

BMHP5016 – Principles of Health and Social Care Practice

Component 1: Written Assignment (Reflective Report) – Step-by-Step Guidance

Overview of the Assessment

This written assignment requires you to produce a **2,000-word reflective report** addressing three interrelated tasks. The report should critically explore the **principles of person-centred care, partnership working, and ethics** within the context of **UK health and social care practice**.

You are expected to demonstrate knowledge of relevant **theories, policies, legislation, and ethical frameworks**, and apply them to both **practical examples** and your **own professional development**.

Step-by-Step Guidance for Each Task

Task 1 – Reflection on the Importance of Principles of Health and Social Care (Approx. 500 words)

Purpose:

To critically reflect on the significance of person-centred care, partnership working, and ethics within health and social care practice, and explain how these principles enhance the **quality of care, collaboration, and ethical decision-making**.

Step-by-Step Guidance:

1. **Introduce the three principles** clearly – define *person-centred care*, *partnership working*, and *ethics* using relevant academic sources or professional guidelines (e.g., NICE, NMC Code, or Care Quality Commission standards).
2. **Explain their relevance** to the quality of care in the UK context – describe how these principles influence service delivery and patient outcomes.
3. **Use theory to support your reflection** – apply appropriate models or frameworks such as:
 - *Maslow's Hierarchy of Needs* (to explore person-centred approaches)
 - *Ethical principles* (autonomy, beneficence, non-maleficence, justice)
 - *Teamwork or communication theories* (for partnership working)

4. **Critically analyse their interconnection** – explain how person-centred care, partnership, and ethics overlap in effective practice.
5. **Conclude the section** by summarising why these principles are essential for maintaining professionalism, equality, and safe practice in health and social care.

Guidance Note:

Support all key points with evidence from at least **two to three academic or professional sources** and use Harvard referencing accurately.

Task 2 – Practical Examples of Concepts in Practice (Approx. 500 words)

Purpose:

To demonstrate how the key principles (person-centred care, partnership working, and ethics) are applied in a **real UK health and social care setting**, and how they can improve practice in line with current **policies and guidelines**.

Step-by-Step Guidance:

1. **Select an example** from your experience, placement, or a published UK-based case study. Avoid using real names or identifiable details.
2. **Briefly describe the context** – the setting (e.g., hospital, care home, community service), the individuals or teams involved, and the issue being addressed.
3. **Apply each principle:**
 - Show how *person-centred care* was used to meet individual needs and preferences.
 - Explain how *partnership working* facilitated collaboration between professionals, families, or service users.
 - Reflect on *ethical considerations* that influenced decisions or actions (e.g., confidentiality, informed consent, respect for autonomy).
4. **Link your example to relevant legislation and policy** – for instance:
 - *Care Act 2014*
 - *Health and Care Act 2022*
 - *Mental Capacity Act 2005*
 - *NMC or HCPC Codes of Conduct*

5. **Evaluate the impact** – discuss how the application of these principles improved patient care, teamwork, or decision-making. Identify any challenges or areas that could be improved.
6. **Conclude** by highlighting lessons learned and how such principles guide effective professional practice.

Guidance Note:

Demonstrate critical reflection rather than description. Explain **why** certain actions were effective and **how** they align with best practice and ethical standards.

Task 3 – Self-Reflection as a Health and Social Care Professional (Approx. 1,000 words)

Purpose:

To reflect on how person-centred care, partnership working, and ethics influence your professional role and development in health and social care.

Step-by-Step Guidance:

1. **Introduce your reflection** – explain your role (student, practitioner, or aspiring professional) and the context of your work.
2. **Reflect on your current understanding and practice** of each principle:
 - How do you apply person-centred care in your daily work?
 - In what ways do you engage in partnership working (with colleagues, families, or other professionals)?
 - How do ethical principles guide your actions and decisions?
3. **Use reflective models** to structure your reflection (optional but recommended):
 - *Gibbs’ Reflective Cycle (1988)*
 - *Johns’ Model of Reflection (2000)*
 - *Kolb’s Learning Cycle (1984)*
4. **Evaluate your strengths and areas for improvement** – identify specific skills, knowledge, and attitudes that support effective practice, and areas that require development.
5. **Link your reflection to professional standards** such as:
 - *NMC Code (2018)* or *HCPC Standards of Proficiency*
 - *CQC’s Key Lines of Enquiry (KLOEs)*

- *Health and Care Professions Council guidelines*
6. **Develop an action plan** – outline how you will improve your knowledge, skills, and attitudes related to these principles. For example:
- Undertaking further training or CPD activities
 - Seeking supervision or mentorship
 - Engaging in reflective practice sessions or peer review
7. **Conclude your reflection** by summarising how these principles will continue to shape your professional identity and practice in the future.

Guidance Note:

This section should be written in the **first person** (e.g., “I have learned...”, “In my role, I aim to...”). However, maintain academic tone and link your reflection to evidence, theory, and policy.