

Personal Development Portfolio

Student Name: Alhajie Lowe

Student Number: 2440651

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Lecturer's Name: Umma Suleiman

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Alhajie Lowe

SS1 2HSE | assmalicklo@yahoo.co.uk | 07429175273

Professional profile

I am a caring healthcare worker who really focuses on people and their needs. Over the years, I have worked in community health and helped service users a lot. I build good relationships with adults who need extra support, like older folks or those with tough situations. I adapt quickly and communicate well with everyone involved. It matters to me to keep dignity in place and follow all the rules for safety and care in health and social work. Sometimes it feels like the job changes fast, but I stay committed.

Key skills

- Person-centred care, that means planning support around what the person wants.
- I listen well and talk clearly to help out.
- I know about safeguarding for adults and kids, its important.
- I handle medications and check on health stuff.
- Building connections with users, families and teams is something I do naturally.
- I use IT for care systems and records, nothing too fancy but it gets the job done.

Work history

Horizon Care Services | Support Worker – Learning Disabilities & Mental Health | January 2026 – Present

I give person-centred help to adults with learning disabilities or mental health issues in supported living spots. I work on trust with users, families and care teams to help independence and feeling good. Daily stuff like personal care, meals, getting out in the community. I help with care plans and join reviews sometimes. I watch for health or behavior changes and report if needed.

Sunrise Residential Care Home | Senior Care Assistant | August 2022 – January 2026

I did personal care and emotional support for older adults, including dementia cases and complex health. Helped with hygiene, moving around, eating, meds. I guided newer staff and helped with

their training start. Kept records on digital systems accurately. Some days were long, but seeing progress made it worth it.

Southend Community Health & Care Trust | Community Support Worker | February 2020 – August 2022

I did outreach in the community for vulnerable adults, elderly, long-term conditions. Welfare checks, help with isolation or mental health. Talked to doctors, nurses, social workers for care setups. Pushed for better lifestyles, meds, home independence. It was out in the local area, so varied a lot.

Wellbeing Support Services Ltd | Care Coordinator | July 2017 – March 2018

Coordinated packages for adults with physical or mental needs. Assessed who qualified for community services. It involved a bit of planning, making sure fits.

Independence Support Ltd | Community Care Assistant | September 2016 – July 2017

Domiciliary care in homes, personal care, med reminders, social bits. Followed safeguarding and data rules. Target was 8 visits a day, with 3 good reviews weekly.

Education

- 1988 – 1990: Senegalese Armed Forces, Dakar, Senegal — Discipline, Leadership & Team Management. That taught basics of working together.
- August 2011 – 2013: TLE Harrow — ECDL IT Level 2 / English. Helpful for records.
- Care Certificate (Standards 1–15) — completed.
- Manual Handling & Moving and Assisting — certified.
- Safeguarding Adults & Children Training — Level 2.
- Infection Control & Prevention Training.
- First Aid at Work — ongoing.
- Dementia Awareness Training. I think these keep me sharp, but always more to learn.

Hobbies & interests

I like sports, music and reading. Committed to professional growth doing a CP Transmission course now. Passionate about local community support, into health initiatives. It ties back to the work somehow.

Personal Statement

I am a healthcare professional with more than 20 years of direct care experience in a variety of health and social care settings. I want to be a Physiotherapy Assistant because it makes sense for my career and is a natural step forward. It combines my extensive experience in patient-centred care with my desire to specialize in rehabilitation and physical health. I am currently taking the Certificate of Higher Education in Skills for the Workplace (Health and Social Care) at the University of Wales Trinity Saint David. I am dedicated to improving my clinical knowledge and skills so that I can do well in this job.

I started my career in 2003 and since then I've worked in a number of different jobs such as healthcare assistant, senior care assistant, community support worker and support worker in supported living settings. I worked with qualified nurses and other health professionals at Southend University Hospital NHS Foundation Trust, helping patients in both medical and surgical wards. This has helped me learn a lot about clinical settings and how important it is for different professionals to work together to provide good patient care (NHS, 2019). The core competencies, which I consider mine involve great communication skills, ability to adapt as well as being a supporter of the values of patient dignity and empowerment (Health, 2015). I manage to show professionalism during work and provide high-quality services, demonstrating a great understanding of the needs of service users and the importance of maintaining productive relationships with patients and their relatives.

Concerning the qualification aspect, the list of qualifications that I can adduce as proof of my competence includes Care Certificate, Manual Handling and Moving and Assisting, Safeguarding Adults and Children Level 2, and Dementia Awareness. Moreover, I am proficient in computer technologies and can use them to maintain digital care records. Being physically fit, I am able to support patients' mobility. In the course of continuing with my Level 4 programme, I will further expand my theoretical knowledge on health and social care practice, personal and professional development, and reflective learning. It is my intention to supplement my educational experience with practical skills in physiotherapy assisting, and I intend to explore additional CPD opportunities offered by the Chartered Society of Physiotherapy and suitable training courses (Health and Care Professions Council, 2022). I am a dependable, committed and passionate person who works well within a team and derives immense joy from helping people reach their rehabilitation objectives. I believe that my qualifications, attributes and credentials make me an ideal fit for this position.

SWOT Analysis

Strengths

- A lot of hands-on experience in jobs that involve caring for patients.
- Good at talking to and getting along with other people.
- Worked with teams made up of people from different fields.
- A caring and person-centred way of doing things.
- Physically able to help patients move around.
- Proven ability to follow clinical instructions and care plans.

Weakness

- They don't have a formal physiotherapy degree yet.
- Only a little specific knowledge of physiotherapy methods.
- Not having used specialised physiotherapy equipment before.
- May need to learn how to write clinical documents that are specific to physiotherapy.
- Right now, they are at Level 4 with a limited academic background.

Opportunities

- Currently taking a Level 4 course that is relevant.
- The NHS needs more physiotherapy assistants all the time (NHS England, 2023).
- Chance to get physiotherapy training that is registered with the HCPC.
- A large network of professionals in health and social care.
- Availability of paid CPD and apprenticeship paths.

Threats

- There are a lot of people looking for physiotherapy assistant jobs.
- Risk of injury if you don't get manual handling training that is specific to physiotherapy.
- Quick changes in how the NHS hires and pays its workers.
- Problems with time management when trying to balance work and study.
- Possible need for more certifications or better DBS checks.

Personal Development Plan

Goal 1: Finish a Level 4 or 5 unit or a Physiotherapy Assistant CPD course that is related.

- **Action:** Find and sign up for an accredited physiotherapy assistant training program. Go to workshops and follow around certified physiotherapists (Care, 2021).
- **Resources:** NHS Learning Hub, a local college, the HCPC website and support from line manager.
- **Timeline:** Within 6 months.
- **Monitoring:** A certificate of completion, feedback from a supervisor and self-assessment log.

Goal 2: Learn about physiotherapy methods and exercises for rehabilitation.

- **Action:** Read important physiotherapy books, do online CPD modules and watch physiotherapy sessions in clinical placements.
- **Resources:** CSP resources, NHS e-learning, YouTube clinical tutorials, and mentor guidance.
- **Timeline:** 6 – 12 months
- **Monitoring:** Reflective journal entries, the ability to help with more than five exercise programs on your own, and feedback from your tutor.

Goal 3: Get a formal job as a Physiotherapy Assistant or in a similar NHS Band 3 role.

- **Action:** You can find Band 3 physiotherapy assistant jobs on NHS Jobs. Make sure your CV is up to date and go to interview prep sessions.
- **Resources:** NHS Jobs portal, university career service, personal tutor, and professional references.
- **Timeline:** 12 – 24 months
- **Monitoring:** Reflective journal entries; capacity to independently assist with over five exercise programs; feedback from the tutor.

Reflection Using Gibbs Model

Description

I had to give a formal presentation to my classmates and lecturer about a topic related to professional development in health and social care. I chose to talk about how important good communication skills are in health and social care settings and how they affect patient outcomes. The presentation lasted about ten minutes and there was a short question-and-answer period afterward. I used slides to help me deliver my speech and cited academic sources throughout. The test required students to do their own research, speak clearly in front of others and explain academic content clearly.

Feelings

Before the presentation I was a little nervous, which I know is normal when you have to take a formal academic test. But as soon as I started talking my nerves calmed down quickly. As I went through my slides I became more and more sure of myself. I used my years of experience in health and social care to make the theoretical points more real with real-life examples. I was interested in the subject and excited about it and this genuine interest seemed to help me deliver the material. At the end of the presentation I felt like I had done something great. Getting positive verbal feedback from my teacher made me feel even better and made me surer of my academic skills.

Evaluation

The presentation was a good and useful experience. My confident delivery, clear structure and ability to connect theory with real-world practice were some of the things that went well. My lecturer's verbal feedback showed that I communicated clearly and interestingly, that I understood the topic well and that my use of personal professional experience made the content more real and meaningful. One area that needed improvement was the range of academic references used. Feedback said that using a wider range of current academic sources would have made the presentation's evidence base stronger.

Analysis

Thinking about why the presentation went well, I think it was because I had a lot of real-world experience in health and social care that gave me real confidence in the topic. Kolb says that experiential learning is a strong basis for academic growth because it helps students connect theory to practice in a meaningful way (Kolb, 1984). I had worked with patients for more than 20

years so I could speak with authority and passion, which may have helped my presentation go over well. My thorough preparation, which included practicing many times and organizing my slides in a logical way, was also very important in making sure I spoke clearly and with confidence (Arnold & Boggs, 2020).

In terms of the identified weakness I understand that Level 4 academic practice necessitates a more systematic engagement with scholarly literature than I initially employed. Cottrell observes that a prevalent obstacle for students re-entering education is the shift from practical knowledge to academic rigor, necessitating intentional and sustained effort for development (Cottrell, 2019). I am completely dedicated to addressing this in future evaluations.

Action Plan

Because of this reflection, I promise to do the following things to improve my academic practice in the future:

- I will make time each week to read peer-reviewed journals about physiotherapy and health and social care.
- I will use the university library and online academic databases like CINAHL and PubMed to find more sources for future tests.
- I will go to UWTSD's academic skills workshops to improve my writing and referencing skills.
- I will ask my teacher for feedback on my drafts before the final deadlines to make sure I am meeting the academic standards.

The Health and Care Professions Council (HCPC) says that these commitments are in line with the principles of continuing professional development (Health and Care Professions Council, 2022). They will help me make progress in this program and in my future career as a Physiotherapy Assistant.

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