

Level 5 Assessment

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Module code BMHP5015_BIRM

Assignment 1 title E Portfolio

UWTSD

Course changemakers building employment

Personal Statement

After devoting considerable time and effort to studying care and getting appropriate work experience in U.K, I can testify that it is both challenging and gratifying. I have been able to make a difference in the lives of others because I have been allowed to turn my loving gift into a career. If I can gain the skills and knowledge to become a more active nurse, I will be more motivated to continue my present work and studies. In the future, I will be able to have an even more significant influence on my patients' lives.

I took an advanced health and social care course and volunteered at global kid day center in London for a week to get experience working with folks with impairments and communication difficulties. I did this because I am enthusiastic about assisting people and want to further my expertise in this area. This experience taught me how to connect with people with unique needs, including toddlers and adults. For amusement, I have been investigating health promotion as a profession as a hobby. To explore my interests further, I have opted to volunteer in the healthcare profession for a week. The first week will be spent aiding seniors with dementia at a care facility, while the second week will be spent assisting a health promoter in a more professional environment. I think this will make me even more determined to work in health and social care, and I can't wait to get started.

While in first year I participated in a cancer charity fundraising event. Similar to past work-study experiences, I felt a great deal of pleasure from being able to help others in need via this. My friends and I often participate in various athletic activities after school; this has given me significant opportunities to polish my collaboration skills. Dancing and singing are two of my favorite recreational activities. Not only does this help me maintain my physical fitness, but it is

also a terrific outlet for my creativity. In addition, I maintain my health by frequenting the gym. In addition, I like attending various events and taking advantage of the many possibilities offered to me within and outside of the classroom. This encounter strengthened my confidence and introduced me to fascinating new individuals. College is, without question, my most excellent choice. I want to continue working hard and studying intently throughout my academic career.

I am confident I can succeed academically and socially in college and beyond. As a candidate, I offer a real passion and curiosity for the area at issue. My primary objective has always been to get a satisfying position in health and social services, and education would help me attain this objective. Rapid job growth has offered me an increased chance to contribute meaningfully to patient care, pushing me to overcome any potential difficulties with resolve. I feel that a healthcare career will help me develop my already good communication skills further, as I have liked listening to and spending time with each patient I have worked with.

CURRICULUM VITAE

PERSONAL DETAILS

Name:

Date of Birth:

Gender:

Marital Status:

Nationality:

ID No:

Address:

Cell Phone:

Languages:

Email:

CAREER OBJECTIVE

Maintain open lines of communication with your colleagues in the medical field to guarantee that your patients are getting the high-quality care they need. Successful in assisting individuals to overcome their differences and uniting families. A skilled medical social worker with experience leading patients through their treatment programs to improve their health and quality of life. Capable of navigating various healthcare systems and zealously advocating for individuals' rights. They are dedicated to assisting patients and their families through difficult times by providing the necessary care, support, and skills in collaborating with other medical team members to offer patients the best possible care.

Professional Summary

Expert support personnel enable customers of all ages to make healthy living choices and boost their production. A social worker who collaborates well with others to identify problem areas, develops solutions, and conveys practical knowledge—an employee who can remain vigilant and adaptable in challenging conditions.

WORK HISTORY

Support Worker 05/2022 - Current Plus Recruitment Agency

Working in the support team, consisting of over 5 cities, within a residential care home for teenagers with behavioral and emotional issues

Key Responsibilities

- Assisting clients with their everyday needs and problems, both physical and emotional.
- Ensuring clients' safety in and out of the home by encouraging ongoing adherence to all health and safety standards and company regulations.
- Applying empathetic communication skills when liaising with family and providing emotional support.
- Protecting confidential data by adhering to relevant policies relating to the property.
- Conducting key work sessions with service users and recording evidence of the sessions as part.
- Of your record-keeping.
- Ensuring that all service user's paperwork and records are up to date.
- To provide a positive, welcoming, and stimulating environment for service users, supporting them in carrying out domestic duties in their homes when required.
- Accompanying teenagers during the weekly shopping trips and social outings.

ASSISTANT 04/2019 Local Health Authority

- Responsible for ensuring that people receive the best standards of care and support at the center and in their homes.
- Key duties include counseling, assisting with personal care, washing and bathing, medication administration, meal preparation, light domestic duties, and social activities.
- Duties Taking and recording a patient's temperature, pulse, and respiration.
- Maintaining the comfort and dignity of patients at all times.
- Providing emotional support to patients and careers, helping patients to dress and undress
- Keeping all consultation rooms organized, tidy and well-stocked.
- Preparing patients for examination supporting the work of qualified nurses Chaperoning and escorting patients.

Skills

- Care management
- Life skills development
- Expertise in the medical field
- Safeguarding policies
- Mental Health Support
- Documentation expertise
- Capacity for effective communication
- Compliance with the NASW Code of Ethics
- Strong Multitasking Skills
- A High Capacity for Empathy and Concern

PERSONAL ATTRIBUTES

Teamwork, collaboration, delegation, negotiation, conflict resolution, problem solving

Reliability, Accountability, attention to detail, able to follow instructions, People Focused
 Empathy, tolerance, patience, flexibility, calmness, assessing, advocacy, building rapport
 Administration, Record keeping, digital skills scheduling, time management and shifting
 deadlines.

EDUCATION

NECO 2013 CERTIFICATION

Nursing Assistant 2022

Certificate of Excellence- 2022

Accomplishments

HEALTHCARE

- Providing confidentiality, dignity, and privacy to patients at all times comprehensive understanding of residential, dementia, and nursing care.
- Assisting in the implementation of treatment and care plans helping service users to maintain and develop social, self-help, occupational, and personal skills awareness, Health and Safety, infection control regulations, Equal Opportunities, Data Protection, Risk management, and confidentiality.
- Fully aware and respectful of a patient's rights and their religious and cultural beliefs.
- Ability to record patient observations accurately and report any issues of concern.
- Reporting to the person in charge of any Health and Safety issues. Willing to relocate anywhere Additional Information
- Provided formal assessments of patients prior to designing an individualized program to meet their needs
- Identified and advocated for appropriate and beneficial patient resources.

- Communicated with medical staff, families, and patients to ensure the highest level of productivity possible.
- Helped patients and families to understand medical literature as it applied to them.
- Counseled clients and family members during difficult times.
- Established a level of trust between myself and patients.

HOBBIES

- ✓ Reading Books
- ✓ Learning
- ✓ Project research

REFERENCES

Current Plus Recruitment Agency Manager

8 Northwood Park Road,

Northwood, Stoke-On-Trent, Staffordshire, ST12DT

Part 3

I chose to use the BBC to discuss this topic because it is one of the most popular and credible television channels and is a great platform to spread awareness. The aim is to help people maintain their well-being and to understand how they can be helped as well as help themselves.

BBC TV
Channel 1 UK

TOPIC

CREATING AWARE ON INDIVIDUALS SOCIAL WELL BEING AND MENTAL HEALTH.

Episode 1: Origin of social well being and mental health in UK.

Episode 2: Role of social workers in promoting social well-being and mental health.

Episode 3: Ways to improve Social well being and mental health in the UK community.

From : 8th November, 2022

To : 10th November, 2022



Episode 1:**Origin of social wellbeing and mental health in UK.****8th November, 2022.****0800hrs – 0900hrs**

Social work and mental health have traditionally gone hand in hand. According to the National Association of Social Workers, social work originated at the beginning of the twentieth century.

A decade later, sweeping improvements in mental health treatment in the United States increased awareness of the mental disease, resulting in the founding of the National Committee for Mental Hygiene. Eventually renamed Mental Health America (MHA), this group promoted the construction of over one hundred child guidance clinics and advocated for a deeper awareness of mental health concerns via research, media campaigns, and legislative measures. So, I suggested making a TV show about mental health issues to raise awareness and help people understand them better.

Episode 2: Role of social workers in promoting social well-being and mental health.**9th November, 2022****1000hrs – 1130hrs**

Social workers employed by mental health clinics play a crucial role in diagnosing and treating mental health illnesses. A social worker's job includes connecting with the folks they are tasked with assisting, providing them the opportunity to assist these individuals in meaningful ways. State licensure requirements govern social workers who provide mental health services. Therapists who are also social workers must have a master's degree or higher. Their obligations to various clients may be very diverse, making each day unique. It is reasonably unusual for social workers in a mental health clinic or outpatient facility to have substantial caseloads (Bright, 2020). Space and budgetary constraints, as well as a lack of equipment and trained personnel, are typical issues for clinics and organizations. Due to helping clients through traumatic or stressful events, social workers in these fields may be at risk for secondary trauma or emotional stress.

Episode 2: Role of social workers in promoting social well-being and mental health.

9th November, 2022

12noon - 1400hrs

Individuals, families, and communities may depend on social workers who specialize in mental health to assist them in confronting and overcoming barriers that endanger their well-being. For instance, social workers may link people in recovery from addiction to services such as housing, employment, and mental health treatment. Social workers whose clients have diverse needs and preferences must emphasize the development of relationships based on trust, candor, and compassion (Goldberg et al., 2021). This is particularly important when working with individuals diagnosed with a mental disease who may be more susceptible to the effects of specific stimuli and communication styles. Even though all social workers care about their clients' mental health, some jobs have very specific requirements.



Episode 3: Ways to improve Social wellbeing and mental health in the UK community.**10th November, 2022****0730hrs – 0820hrs.**

Patients who experience a change in their mental or emotional health may benefit from a social worker's recommendation of suitable support groups—promoting group participation in healthy and pleasurable activities—assisting with personal care duties such as showering and dressing. Keeping an eye on people's health by checking their temperatures and making sure they drink enough water, as well as encouraging them to keep as much independence as possible in their daily lives.

As a health and social worker, I am responsible for learning all I can about my client's medical condition and assisting them in making the necessary modifications to their diet, exercise regimen, and living situation. The topic of mental health is essential, and I think a TV program should be dedicated to explaining it. Social workers at mental hospitals and outpatient clinics encounter various problems daily, including eating disorders, parent-child disputes, and marital turmoil. As the name suggests, the TV show will talk about all aspects of mental health treatment, such as how important it is, how to find and help people with mental illness or addiction, and what this means for the client's recovery.

In essence, providing me access to the mental health education television series will go a long way toward enlightening the public about the importance of sustaining mental health and well-being. As they try to address the causes that endanger their well-being, individuals, families, and communities will benefit from social education in the field of mental health.

Thank You for watching.

References

- Fisher, M., Newton, C., & Sainsbury, E. (2021). *Mental Health Social Work Observed*.
<https://doi.org/10.4324/9781003193968>
- Bright, C. L. (2020). Mentorship and Social Work Research. *Social Work Research*, 44(1), 3–5.
<https://doi.org/10.1093/swr/svz025>
- Goldberg, E. M., Mortimer, A., & Williams, B. T. (2021). *Helping The Aged*.
<https://doi.org/10.4324/9781003197539>