



**Module title:** Professional Development within Health and Social Care

**Module code:** LCHS4009

**Assignment:** Personal Development Portfolio

**Name Student:** Meerah Ramsawak

**Student ID:** 2426931

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## **Task 1**

Professional development is needed to build my career in future. I want to build my career in the future in the health and social care field. This will be a good choice as I have done my studies related to this field. I want to be a nurse in the future.

### ***Required Skills to be a Nurse***

To be a nurse, I must adopt a mix of interpersonal and organisational skills. The soft skills needed must include communication, empathy, teamwork, adaptability, problem solving, attentiveness and patience (Jobillico, 2025). The hard skills needed include technological proficiency, organisation, documentation, and evidence-based practice. Communication is required for clear speaking and listening carefully to the patient's needs. It is also needed to explain complex information to the families of the patients. Empathy is needed to understand the feelings of the patient and share those feelings. It is also needed to build trust, which is crucial for this post. Teamwork is needed to work effectively with multiple healthcare professionals to provide holistic care. Adaptability is crucial for working effectively in this post in future; adaptability is needed to handle the continuously changing environment in this workplace. It is also needed to cope with multiple and unexpected situations.

Problem-solving and being attentive are needed to find solutions to any complex problems. Being attentive is crucial for maintaining accuracy in data and observing the needs of every patient inclusively (Michiu, 2024). Having patience in any stressful situation is important to handle any situation in this workplace. Technical proficiency is required in understanding the competencies with Electronic Medical Records and medical terminology. Organisation is required to prioritise tasks and manage time according to that. Documentation is needed to maintain accurate patient records. Evidence-based practice is needed to integrate research with clinical expertise. All of these are required to be in this profession.

### ***Skills Gap***

I have recognised my skills gap according to my chosen professional field of health and social care. My weaknesses as a nurse involve a lack of work experience, poor networking contacts, nervousness, a lack of confidence, and a lack of adaptability. I must develop these skills to get a significant position in the health and social care sector.

### ***Personal Development Plan***

I will develop a personal development plan to understand how I can develop the skills I lack, as these are crucial for my future professional field. I will develop this plan using a SMART framework (Collinsdictionary, 2025). This framework involves some stages, including Specific, Measurable, Achievable, Relevant and Timebound.

| <b>Specific</b>         | <b>Measurable</b>                                                                        | <b>Achievable</b>                                                                                 | <b>Relevant</b>                                                                                                  | <b>Timebound</b>                      |
|-------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------|
| To get work experience  | I will measure this by testing my knowledge regarding the health and social care sector. | I will achieve this by doing internships in companies in this sector.                             | This is relevant as it can provide me with an understanding of how to work.                                      | The time needed for this is 4 months. |
| To enhance adaptability | I will measure this by adapting to some difficult situations in my current study field.  | I will achieve this by embracing change and learning continuously from different situations.      | This is relevant as it is needed to cope with situations in the workplace.                                       | The time bound for this is 3 months.  |
| To increase confidence  | I will measure this by comparing performances in the academic works.                     | I will achieve this by learning new skills and trying new things or methods for building courage. | It is relevant as it is needed to communicate with the patient's families and propose any solutions to problems. | The time needed is 2 months.          |
| To enhance teamwork     | I will measure this by doing teamwork in my academic projects.                           | I will achieve this by communicating effectively, building trust and managing conflict.           | It is relevant as it is crucial for my field in health and social care for providing patient care.               | The time needed is 2 months.          |

### ***Interview Questions***

**What are your perspectives on healthcare as a nurse?**

I view healthcare as a system of providing care through maintaining a balance between patient advocacy and resource limits. My perspective on this system includes the recognition of the critical need for better mental health support. I view my career as an emotionally taxing career which emphasises compassion and resilience.

**How do you prioritise care while managing multiple patients?**

I will create an approach by assessing the patients and identifying the urgent needs of the students. I will also do task batching by grouping similar tasks to minimise transition time and improve efficiency. I will leverage technology for getting quick data access and automated systems to reduce administrative burden.

**How do you ensure patient confidentiality and maintain professional boundaries?**

I will ensure patient confidentiality by explaining the importance of protecting patient information. I will maintain respectful boundaries in my professional field and also be empathetic with the patients. Protecting the information of the patient is also needed for maintaining professional boundaries. I will follow all the rules in my workplace.

**Task 2**

I have chosen to focus on one of the key skills needed for my post as a nurse. I will focus on **patient care** skills, which have been discussed and taught in class. Analysing this skill will help me in understanding the need for developing these in my chosen professional field.

I have understood a lot from my discussion in class regarding patient care. Firstly, I have learned how to treat patients with chronic illness by developing and administering individualised care plans. Treating patients with chronic illness can be more effective while using individualised care plans. The plan involves some stages, including assessment, collaborative goal setting, administration and ongoing support. First, assessing the particular needs of the patients. After that, working with the patients to define the problems and developing an effective action plan is required for integrating evidence-based strategies. The plans need administration, including primary care, a social worker and nurses. The ongoing support can be provided using regular follow-ups by enabling scheduled systematic check-ins to review processes. Monitoring is needed to adjust their needs, be flexible and modify the plan for keeping the patient engaged.

I have also learned about how to assess patient conditions during initial consultations and monitor progress throughout the treatment. It has become successful in making me understand the importance of assessing the patient's condition during the initial consultations. The assessment of the patient's condition during initial consultation needs some steps involving a systematic approach, including subjective information from the patient, with objective data gathered during examination. The subjective data must be gathered from the patient. This data includes asking

the patient to describe their primary problems. It also includes the past medical history, medications, family history, social history and review of the systems. The objective data involve general assessment, vital signs and systematic specific examinations. I can also monitor progress throughout the treatment using some standardised scales, clinical data and digital tools. The monitoring can also be done using patient self-reports, regular reports, a centred approach and direct observation.

I have learned about how to diagnose various acute and chronic conditions using patient history and diagnostic tests. It mainly involves a structured process which starts with a detailed patient history. After that, a physical examination is needed for diagnosing acute and chronic conditions. It also requires diagnostic tests for confirmation and elaboration. Patient history includes the description of what brings the patient in, as well as the history of their present illness. Past medical history, medications, social history and the family history. The diagnostic tests include blood tests, imaging and specialised tests. After gathering such data, I must create a possible conditions list which matches the data. I must use the test results to narrow down the possibilities. From that, I can diagnose the acute and chronic conditions of the patient.

I have become successful in understanding how I can monitor patients' vital signs and responses to medications during hospital days. Monitoring is important for the overall health and well-being of the patients (Breezehospiceservices, 2025b). I can monitor this using a multifaceted process, which includes the use of some consistent techniques of monitoring. Monitoring using patient vital signs includes the use of temperature, pulse, respirations, blood pressures, oxygen saturation and pain. Monitoring using medication response includes establishing a baseline, assessing therapeutic effects, assessing adverse effects and using my senses. Temperature must be measured using temporal, axillary methods, which can help in monitoring a patient's vital signs (Hopkinsmedicine, 2025). Pulse checking is also important for monitoring the patients' vital signs. Checking blood pressure is crucial for this process. The assessment of adverse and therapeutic effects is crucial for monitoring.

### **Task 3**

I will now reflect on my experiences in doing LCHS4009 Component 1 presentation assessment, which is a self-awareness presentation. I have made the assessment reflecting on my capabilities to be a successful professional in future. I will use the ERA reflective model to do the reflection more effectively. The ERA model refers to the simple framework for reflection, including three stages involving experience, reflection and action (Crowjack, 2025).

#### ***Experience***

I have done an assessment of self-awareness, which is under the module of professional career development within health and social care. I have provided a structured analysis including introduction, personal SWOT analysis, how to use my strengths for overcoming my weaknesses and minimising weaknesses, what opportunities are there for me and how I can utilise my strengths with those opportunities. I have also provided a conclusion in this assessment. I have mentioned all the components I am going to cover in this assignment in the introduction. After that, I have provided a brief understanding of the importance of SWOT analysis in my personal and professional development. Next, I have provided my personal SWOT analysis, which analyses my strengths, weaknesses, opportunities and threats. After that, I have provided an analysis of how I can utilise my strengths to overcome my weaknesses and minimise threats. Then, I have provided a brief understanding of the opportunities available to me and how to use those with my strengths. After that, I have provided a conclusive insight into this assessment. I have received verbal feedback from my lecturer about this assignment.

### ***Reflection***

I have understood the importance of doing a self-assessment. It has become successful in making me understand the essence of doing an assignment related to self-awareness. I have come to know why SWOT analysis is important to develop myself personally and professionally. I have understood that SWOT is important for analysing my ability to be a successful professional in future. It has helped me in analysing my strengths, weaknesses, opportunities and threats. It has become successful in making me understand how I can leverage my strengths to overcome my weaknesses and minimise them. It has become successful in making me understand the opportunities available to me. I have also understood how to utilise my strengths, aligning them with my opportunities. This assessment has served its purpose of providing me with knowledge about how I can develop a self-assessment and how I can analyse my strengths and weaknesses. It has also provided a conclusive understanding, which is crucial for understanding how I can enhance my weaknesses by developing my learning at an early stage.

### ***Action***

I will utilise the knowledge I gained from this assignment of self-awareness in my future professional field as a nurse. I have chosen to be a nurse in the health and social care field. It has become successful in analysing my strengths, weaknesses, opportunities and threats. My strengths are strong communication skills, hard work, problem-solving skills, determination and responsibility. All of these strengths can help me in building my career in the field of health and social care, as these are crucial for becoming a nurse. Strong communication skills are needed to be a nurse (Indeed, 2025). My weaknesses are a lack of work experience, bad networking

contacts, nervousness, lack of confidence and others. These weaknesses can limit my potential to become successful in this field. The opportunities are online courses, the ability to develop, an increase in knowledge and others. This can help me in my future in developing my career as a successful nurse. The threats can also limit my potential, but they have also provided some ways which I can utilise in future.

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