



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Professional Career Development (BMSW4005_LON)

(Rework)

Tanja Nathan

Monika Mitrova (1921378)

Table of contents

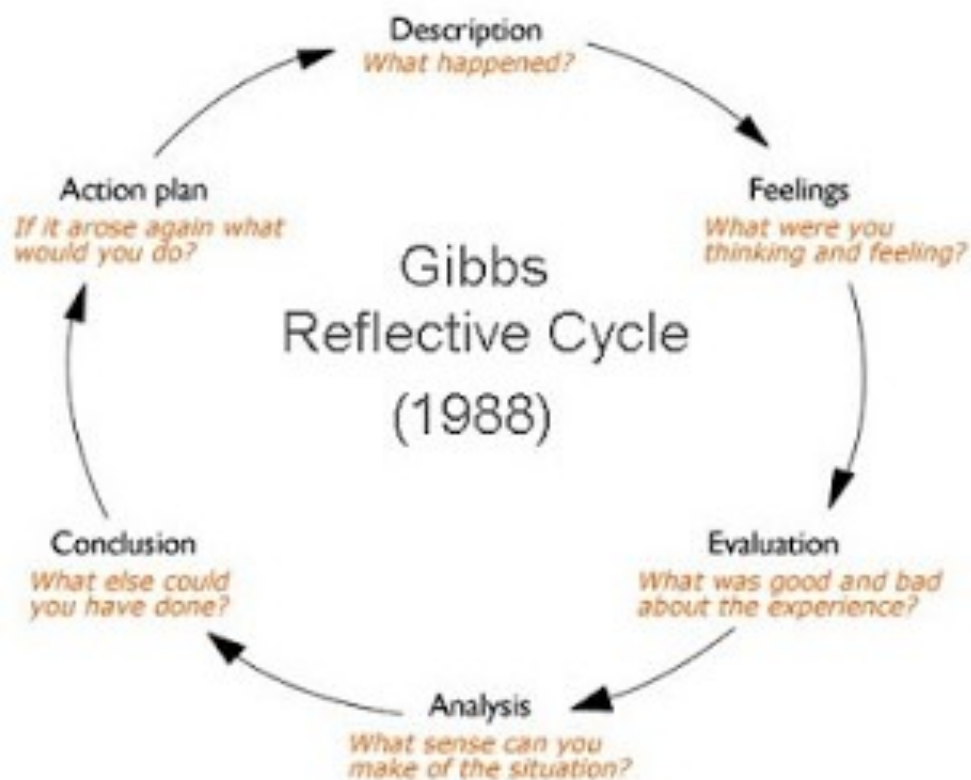
Table of contents	2
Introduction	3
Career ambitions	4
Role play reflection.....	5
Career readiness	7
Conclusion.....	8
Reference list.....	9

Introduction

The current report aims to present the roleplay that the students did in class, by using Gibb's cycle of reflection. This practice that we had with the other members of the group, about our career ambitions for the future. How specifically I responded to this practice and what emotions and knowledge that I have after this simulation.

This report also covers my career ambitions, more about the role play and then I will move to discuss the SWOT analysis applied on myself. I have presented my strengths, weaknesses, opportunities, and threats. In the following part I present my career readiness here I will reflect on the result that I have from my self-motivation test and how ready I am for the job I choose for my future. Also, I will present you realistic PDP which covers the next 5 years of my life.

For little more information I would like before I start with my discussions. To give you more information about what is the Gibb's cycle of reflection.



(Breen, 2018)

Career ambitions

“Midwifery encompasses care of women during pregnancy, labour, and the postpartum period, as well as care of the newborn. It includes measures aimed at preventing health problems in pregnancy, the detection of abnormal conditions, the procurement of medical assistance when necessary, and the execution of emergency measures in the absence of medical help.” (World Health Organisation, 2021)

The occupation that I have chosen is MIDWIFE, which has existed for several generations. Midwives carry babies as well as give antenatal and postnatal guidance, treatment, and assistance to mothers, their babies, husbands, and relatives. You must have the following abilities:

- ✓ The ability to cope in politically fraught situations; and
- ✓ Excellent teamwork abilities.
- ✓ Interpersonal and listening abilities • Strong observational qualities • An curiosity in the conception and birth process • Flexibility and adaptability • Ability to function and connect well among individuals across various backgrounds
- ✓ The need to adhere to orders and protocols.
- ✓ Compassionate and patient (Alex, Target jobs, 2020)

All of these abilities are taking you to the most significant task, which involves the entire planet's people. I'm not sure how important it is to health care, but I know the midwife cannot perform the roles and obligations in the healthcare field.

Role play reflection

I did not specify which occupation I would show for this study at the outset. The career dates back several years. Giving birth to a new child is an amazing experience. You probably already know which one it is.

Midwife. For me, this is the most ideal career I will get. I've always been interested in it, reading a lot about it and asking relatives and friends how their labour went. That is why, my turn came in the experiment we did in class. I did present the details that my future bosses would be looking for, but I was a little shy about it.

That is the important input I received from my instructor. I understood right away that this would be, let's presume, the issue at my interview. Anything that went swimmingly. I was complimented about how nearby I live to the location where I am applying for the role of the midwife.

However, I get the work and pass this portion of my evaluation. This gives me a lot of positive emotions. I realised I wasn't flawless, so now I realise where my flaws are and will reflect on them. So, as I enter the actual world, I will be trained, and the career I want will be mine because I will be prepared this time. This career is said from the core, which is why I never feel prepared for this interview. I tried to be perfect because I understand how critical and accountable it is. However, this is what I discovered from this experience, or, as I put it, an early experiment. I need to trust more about myself and what I know, and I need to learn and contain the shy aspect of myself. Let's begin with my SWOT Analysis's strengths. To get the work of your dreams, your abilities should cover a larger percentage of your shortcomings, and your openings should cover a larger percentage of your risks. In this diagram, I will address a few questions regarding each move. So you would be able to see a real-time fast view of how a SWOT Analysis might appear, as well as my abilities, shortcomings, opportunities, and risks when I chose midwifery as a profession.

SWOT Analysis

STRENGTHS		WEAKNESSES	
1. My patient love the most how kind and gentle person I am. Also, that I make them very relaxed after we met each other.	2. I am effective when I have to dealwith things which brings high adrenalin. So, any emergency.	1. Probably that I have to stop taking every patient to close.	
3. That I am workingthis job with real love. That I always update myself with new and relevant information.		2. The other are oneidea faster than me , but not in everything. And I believe with practiceI will become even faster than them.	

As far as I can see, becoming a midwife does not face the same level of danger as other professions, such as being replaced by a computer or a robot. The drawbacks I might tell them are that if I practice hard and am consistent, and if my decisions are fast and adaptable to opportunities, then those weaknesses, combined with chance or lack thereof, will become strengths over time. Additionally, for opportunities, we will now prevent early birth, which is risky for the baby, thanks to advancements in technology. Additionally, there are several other things that are not natural but that can be done to keep the kid and mother healthy. The strengths are fostering the creation of what can still be built in a beneficial manner for us. As I previously said, any flaw can be transformed into power.

Career readiness

The total that I have from the Self-motivation test is stored 59. Below the text when you get your result you can see how motivated you are. My number how I said is 59. To have a story like this is very good when I read what exactly mean I then started to this, but yes that me I am this person, I am always managed to stay self-motivated. Nothing to stay on my way to do my things. I had to learn a lot for example how to bake, to do inventory to manage all weekly schedule for 9 people. But with composure everything can be manageable. I had to stay longer than anyone, but I did not give up even when I know this extra hour won't be paid. The thing that I wanted where keeping my all the time motivated. That is how I get to this position so quick. Every single time when I want something even things that I do not even though about that can happened with me like going to university in different country with different language are even motivate me to want more and more for the future. For people like me the most important is that all the goals must be complete before we are starting something else.

Finally, I will retain your PDP for the next five years of my life. Lest started by establishing a location for the next three mounts. To begin, I'd like to complete the course I'm currently enrolled in (Heath and Social Care level 4). I do have to finish the final third, but first I need to see if any of my assessments have been passed. All I sincerely wish for myself. I still have two more subjects to study before I can say myself that the first phase was effective. However, I am certain that with careful reading, studying, and a little bit of luck, it will work out in my favour.

For the next 6 mounts I plan first to graduate the course that I do now and find better job that the one has right now. To be able to meet new people and get more knowledge. This will effect a lot on my life, but I believe that I am ready for something new something which can bring new positive moments. However, I know that it cannot be easy, but I am ready to face the change.

Myself in 5 years I see like a midwife with some years behind my career. To be known as a hard and creative member of the group of the community I work for. The skills that I must try to keep well known and always update with the new relevant practice and stories. This PDP make me think a lot of how it has to be done step by step till the moment when I will have everything I want for my future life. To follow steps and never give up.

Conclusion

Here I am the final of my report. For conclusion I would say. Every part that I explained to you is part of something that every single person can do for itself. To be able to see yourself in the future as one successful human is something what everyone wants, but with hard work and wanting to be the one you say you want to be everything can be possible. However, I do not know what the future will be, but hope you enjoy reading my future career plans for the moment what and why I want to become Midwife.

Reference list

1. Alex, Target jobs (2020). *Midwife: job description*. [online] TARGET jobs. Available at: <https://targetjobs.co.uk/careers-advice/job-descriptions/276151-midwife-job-description> [Accessed 10 Apr. 2021].
2. Breen, M. (2018). *Rudai23 - Three Top Tips on How to Finish the Course and Earn Your Badges*. [online] Rudai 23. Available at: <http://rudai23.blogspot.com/2018/04/> [Accessed 18 Apr. 2021].
3. World Health Organisation (2021). *Midwifery* [online] Available at: <https://www.who.int/topics/midwifery/en> (Accessed: 14 Apr.2021)

- Protect the confidentiality of those in our care and show sensitivity to people around us
- Feel free to raise concerns so we are always learning• Make time for training and development and support research so people always receive the highest standards of care.



2

Academic Report 17

JOB DESCRIPTION

JOB TITLE	Midwife
DIRECTORATE	Integrated Women's Children & Sexual Health
DEPARTMENT	Maternity Unit, Hospital/Community Service
BAND	6
RESPONSIBLE TO	Clinical Midwifery Manager/General Manager
ACCOUNTABLE TO	Director of Midwifery/ Director of Nursing & Midwifery
RESPONSIBLE FOR	

JOB SUMMARY

Responsible for the assessment and care needs for high and low risk women, under the direction of the Midwifery Sister.

To implement all types of care and be competent to take charge of a ward or equivalent sphere in the absence of the Midwifery Sister who has continuing responsibility.

Provide midwifery care to mothers and babies in the hospital and community, which reflects research, based midwifery practice.

MAIN DUTIES AND RESPONSIBILITIES

Professional

Work in accordance with the NMC's rules and standards for midwives. Ensure that other NMC documents/standards and Trust policies and guidelines are adhered to. Maintain and develop professional knowledge and competence in accordance with the NMC recommendations.

Ensure high standards of patient care are monitored and maintained by participating in quality assurance programmes.

Demonstrate good interpersonal skills, and understand the need to communicate effectively with the women, their families, colleagues and multidisciplinary teams.



3

Work towards the aims and objectives of the Trust's Nursing and Midwifery Strategy.

Communicate sensitive information to appropriate team professionals/agencies/ patients using discretion and maintaining confidentiality at all times.

Provide emotional support to bereaved families or those who have under gone difficult and traumatic experiences during childbirth.

Plan, organise and participate in Parent Education teaching in the ward, department and clinics.

Follow Trust and Maternity Unit Guidelines and participate in the Practice Review and Guidelines groups.