



University of Wales
Trinity Saint David
LONDON

Assessment 1

Online Portfolio

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for Sustainable Employment

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Introduction

This online portfolio includes a Health and Social Care CV to apply for a position in adult nursing. A personal statement to apply for a postgraduate degree in Nursing (Adult Nursing) at University of Greenwich London. Finally, it includes a personal pitch to convince a company to accept my proposal for a book chapter related to the impact of domestic violence on women's mental health and its impacts.

Personal Statement

Dear, Administration Team

I am applying for a place on the Nursing (Adult Nursing), MSc at the University of Greenwich London because I am very interested in the topics covered particularly Pathophysiology: illness and its impact upon individuals, Recognising and Managing Individual Needs and Developing Adult Nursing Practice. My interest in these modules was first aroused during my undergraduate studies at the University of Wales Saint Trinity David where I studied Bachelor of Science Health and Social Care and I chose to do a final year research topic on Experiences of Domestic Violence on Women's Mental Health and its Impact. For example through the module Introduction to Physiology I learnt the anatomy and the functions of the main organs in the human body. I gained knowledge of the structure and operations of each significant organ in the human body. I learnt how crucial it is to have a basic understanding of the human body. I also learnt through the Principles of Health and Social Care module the 6 C's of nursing which are care, compassion, courage, communication, commitment, competence. In order to perform effectively as a future nurse, empathy and compassion are essential. Being empathic enables me to support patient families while also being concerned about the pain of patients. Understanding the agony of the patients will enable me to put myself in their shoes, taking into account how terrified they might feel and how anxious their family must be. I had been taught that person-centred care is a way of thinking and acting in which people who use health and social services are treated as equal partners in the planning, development, and monitoring of care to ensure that it meets their needs. This entails putting people and their families at the centre of decisions and treating them as experts, collaborating with professionals to achieve the best results.

My internship workplace at nursery Jardim da Estrela in Portugal during 2012 helped me gaining more knowledge and practical experiences of how to care and look after babies, toddlers and young children. I was able to teach them and also, learn new things with them. The knowledge and skills I gained were crucial for me to fully comprehend and understand how to care for, share compassion, be empathic toward, and be curious about others. I felt compelled to care for and protect others around me after becoming a mother of two daughters. I developed skills such as being patient, listening carefully, time management, being more attention to small details and solving problems. As a barista I have improved more my communication which is the key for the nursing role, and working under pressure skills;

understand the customer's needs and advise them about the allergic products. I also improved my teamwork skill which is fundamental to give the customers best and quicker quality service.

This master in Adult Nursing course at Greenwich will provide me with a high-quality nursing education that will push me to become a better medical professional. It will reinforce my concepts in human medicine and biology while also allowing me to explore advanced nursing science concepts. Through the modules, I will also be able to improve my clinical skills. This nursing programme at Greenwich is a fantastic opportunity for me to take the next step toward becoming a registered nurse and serving others in our community by providing comfort and care in a clinical setting.

FERLINE DANQUA

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PROFESSIONAL SUMMARY

Reliable and hardworking individual that enjoys working with people of all ages and backgrounds. Highly professional when dealing with the public, with a desire of working with customer service. Previous experience in fast pace jobs, and working under pressure.

WORK HISTORY

Coffee Barista, 09/2021 – Current

Pret A Manger LTD – London

- Made and served high-volume beverages with speed, quality, and consistency, thriving in fast-paced cafe environments.
- Maintained and operated espresso machines, blenders, and commercial coffee brewers.
- Promptly processed and dispatched takeaway and delivery orders to maintain quality.
- Produced high-volume coffee orders quickly and accurately, meeting customer demand.

Cleaner, 04/2021 – 09/2021

Julius Rutherfoord & Co LTD – London

- Used vacuum cleaners and associated accessories to clean various floor surfaces to customer specifications.
- Reported breakages to supervisor.
- Restocked, refreshed, and sanitized bathroom facilities.

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- Restocked, refreshed, and sanitized bathroom facilities.
 - Ensured proper, compliant handling of cleaning equipment, chemicals, and materials, upholding excellent safety records.
 - Correctly used color-coded equipment.
 - Provided high-quality cleaning service at inner-city business locations.
 - Followed health and safety guidelines to properly dispose of waste and toxic materials.
 - Fully complied with Covid-19 regulations by correctly using PPE and maintaining social distancing.
 - Prevented risk of injury by clearly displaying safety signs and barriers, and maintaining safe workspaces.
 - Ensured toilets and bathroom areas were maintained to exceptional standards of hygiene and cleanliness.

Cleaner, 09/2020 – 04/2021

OCS Group UK Ltd – London

- Worked quickly to complete cleaning within allotted timeframes.
- Followed health and safety guidelines to properly dispose of waste and toxic materials.
- Organized cleaning supply closets for ease in locating necessary products.
- Correctly used color-coded equipment.

Team Member, 03/2016 – 09/2020

EAT. Ltd/ Pret A Manger Ltd – London

- Contributed to team success by completing jobs quickly and accurately.
- Kept work areas spotlessly clean for optimal hygiene levels and consistent customer satisfaction.

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- Demonstrated proper food handling and safety standards.
 - Learned all tasks required quickly to maximize performance.
 - Collaborated and offered support with extra tasks to meet team goals.

- Warmly greeted customers and proactively reduced wait times.
- Completed opening and closing checklists to create a welcoming store environment.
- Shared optimism and enthusiasm to boost product sales.
- Offered exceptional customer service with strong product knowledge.

SKILLS

- Good Math and IT knowledge
- Comfortable working as a team or individually
- Bilingual (Portuguese, English)
- Self-motivated, always eager to learn
- Customer service
- Active listening
- Teamwork and collaboration
- Highly organised
- Speedy and efficient
- Strong communication

EDUCATION

Bachelor of Science: Health, Expected in 06/2024
University of Wales Trinity Saint David - London

Certificate of Higher Education: Health, 06/2022
University of Wales Trinity Saint David - London

Diploma of Higher Education: Education, 06/2019
D.Dinis Secondary School - Lisbon

Personal pitch

Hello. My name is Ferline.

Currently I'm attending at University of Wales Trinity Saint David doing an undergraduate course in Health and Social Care. My topic of interest is experiences of domestic violence on women's mental health.

I believe that I should be accepted on your project because I have a good proposal. I think that this book should have a chapter about the experiences of domestic violence on women's mental health and its impacts and I believe that it is a very interesting and important topic which I have been doing a lot a research about. Women who have experienced domestic violence are more likely to suffer from mental health issues. Women with mental health problems, on the other hand, are more likely to be abused at home, with 30-60% having experienced domestic violence. It is a crime that is primarily committed at home and is largely unreported. In the general population, domestic violence is linked to depression, anxiety, post-traumatic stress disorder (PTSD), and substance abuse. (Www.mentalhealth.org.uk, n.d.)

United Nations (2020) stated that domestic abuse is a pattern of behaviour used in any relationship to acquire or maintain power and control over an intimate partner. It is also known as "domestic violence" or "intimate partner violence." People from all socioeconomic backgrounds and educational levels are impacted by domestic violence. Domestic violence can affect anyone, regardless of their age, race, gender, sexual orientation, religion, or social class. Any other household member, including a child or other relative, may also be a victim of domestic violence.

As stated Social Care Institute for Excellence (2015) physical, sexual, financial and emotional abuse can be characterised as most of common type of domestic violence.

According to Office for National Statistics (2021), in the year ending March 2021, there were 1,459,663 crimes and incidents involving domestic abuse reported to the police in England and Wales. These large number of cases have been affecting the UK and, consequently the rest of the world. Domestic violence has a significant impact on the mental health of women, whether they are children, teenagers, adults, or the elderly.

Domestic violence has an enormous effect on women's mental health and also has a negative effect on the UK economy. Reis (2019) stated that domestic violence has a horrifyingly negative effect on society as a whole and costs England and Wales £66 billion annually due to lost productivity, medical expenses, court fees, and harm to victims. A domestic abuse

victim's average unit cost is calculated to be £34,015. The physical and emotional harm suffered by victims (£47 billion) is the most expensive aspect of domestic abuse, accounting for 71% of all estimated costs. The next highest cost is for lost output due to time lost at work and subsequent reduced productivity (£14 billion) (Oliver et al., 2019).

It is critical for your project to include a chapter on domestic violence in the book to raise awareness in society, particularly among women, so that they are not afraid to come forward and report the abuse they experience. Although, for some cultures, for an example Asian culture, it has some barriers such as cultural pressures, including honour and shame, language, feelings of exclusion can make them not seek out for me help. Because a woman's respectability, status, and honour depend on her marital status, being divorced or separated has very serious repercussions (Keen, 2012).

The concepts of honour (izzat) and shame (haram) are crucial in keeping many Asian women in check and under control. Marriage affects one's status, respectability, and reputation. Women are regarded as the guardians of the family's honour, and it is their behaviour that serves as the mark of that honour. In the same situation are the women of the BMER (Black, Minority Ethnic and Refugee) with 96% of reported cases experiencing psychological, emotional, and verbal abuse, 72% physical violence, and 30% attempted and/or threatened murder from the perpetrator (Women's Aid, n.d.).

Domestic violence is a serious issue that must be addressed effectively with the assistance of health professionals such as psychologists, hospitals, general practitioners (GP's), online counselling, and psychiatrists. Domestic violence victims must be assisted as soon as they seek help in order for recovery to be faster and more effective.

Conclusion

I believe that my background in health care, together with my education, qualifies me to head this initiative. I look forward to discussing this opportunity with you more and can be available by phone or email at your convenience. Thank you for your attention and time. Sincerely.

References and Bibliography

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