

Professional Development within Health and Social Care

Component 1: Self-Awareness Presentation

Topic: Working in Teams in Health and Social Care

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What is Working in Teams?

Working in teams means people working together towards a common goal by sharing responsibilities, communicating effectively, respecting each other's roles, and supporting one another. This is essential to ensure that the best possible care is provided to patients.

Key

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-
-
- Problem-solving together

Good
Respect
Shared

and

Features:
communication
trust
responsibility
Cooperation

Why Working in Teams is Important?

- Improves patient safety
- Provides person-centred care
- Encourages communication
- Shares knowledge and experience
- Reduces stress
- Solves problems effectively

Self-Awareness: Strengths & Areas for Improvement

.Friendly and approachable

- Respectful
- Good listener
- Willing to help colleagues
- Reliable

Areas for Improvement:

- Confidence speaking in groups
- Leadership skills
- Time management
- Sharing ideas

Action Plan:

- Join discussions
- Accept feedback
- Attend training
- Reflect after placements

Practical Example

Hospital placement:

An elderly patient recovering after surgery.

Team:

- Nurse
- Physiotherapist
- Healthcare Assistant
- Doctor

Outcome:

- Safe care
- Reduced falls
- Faster recovery
- Better communication

Conclusion

- Teamwork is essential.
- Improves communication and patient safety.
- Self-awareness supports professional growth.
- Continuous learning will help me become a better healthcare professional.

Thank You
Any Questions?

References

Barker, J. (2020) Professional Development in Health and Social Care. London: Sage Publications.

West, M.A. (2021) Compassionate Leadership: Sustaining Wisdom, Humanity and Presence in Health and Social Care. London: The King's Fund.