



ANDREA BERRY (250699)
LCHS4009
PROFESSIONAL DEVELOPMENT WITHIN HEALTH
AND SOCIAL CARE
LECTURER: BESTY JOSE
SELF-AWARENESS PRESENTATION

The role of a General Adult Nurse:

- A general adult nurse is a role in which support is efficiently provided to adults with a variety of health conditions and needs. Nurses must work within their competence, uphold professional standards and continuously develop their own knowledge and skills (NMC, 2018).
- The main tasks of this role include assessing patients in order to make evaluations and judgements to promote diagnosis and the development of a unique treatment plan, monitoring vital signs such as an improvement or deterioration in the patients condition, administering the correct type and dosage of medication consistently at the correct time, dressing and treating any wounds with care, maintaining organised and up to date records in order to keep information relevant and correct, and supporting the recovery of the patient.
- The main roles of a general adult nurse are to protect the safety of patients, maintain confidentiality, prevent infection caused by unsanitary conditions and untreated injuries/wounds, communicate effectively with other medical professionals, provide safeguarding to vulnerable people as well as treat every single patient regardless of their background or situation with dignity and respect (Department of health and Social Care, 2023). Any nurse must follow the professional standards set by the Nursing and Midwifery Council (NMC) and ensure that the care in which they provide is safe, compassionate, empathetic and person-centred (NMC, 2018)

STRENGTHS:

My strengths include strong communication skills, clinical knowledge, practical skills, empathy, active listening, organisation, adaptability, attention to detail, professionalism, teamwork, critical thinking and a keen willingness to learn.

These strengths are relevant to take on the role of a general adult nurse as the role involves providing safe and compassionate person-centred care, communication with families and other professionals, working within teams of various sizes as well as recognising changes in a patient's condition.

My empathy and active listening could help me understand a patient's concerns, respect their preferences and provide them with emotional support. Additionally my communications skills could help me to explain care clearly and contribute to effective teamwork. Furthermore, my attention to detail and critical thinking skills could help me to recognise any important information, follow standard procedures as well as identify when and how a patient's condition may need further assessment or possibly escalation.

My organisation skills can help support the management of nursing responsibilities and my adaptability can help me to respond to the changing needs of a patient. Furthermore my willingness to learn is valuable as the role of a general adult nurse requires ongoing professional development.

WEAKNESSES:

I recognise the need for personal improvement in areas such as my limited clinical experience and lack of knowledge of medical terminology, lack of confidence within unfamiliar situations, aversion to public speaking, lack of leadership experience, poor time management and prioritisation, poor IT skills and stress management. Additionally I could potentially become affected or distraught by difficult situations, take on too many responsibilities than I could reasonably handle or overthink decisions.

These are significant weaknesses because General Adult Nurses work in environments where they must be able to communicate clearly, manage competing demands, react quickly and work with confidence.

The opportunities available to me include clinical placements, mentorships, feedback from experienced nurses, volunteering, further education, professional training, continuing professional development, networking and future employment opportunities.

Clinical placements would allow me to apply my clinical knowledge and practical skills in real healthcare settings under appropriate supervision. My willingness to learn and positive attitude could help me to benefit from feedback and identify areas in which improvement is required. A mentorship could help me to develop confidence, further improve my communication and learn more about prioritisation, delegation and leadership.



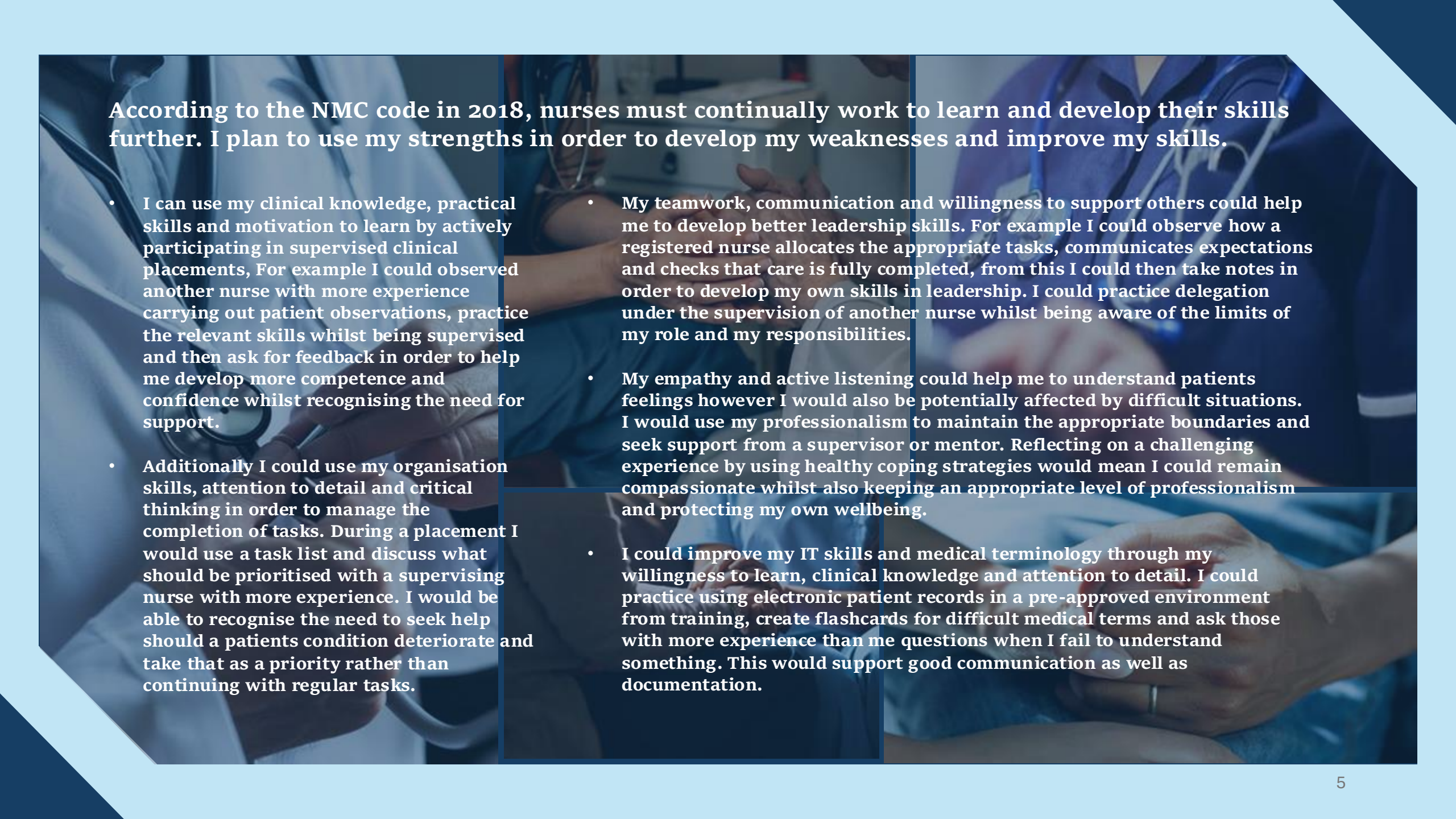
Potential threats include high workloads, staff shortages, stress, burnout, emotionally challenging situations, long working hours, competition for jobs, changing healthcare demands, communication barriers and the risk of clinical mistakes. These challenges are all extremely relevant to the job role of a General Adult Nurse due to the fact that nurses must maintain safe and effective care whilst responding to the needs of a patient within a very demanding environment.

A high workload and staff shortage would increase the pressure and therefore make it harder to manage completing tasks. I could use my organisation, adaptability and teamwork skills to plan my workload, communicate my concerns and seek support when it is necessary.

Another threat to be noted is emotional burnout and stress. My empathy would be a strength when supporting patients however I would need to balance care for others either managing my own wellbeing, which I could do through seeking the appropriate support, reflecting on difficult situations and using healthy coping strategies.

Competition for nursing positions is another challenge therefore I would have to prepare by developing my clinical experience, improving my interview skills, constantly seeking feedback and keeping my knowledge as up to date as possible.





According to the NMC code in 2018, nurses must continually work to learn and develop their skills further. I plan to use my strengths in order to develop my weaknesses and improve my skills.

- I can use my clinical knowledge, practical skills and motivation to learn by actively participating in supervised clinical placements, For example I could observed another nurse with more experience carrying out patient observations, practice the relevant skills whilst being supervised and then ask for feedback in order to help me develop more competence and confidence whilst recognising the need for support.
- Additionally I could use my organisation skills, attention to detail and critical thinking in order to manage the completion of tasks. During a placement I would use a task list and discuss what should be prioritised with a supervising nurse with more experience. I would be able to recognise the need to seek help should a patients condition deteriorate and take that as a priority rather than continuing with regular tasks.
- My teamwork, communication and willingness to support others could help me to develop better leadership skills. For example I could observe how a registered nurse allocates the appropriate tasks, communicates expectations and checks that care is fully completed, from this I could then take notes in order to develop my own skills in leadership. I could practice delegation under the supervision of another nurse whilst being aware of the limits of my role and my responsibilities.
- My empathy and active listening could help me to understand patients feelings however I would also be potentially affected by difficult situations. I would use my professionalism to maintain the appropriate boundaries and seek support from a supervisor or mentor. Reflecting on a challenging experience by using healthy coping strategies would mean I could remain compassionate whilst also keeping an appropriate level of professionalism and protecting my own wellbeing.
- I could improve my IT skills and medical terminology through my willingness to learn, clinical knowledge and attention to detail. I could practice using electronic patient records in a pre-approved environment from training, create flashcards for difficult medical terms and ask those with more experience than me questions when I fail to understand something. This would support good communication as well as documentation.



REFERENCE LIST

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