

Student name: Nejma Begum

Student ID: 2419975

Lecturer Name: Rizwan Nadim

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Contents

Reflection on the Importance of Principles of Health and Social Care	2
Applying the Principles of Health and Social Care to Joan's Case Study	3
Self-reflection as a health and social care professional	5
Introduction	5
Reflection on Communication and Person-Centred Care	5
Reflection on Partnership Working and Teamwork	6
Reflection on What I Have Learned from This Module and How I Will Apply It in Practice	6
Conclusion	7
References	8

Reflection on the Importance of Principles of Health and Social Care

The principles of health and social care offer the framework for delivering safe, effective and compassionate care within the UK. Person-centred care, collaboration, and ethical behaviour are three of the most crucial tenets. These guidelines guarantee that people receive care that satisfies their social, emotional, and physical requirements while also being treated with respect and decency. Reflecting on these concepts has expanded my knowledge of how they improve outcomes for service users and support professionals in providing high-quality care. Person-centred care focuses on acknowledging everyone as unique and ensuring they are actively involved in choices concerning their care. Rather than adopting a one-size-fits-all strategy, health and social care providers work alongside individuals to discover their preferences, values and aspirations. This strategy is supported by the Care Act 2014, which requires organisations to assist an individual's freedom and well-being. According to the Department of Health and Social Care (2014), patients are more likely to participate in treatment when they are involved in their care planning.

Another crucial idea in health and social care is partnership functioning. Effective collaboration between healthcare experts, social workers, carers, families and other agencies enables persons to receive coordinated and consistent care. Good communication between experts eliminates duplication of services, prevents errors and ensures that the individual's requirements remain the focus of care. The Health and Care Act 2022 further promotes integrated working between health and social care agencies to improve patient experiences and minimise health inequities (Department of Health and Social Care, 2022).

Every choice made in the health and social care sectors is based on ethical principles. Professionals must balance the values of autonomy, beneficence, non-maleficence, and justice while exhibiting respect, honesty, secrecy, and fairness. A person's freedom is encouraged, and their dignity is preserved when their right to make educated decisions regarding their care is respected. Ethical decision-making also demands professionals to safeguard vulnerable individuals from harm while complying with regulations such as the Equality Act 2010 and the Mental Capacity Act 2005.

Maslow's Hierarchy of Needs provides a good theoretical framework for understanding why person-centred care is crucial. According to Maslow (1943), people have varying levels of requirements, starting with safety and physiological demands before moving on to self-actualization, self-esteem, and belonging. In order to ensure that people feel protected, respected, and supported in achieving the highest quality of life, health and social care professionals should take these requirements into account while planning care. All things considered, these ideas combine to provide comprehensive care that puts the patient at the centre of decision making. The significance of honouring each person's particular situation while cooperating with others has been emphasised by thinking back on person-centred care, partnership working, and ethical behaviour. Applying these principles consistently contributes to enhanced welfare, greater patient satisfaction and higher standards of professional practice throughout UK health and social care.

Applying the Principles of Health and Social Care to Joan's Case Study

Joan's case study highlights the value of person-centred care, collaboration working and promoting self-management when helping individuals with long-term diseases. Joan lives with chronic obstructive pulmonary disease (COPD), osteoarthritis and depression. She suffers from dyspnoea, exhaustion, and poor self-esteem after being admitted to the hospital due to a COPD flare-up, which makes it difficult for her to carry out daily tasks. This underscores the necessity for a comprehensive approach that includes both her physical and mental welfare.

Joan's rehabilitation is characterised by person-centred treatment. The medical staff investigates Joan's priorities rather than concentrating only on her health issues. She expresses fears about struggling with domestic responsibilities and being dependent on others. Professionals uphold her autonomy and promote shared decision-making by hearing her opinions and including her in choices regarding her care. According to the Department of Health and Social Care (2014), this is in line with the principles of the Care Act 2014, which encourages personal independence, well-being, and care planning.

Partnership working is another crucial feature of Joan's care. Following release, she is referred to a physiotherapist who works alongside a therapy support worker to establish a rehabilitation strategy. The interdisciplinary team collaborates to analyse Joan's mobility, determine her goals and give constant support. Effective communication between experts helps ensure that Joan receives coordinated care, lowering the likelihood of fragmented services. Integrated working is promoted by the Health and Care Act 2022, which intends to improve collaboration between health and social care services (Department of Health and Social Care, 2022).

An additional example of a person-centred approach is the application of the Patient Activation Measure (PAM). At first, Joan is evaluated as having little trust in her ability to manage her disease, which suggests that she needs more help and instruction. The healthcare team helps Joan become more self-reliant by encouraging her, setting reasonable goals, and progressively increasing her engagement in managing her health. This strategy is in line with the NHS Long Term Plan, which emphasises the significance of helping individuals manage chronic illnesses and enhance their quality of life (NHS England, 2019).

Maslow's Hierarchy of Needs can also be applied to Joan's scenario. Her breathlessness and restricted mobility effect her physiological and safety demands, while her despair and social isolation impair her sense of belonging and self-esteem (Maslow, 1943). Addressing simply her bodily issues would not give holistic care. Instead, in order to help her entire recovery, experts need to take into account her emotional health, self-assurance, and independence.

All things considered, Joan's case shows how using the concepts of empowerment, collaborative working, and person-centred care can enhance results for people with chronic illnesses. Joan's confidence is restored, her independence is maintained, and her quality of life is enhanced by the healthcare team's participation in decision-making, encouragement of self-management, and coordination of care among various experts.

Self-reflection as a health and social care professional

Introduction

Having worked in care homes for many years, assisting older persons with dementia and physical disabilities, I have gained a firm awareness of the value of person-centred care, partnership working and ethical practice. I've discovered over my profession that each person has unique requirements, interests, and life experiences, thus treatment should always be customised rather than taking a one-size-fits-all approach.

Reflection on Communication and Person-Centred Care

Communication is one of the most crucial skills I have learned during my years working in care facilities. Supporting a person with dementia who frequently had anxiety because she thought she needed to go home is one experience that has stuck with me. She frequently enquired about the location of her house keys and grew upset when she was unable to locate them. I stayed composed, listened intently, and reassured her rather than criticising her or informing her she was already at home. I realised that even though dementia was affecting her memories, the feelings she was going through were genuine

.I talked to her family after observing that this was happening frequently so they could comprehend the situation and assist us in finding comforting routines and memories. Together, we were able to give her more individualised help and lessen her worry. After giving this experience some thought, I realised that providing person-centred care involves more than just attending to a person's physical requirements; it also involves learning about their mental health, background, and personal preferences (Health and Care Act, 2022).

This experience aligns strongly with the Care Act 2014, which promotes wellbeing and encourages care that is tailored to the individual. Additionally, it represents the CQC Fundamental Standards, which include treating people with respect and dignity. I also see a connection with Maslow's Hierarchy of Needs, since helping the resident feel safe, reassured and appreciated boosted both her emotional welfare and sense of security. In retrospect, this event reaffirmed the need of empathy, patience, and tailoring my communication to each person's needs rather than assuming that everyone will react the same way.

Reflection on Partnership Working and Teamwork

Throughout my career, I have realised that providing high-quality care depends on successful collaborative functioning. No single expert has all the knowledge or abilities to satisfy all facet of a person's demands, thus working together is crucial. One example from my experience involves a person whose health and memory were rapidly declining. When I noticed that they were acting differently, I told the senior caretaker about it, and she decided for the doctor to come see them. I also kept the resident's family updated, as they knew the resident well and could provide useful information about their typical habits, medical history and personal preferences.

Working together allowed the family to participate in choices regarding the resident's continued care while the GP was able to quickly assess the resident. Consequently, a care plan was examined and revised to better accommodate the resident's evolving requirements. This experience made me realise how crucial information sharing and good communication are to providing safe, person-centred care.

Thinking back on this experience made it clear to me that respect, trust, and an appreciation of each person's contribution are the cornerstones of effective partnership functioning. It also made me realise how crucial it is to protect confidentiality by only disclosing pertinent information to those who are directly responsible for the resident's care. This reflects the concepts of the Health and Care Act 2022, which fosters integrated working across health and social care agencies, and the Mental Capacity Act 2005, which promotes acting in the individual's best interests when they are unable to make some decisions themselves. My comprehension that effective cooperation improves outcomes for residents and their families has been reinforced by this experience (Skills for care, 2022).

Reflection on What I Have Learned from This Module and How I Will Apply It in Practice

Completing this module has inspired me to think more carefully about the reasons behind the care I deliver every day. Even though I've worked in care facilities for many years, I've concluded that knowledge of the laws and theories supporting best practices is just as crucial as practical experience. Before studying this module, I understood the importance of treating people with dignity and respect, but I did not fully appreciate how legislations such as the Care Act 2014, the Mental Capacity Act 2005 and the Human Rights Act 1998 support these values and protects both individuals receiving care and those providing it.

Learning about person-centred care has reaffirmed how crucial it is to respect people's choices, preferences, and independence and to include them in decisions about their care wherever feasible. Additionally, it has made me more conscious of the value of working in partnerships, since good communication between families and professionals ensures that patients receive high quality, safe treatment.

I've also improved my comprehension of reflective practice. I've learned throughout this module that thinking back on my experiences helps me pinpoint my strengths and areas for improvement. Rather than depending exclusively on my years of expertise, I now recognise the significance of regularly updating my knowledge to ensure my practice remains current and evidence based.

I will implement what I have learnt by continuing to promote person-centred care, communicating effectively with colleagues and families, and ensuring my practice always reflects current legislation and professional standards. As I continue to grow as a health and social care professional, I think this will enable me to support the people in my care even more effectively.

I've been able to identify my strengths and areas for improvement by thinking back on my practice. One of my best assets is my compassion, as I always endeavour to treat individuals with love, dignity and respect. I think that by developing trustworthy relationships with residents, their families, and coworkers, I have been able to make sure that people feel heard and appreciated. Patience is another crucial characteristic, particularly when supporting persons living with dementia, as I recognise that everyone communicates and responds differently. Additionally, I maintain composure under duress, which enables me to reassure residents and make wise choices in trying circumstances.

Even though I have a lot of experience, I understand that I can always do better. My comprehension of health and social care laws is one area I would like to improve in order to make sure my practice continues to adhere to the most recent legal and professional criteria. I also want to increase my confidence while using digital care records, as technology is becoming increasingly crucial within health and social care systems.

In order to accomplish these objectives, I intend to participate in frequent training and continuing professional development (CPD) events, finish online courses, and stay current with changes in the law and recommendations for best practices. To advance my digital abilities, I will also look for assistance from more seasoned colleagues. After earning my Level 5 qualification, I will be able to advance into a more senior position where I wish to help colleagues, raise the bar for care and keep improving the lives of people I support.

Conclusion

The significance of person-centred care, good communication, collaboration, and ethical behaviour in health and social care has been reaffirmed by thinking back on my work. My comprehension of the laws and professional standards that promote high-quality care has improved because of this module, and it has inspired me to keep growing both personally and professionally (Care act, 2014). I am certain that I will continue to provide person-centred, safe, and compassionate care while advancing my career by earning my Level 5 certificate by building on my strengths and addressing the areas I want to improve.

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