

PROFESSIONAL CAREER DEVELOPMENT

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INTRODUCTION

This assignment is focused at reflection and self-evaluation based on the role play interviews done by me in the previous task. Developing the personal and professional values and self is an important aspect in health and social care. Self-reflection is the process of evaluating and analysing the experiences the individual had previously which practice and to evaluate own strengths and weaknesses from it (Reljić et al, 2019). This is the suitable way to learn on our own and to develop the desired skills. Self-reflection helps in understanding the areas of improvement and enables the learner to develop the areas for achievement of the essential and required high quality skills to demonstrate high quality services as a professional in health and social care setting. The assignment will develop the self-evaluation of the role play and reflection of the task with providing a detailed discussion on the personal development areas and plan for further improvement in the practice as a dental nurse.

VISION

My vision as described in the interview is to be a proficient dental nurse and acquire a place in a setting for the same to develop my skills and gain clinical exposure and knowledge. My vision is to be a dentist in the future that would be possible if I train myself as a dental nurse initially.

BACKGROUND, AIMS AND FUTURE GOALS

I am from Romania and stayed in Italy for years and have also completed my studies there, I have graduated in ESOL here and also am pursuing the health and social care course and a dental nurse course separately. My aim is to get a placement job in some setting as a dental nurse to develop my skills and gain experience. Since, childhood I have always been very excited about working as a dental nurse and I have selected this career. My future goal is to enhance my skills from the basics as a dental nurse and develop into a dentist in future.

SWOT

By evaluating on my personal experience and goals as a dental nurse and professional I would like to develop my professional development plan and for that I need to identify the strengths, weaknesses, opportunities and threats in the practice using SWOT analysis tool.

STRENGTH I am calm and compassionate person I have good listening abilities and have high concentration I have an adaptive attitude towards change I have good command over language I have good communication skills I have a very approachable presentation I have clear vision and future goals	WEAKNESS I lack in basic cultural knowledge of the groups in the area I at times overburden myself It is my habit to overthink for smallest of the things that happened to me that at times makes me nervous I lack confidence in front of supervisor and authorities
OPPORTUNITIES The course with dental nurse skill development, provide me the opportunity for developing the practice I want This module helped me get interviewed and provides me an opportunity for the development in my practice The career options and guidance provided here provides an opportunity for development The job or vacancy at the settings for dental nurse helps receive opportunity for practice	THREATS Being a dental professional can present with occupational hazards Being a dental nurse can expose me to dental occupational hazards of x-ray exposure, chemical exposure and mercury exposure Most of the diseases are exposed and communicated through oral route or nasal route, being a dental professional presents the threat to the individual of being exposed to such infectious agents such as COVID-19 (Pai et al, 2017).

Above mentioned are some specific evaluations from my own experience and practice. I could identify some set of strengths and weaknesses that I possess, and in order to enhance my practice and develop as a proficient dental nurse I would try and develop the plan for overcoming my weaknesses and developing my strengths further. Some crucial areas of opportunity to become an advanced dental nurse are also identified by this analysis and also the threats of being a dental professional are understood. Dental profession Is a high-risk

occupation and therefore, the skills should be developed to overcome these threats by acquiring enhanced practice.

SMART

After evaluating the overall experience, skills and future aims the SMART developmental goals are created to enhance the professional skills and enhance the professional behaviour to become an optimum health and social care professional.

SMART goals are the goals that include specific, measurable, achievable, realistic and timely goals and some of such goals for my development are specified below-

Goal 1

To broaden my skills by learning the dental nursing skills through patient centred nursing in 6 months.

Goal 2

To broaden my treatment providing skills by learning oral prophylaxis techniques through minimal invasive oral management in 3 months.

Goal 3

To be able to broaden my skills to provide an orthodontic treatment through advanced techniques and strategies in 6 months.

Goal 4

To be able to broaden my scope for treatment through providing implantology as my area of speciality in 6 months.

Goal 5

To be able to acquire a job as a dental nurse in an authorized setting to gain experience and knowledge for my area of practice in 1 month.

PERSONAL DEVELOPMENT PLAN

Goals	Intervention	Resources	Time	Outcomes
To broaden my skills by learning the	By attending the sessions of patient centred	Workshops, literature both	3 months	Will be able to demonstrate a good

dental nursing skills through patient centred nursing in 3 months	nursing, seminars, workshops and gaining knowledge regarding it	online and offline		understanding and high efficacy in presenting patient centred care in nursing Will be able to determine the course of competent nursing practice and high-quality care
To broaden my treatment providing skills by learning oral prophylaxis techniques through minimal invasive oral management in 3 months	Attending simulation-based practice sessions and workshops and attending the clinical practice in the setting	Simulation workshops Typodont learning tools	3 months	Will be able to provide complete oral prophylaxis and hygiene treatment independently Will be able to provide health and oral hygiene education and counselling to the patient
To be able to broaden my skills to provide an orthodontic treatment	Learn the orthodontic skills from the degree course	Diploma course workshops	6 months	Will be able to provide the orthodontic treatments for

through advanced techniques and strategies in 6 months	after my dental nurse practice			the service user independently
To be able to broaden my scope for treatment through providing implantology as my area of speciality in 6 months	By attending the implant seminars, workshops and hands on workshops	Hands on workshop Lecture material	6 months	Will be able to provide the implant treatments for periodontics and prosthodontic treatments independently Will be able to assist and develop the care plan for the patient requiring implant therapies.
To be able to acquire a job as a dental nurse in an authorized setting to gain experience and knowledge for my area of practice in 1 month.	By getting a job in an authorized setting	Job search portals, brochures	1 month	Will be able to establish nursing skills and dental skills by gaining experience. Will be able to develop my behaviour, values and

				professional attitude required for being a dental nurse.
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REFLECTION ON INTERVIEW

The interview taken included basic criteria and set of questions including the information on the interest of career options, the type of personality I have, the background, my aims, vision, future goals, and to identify the strengths and limitation I possess. This activity was done to be able to enhance my understanding of the course and the designation I am trying to achieve and the qualities and skills I possess. The interview was a short 10 minutes open ended question interaction that required me to share my views, information regarding myself and the opinion I share as a professional. This style of interview helps in gathering wide range of material and enables better understanding and development of the plans (Chen et al, 2018). Open ended questions often help in providing flexibility and expression (Eng & Pai, 2019). The first question as in interview was regarding myself, who I am and where do I belong from. I answered the question stating that I was from Romania and stayed in Italy for long and also did my studies there. I also shared details regarding my qualification here. This question helped me answer how I introduce myself to others and what image of myself I hold in my own opinion. The answer I gave also helped me understand how the degree and courses I have completed and is pursuing will help in develop my goals. The interview later helped me identify my strengths and limitations, also it helped me identify my opinion and decision-making ability regarding how I would handle the challenges and the change indicated in the new setting. The interview also included a question regarding my language skills. Communication is one of the most crucial aspect in health and social care (Rasheed, 2015). Being a dental nurse, it is mandatory that I should be able to communicate well with the service user and be competent enough to demonstrate good verbal and non-verbal communication techniques in the practice. I determined that I am very well versed with three languages and English being the primary language used in the setting, I am very well acquainted with the language and its use.

While this interview was ongoing, I felt very nervous at first, as the interview had some crucial areas where I required to present myself and demonstrate an understanding related to my role as a dental nurse and my future goals. But when the interview started and I started the communication I felt comfortable answering all the questions. I started to feel confident and very calm while the session was ongoing. I also felt that through this interview I was able to identify some crucial areas of my strengths and weaknesses that I will evaluate to develop my professional plan for development.

I also found that I discussed being organized and oriented and having good concentration to be some of my strong skill set. I also described how I am calm and well approachable for others

and this I mean to be one of my crucial strong attributes as a health professional. Moreover, during the evaluation of this interview I realized that I discussed being open to change and see it to be the opportunity of growth and learning. This makes me identify that I have a good positive behaviour and attitude towards the change and adaptations required for potential positive outcomes in the practice. The interview helped me identify my strong areas that I can enhance to develop my practice (Kim & Hong, 2016). The interview did not focus a lot on asking me regarding my limitations of weak areas. But I found that evaluating on my weak areas is as crucial as evaluating and focusing on my strong points.

Hence, the overall evaluation of the interview concludes that I have a strong vision and set aims for future and my career as a dental nurse and professional. I need to develop my professional values and behaviour as well as skills by gathering enhanced knowledge, understanding and developing my skill set.

CONCLUSION

Developing the personal and professional values and self is an important aspect in health and social care. Self-reflection is the process of evaluating and analysing the experiences the individual had previously which practice and to evaluate own strengths and weaknesses from it. This is the suitable way to learn on our own and to develop the desired skills. Hence, the overall evaluation of the interview concludes that I have a strong vision and set aims for future and my career as a dental nurse and professional. I need to develop my professional values and behaviour as well as skills by gathering enhanced knowledge, understanding and developing my skill set.

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