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***Module:Principles of Health and
SocialCare Practice***

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Assignment Title: Component 1:

written Assignment(Reflective Report)

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Introduction

Principles of Health and Social Care Practice emphasizing on delivering person-centred care by main values like respect, dignity, safety, and confidentiality (Wheeler *et.al* 2024). Such principles convey ethical care, encouraging equality, rights, and independence while following legal benchmarks. The report will focus on giving the importance of principles of health and social care by use of specific theory. The real-world example of the UK firm will be considered for ethics, partnership working, and person-centred care is offered. Policies and guidelines will also be provided with addressing challenges. Finally, the report will provide self-reflection as the health and social care professional along with considering current skills, strengths, and improvement areas.

Task 1

Reflection on the Importance of Principles of Health and Social Care

Significance

Reflecting on the importance of principles in relation to person-centred, partnership working, and ethics shapes the practices effectively within health and social care. Person-centred care conveys that people are treated with respect and dignity as per their values, needs, and perspectives at the centre of decision-making (Islam *et.al* 2023). Such practice strengthens service users, encourages independence, and manages satisfaction with health care services. It also leverages faith among individuals and practitioners of service, which is important for positive outcomes in health.

Partnership working is the next practice which is important equally as it motivates collaboration among service users, families, practitioners, and organizations (Khalsa *et.al* 2024). Through working as team, professionals can exchange information and resources, resulting into more aligned and inclusive care. This mitigates gaps in delivery of service and conveys that service users gain continuous assistance around varied contexts. Ethics offers the moral approach that directs the individual behaviour in professional manner with right decision-making. Principles like beneficence, non-beneficence, autonomy, and justice conveys that care is offered truly, securely, and in best interests of person (Mahbub Hasan, 2022). Ethical practice is especially significant when handling the critical cases, like taking consent or safeguarding, where practitioners should manage varied duties.

Altogether, the principles are important in encouraging safety, high-quality, and empathetic care within health and social care environment.

Principles support quality of care

The principles of health and social care majorly raise the quality care within UK through conveying that services are personalised, aligned, and ethical base. Person-centred care

helps in individual care that reflects that every patient is distinct physically, emotionally, and socially in terms of wants (Slayter and Johnson, 2023). The use of Maslow's Hierarchy of Needs theory showed the significance of identifying just not the fundamental psychological and safety needs but also self-esteem and actualization needs, conveying holistic delivery of care as shown in image below (CareRev, 2024). Therefore, person-centred care works positively to offer holistic and useful services.

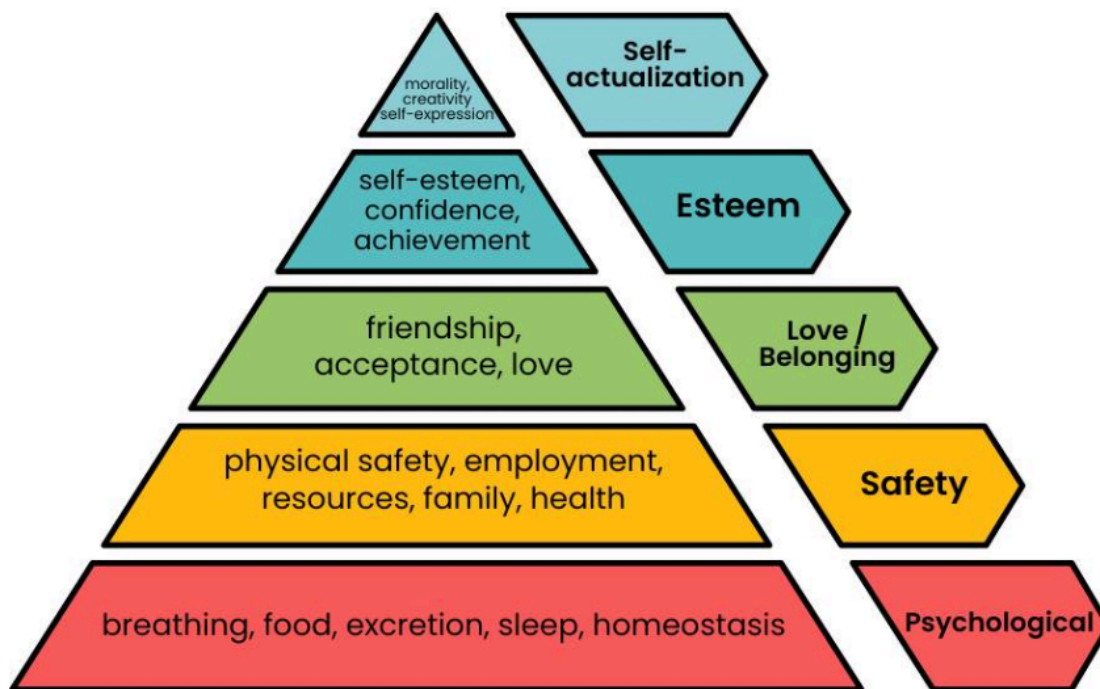


Figure 1: Maslow's Hierarchy of Needs theory
(Source: CareRev, 2024)

Partnership working leverages collaboration around healthcare mechanisms, which is important in the context of UK where services are generally given by several agencies. Collaborative practices focus on the significance of communication, shared objectives, and mutual respect in professionals (Patel *et.al* 2023). For example, multidisciplinary teams enable healthcare practitioners to align their knowledge, resulting into more useful examination, planning, and care delivery. This mitigates service duplication and manages efficiency, ultimately advantageous to service users.

Ethical decision-making strengthens all care quality aspects through conveying that actions are directed through professional values and legal approaches (Fletcher-Watson *et.al* 2025). Ethical theories like deontology and utilitarianism conveys decisional practices, supporting practitioners identify the most suitable action course in critical circumstances. For example, respecting autonomy of patient while conveying safety, show balance among rights of individuals and professional duties.

Overall, across UK, professional guidelines and legislation strengthen the principles, conveying responsibilities and continuity in actual context.

Task 2

Practical Examples of Concepts in Practice

Example

A well-known organization of UK where person-centred, partnership working, and ethics principles are applied is National Health Service (NHS) (Gkiouleka *et.al* 2023). NHS reflects aligned care around hospitals, community facilities, and social care, making it the effective example of how the mentioned principles functions within real practice.

An actual example can be noticed in care of patient with long run condition like mental health, dementia, and learning disability in the NHS community healthcare context (Lombardo *et.al* 2023). In such situation, person-centred care is shown by care planning that includes the patient decisions. Healthcare practitioners involve in communication from both sides, enabling the service user to show their preferences, lifestyle specification, and objectives of treatment. Such alignment relates with model of 'House of Care', where people are assisted to handle their own health by sharing decisions by healthcare professionals as shown in image below (ResearchGate, 2026). Such approach confirms that care is customised and reactive, optimizing satisfaction of service users along better health deliverables.



Figure 2: House of Care model by NHS

(Source: ResearchGate, 2026)

Partnership working is also shown clearly in the example. The patient care includes collaboration among GPs (General Practitioners), dieticians, nurses, and at few times social workers. Every practitioner contributes for special knowledge, conveying care in holistic manner. Such collaboration in multidisciplinary way is important as no single practitioner can achieve all aspects of patient requirements. Policies of NHS also focus on partnership working with communities and individuals to manage health results and quality of service (NHS England, 2026). Ethic principles are deployed across the process in practice. Healthcare experts respect the autonomy of patient by taking consent and helping individuals to undertake own choices. Beneficence and non-maleficence are demonstrated in offering secure and useful treatments, while justice conveys transparent accessibility for services (Kaalund *et.al* 2025). Ethical practice is especially essential when managing conditions for long run, where managing independence of patient with clinical consultation can be risky. Managing dignity and privacy additionally strengthen faith among service user and service provider.

Current policies and guidelines

The present policies and guidelines across UK leverage the principles application. The NHS frameworks and Care Act 2014 needs services to engage patient in their care and encourage wellbeing (Masterson *et.al* 2022). Person-centred care is addressed as the core element of better healthcare, conveying services are created across needs and perspectives of individual. However, challenges like shortages in staff, time limitations, and barriers in communication can restrain the proper execution. For overcoming these, organizations can invest towards training of staff, optimise communication mechanisms, and encourage integrated care models. Leveraging health records in digitalization and motivating interdisciplinary collaboration can also raises effectiveness (Mahbub Hasan, 2022). Overall, NHS showed that how person-centred care, ethics, and partnership working can be usefully applied. Their integration results into improved outcomes of patient, better communication of services, and a more empathetic, ethical practice to care delivery across UK.

Task 3

Self-Reflection as a Health and Social Care Professional

Self-reflection

For my role of health and social care professional, the fundamentals of person-centred care, partnership working, and ethics majorly impact my day-to-day practice and contribute towards my professional development. Reflecting on such principles enables me to examine my actions and manage the care quality I offer.

According to Oniani *et.al* (2023), person-centred care is the principles that supports in decision-making. This practice has shaped my approach through conveying that I always put the individual in centre for decision-making. In my routine work, I seek to listen actively to users, respect perspectives, and engage them in care planning. Such approach raises the faith and encourages independency and dignity. For example, when supporting the person with varied culture and backgrounds, I convey that care is customised to the particular wants instead of applying standard approach. Such reflection demonstrates that right care moves above physical help and encompass emotional and psychological wellbeing (Glasby, 2026). Through using continuously, the values of person-centred, I am creating more reactive and compassionate practice.

Wheeler *et.al* (2024) stated partnership working also plays the essential role in professional practice. In actual context, I daily collaborate with supervisors, team members, and other healthcare experts to confirm aligned care. Reflecting on the experiences, I identified that useful teamworking and coordination are important in meeting positive results. There have been cases where right coordination supported in preventing mistakes and managed the delivery of services. However, it is argued by Islam *et.al* (2023) that communication is must in professional settings in health and social care. I addressed that there are times when my communication can be improved, especially in multidisciplinary contexts. Such reflection motivates me to raise my skills related to teamwork and interpersonal for contributing more usefully in team.

Ethical principles also guide in decision-making procedure and convey that my actions links with professional benchmarks. I am careful about maintaining freedom, privacy, and encouraging transparency in all circumstances. For example, when managing critical information, I convey that it is shared rightly and only when necessary. Demonstrating on ethic dilemma, like managing independence with security, has supported to generate skills related to critical thinking and decision-making (Khalsa *et.al* 2024). Such experiences have leveraged my learning towards responsibilities in professional setting.

Overall, the provided principles have amended my professional identification through motivating reflective learning, consistent practice, and following high quality care standards. They allow me to provide safe, empathetic, and proper care while also determining areas where I can optimize. By consistent reflection, I am acting more assured, adaptive, and competent as health and social care professional.

Skills, strengths, and areas for improvement

Demonstrating my present skills and capabilities, I identify various strengths that help in my role in health and social care. In the modern era, it is required by individuals to develop wide ranges of skills so that they can easily become more effective and competent. I have effective communication skills that enable me to develop positive connections with patients

and other colleagues. I am also compassionate and patient, allowing me to know and react to the individual needs usefully. Furthermore, I showed the right understanding of privacy and professionalism that links with professional conduct like those given my Nursing and Midwifery Council. Such strengths contribute towards offering secure and respectful care.

However, the reflection also supported to identify improvement areas. One major area is raising my confidence to take decisions, especially in critical or challenging cases. At times, I might depend majorly on senior management instead on considering my own judgement. The next area of improvement is optimizing knowledge on UK policies and legislations like the Care Act 2014 and the Health and Care Act 2022, to convey that my practices is aligned completely with present legal compliance. Furthermore, I also want to improve my multidisciplinary collaboration skills while interacting with varied practitioners.

For addressing the areas, I have developed a clear professional development plan. In the first, I involve in continuous professional development (CPD) through participating in sessions, workshops, and online courses in relation to person-centred care, ethical and safeguarding approaches. This will support me to remain upgraded with present guidelines and optimise my base for this knowledge. Next, I plan to undertake regular feedback through colleagues and seniors to determine improvement areas and review my growth. The several reflective practices will include managing reflective journal that will also help in development and learning.

In addition, I also aim to aim to enhance my knowledge and skills understand policies and regulations through monitoring organizational guidelines and frameworks of UK, including those given through NHS and the Care Quality Commission (CQC). This will convey that my practice is appropriate as it comply based on evidence. I also plan to raise my teamworking and communication skills through engaging actively in team sessions and partnership working with multidisciplinary experts. Furthermore, I will emphasize on developing confidence in decisions made through slowly undertaking more duties in real, while still pursuing direction when required. This will support me create independence and responsibilities towards my role.

Overall, through identifying my strengths and identifying improvement areas, I can raise my professional competency and offer high care with meeting quality benchmarks. Consistent learning, following professional regulations, and commitment towards ethical and professional code of conduct which will help in managing growth as professional in health and social care and enable me to offer useful, empathetic, and person-centred care for the future.

Conclusion

The report concludes on the principles of person-centred care, partnership working, and ethics are major to deliver high-quality social and health care services across UK. The principles convey that care is customised to needs of individuals, supported by useful collaboration, and directed through strong standards for moral and professional conduct. By reflection, it had been evident that using the principles raises the outcomes of patient, encouraging respect and leveraging professional approach. Consistent development in areas like understanding on principles like the Care Act 2014 and the Health and Care Act 2022 is important for managing competency and skills. In nutshell, the given principles develop the base for empathetic, ethical, and effective delivery of care.

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