ❖ The health care field is very demanding, requiring long working hours are long. Without one having the determination to succeed in one's career.



Stress Management

- ❖ That's enormous pressure in healthcare to handle numerous increasing the risk of burnout among health care workers.
- ❖ Burnout is caused by enduring fatigue and lessened work interest.
- ❖ The most successful health care personnel know to manage, work and succeed under pressure.
- ❖ But to circumvent burnout it's also significant for health care workers to have good stress management practices and to identify how to take space from their challenging careers.

Positive Attitude

- ❖ Having positive mental assertiveness is predominantly useful in healthcare.
- ❖ Due to the high work demands, the stress of coordination, and the recurrent meetings with patients, it's significant that health care workers have a positive attitude.

Flexibility

- ❖ Since several careers in health care do not stick to the usual 9-to-5 hours, flexibility is vital to working on a team .
- ❖ For instance, a challenging patient may take up more time than planned.
- ❖ Further, than just dealing with one's schedule, one may be required to be flexible to handle emerging, diverse, or fluctuating environments.
- ❖ It is therefore important for one to know how to abandon a routine and acclimatize certainly to profession conflicts.

Time Management

- ❖ A normal day for a health care professional can turn out to be very busy and may sometimes seem to have sufficient hours in the day.
- ❖ Therefore it is significant for a health and social care professional to learn how to emphasis on urgencies.

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