



Prifysgol Cymru
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Module Code:

Module: Health and

Lecturer: social care
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Submitted on:

Nursing (ROLE)

Introduction

Health and social care

The health and social work profession is vital because it ensures comprehensive care for citizens, combining technical medical treatment with the social and emotional support necessary for recovery and human dignity. While health professionals focus on curing and preventing diseases, social work acts as a bridge to enable rights and combat inequalities that worsen patients' health.

research and knowledge base

To improve the life of a person with mental health problems, it is important to involve ongoing emotional support, encouragement of professional work (psychiatrist/psychologist), assistance with daily tasks, offer active listening without judgment, motivate the practice of physical exercise, and ensure that they maintain sleep and eating routines. Including friends and family and attending social gatherings also helps a little. Registered nurses' experience: a balance between stress and stimuli in a qualitative study. The challenges have created a highly stressful work environment in a more complex role for nurses. Qualitative studies on daily work as a whole are limited, and therefore it is fundamental for the future development of nursing knowledge to investigate recurring experiences of nurses in relation to their ability to understand and manage their daily work and to promote a high standard of quality in care. To be a quality nurse, it is crucial to combine solid technical knowledge (hard skills) such as technical procedures and scientific knowledge with interpersonal skills (soft skills) such as empathy, effective communication and emotional intelligence. Dedication, leadership, teamwork and continuous learning are also fundamental.

Nurses deserve to be respected and valued. They study techniques to improve patients' quality of life, doing everything to provide quality and efficient care. Data indicates that 4 out of 10 are considering leaving the profession, which faces difficulties due to staff shortages, burnout, and inadequate

compensation in relation to the rising cost of living. Therefore, nurses deserve greater attention in the public service sector, as they are on the front lines creating strategies for quality care. Nurses are responsible for the physical and mental health of patients, providing them with humane and efficient care. They are very important in maintaining and monitoring the patient's health status. According to the 2025 WHO report, there has been a significant increase in advanced nursing functions and specializations, improving the quality of care. Therefore, without nurses, there would be no quality care or rescue for victims in vulnerable and underserved areas, which is why this profession is extremely important. That's how we have developed an improved in this module with work health social care and how to do research in reliable sites with safe and pay attention in this module, there were several ways of to do a research with struter with order but it's important to work in this research with pay attention and as well to improve this research by developing more structure'sistems It's important to learn step-by-step how to search in reliable and high-quality places.it's important to know the chanlleges about roles and what needs to improve to work in harmony with environment and may have qualite service to the patient With this module and this degree, it's important to learn to have empathy for people who need our assistance while they are alive. Reviewing your care practices is a constant necessity in nursing care. This is because, over time, new techniques and care strategies emerge, and it's crucial to stay updated. Clinging to outdated methods can be a serious mistake, especially when it comes to patient safety. Furthermore, reviewing what you do is a great way to identify areas for improvement. Often, we are so caught up in the day-to-day work that we don't realize that our practices are no longer as effective. Therefore, paying attention to the signs is essential. So, when is it worthwhile?

Conlusion

In addition to providing direct patient care, these professionals play a crucial role in promoting health and preventing disease. They work to educate the public about healthy practices, disease prevention, vaccination, and adopting healthy lifestyles. Having resilience and willpower in nursing involves a balance between dedication to others and self-care, building a mindset prepared to deal with high pressure and the pain of others. Resilience is the ability to overcome adversity, while willpower is maintained by the purpose of the profession.

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