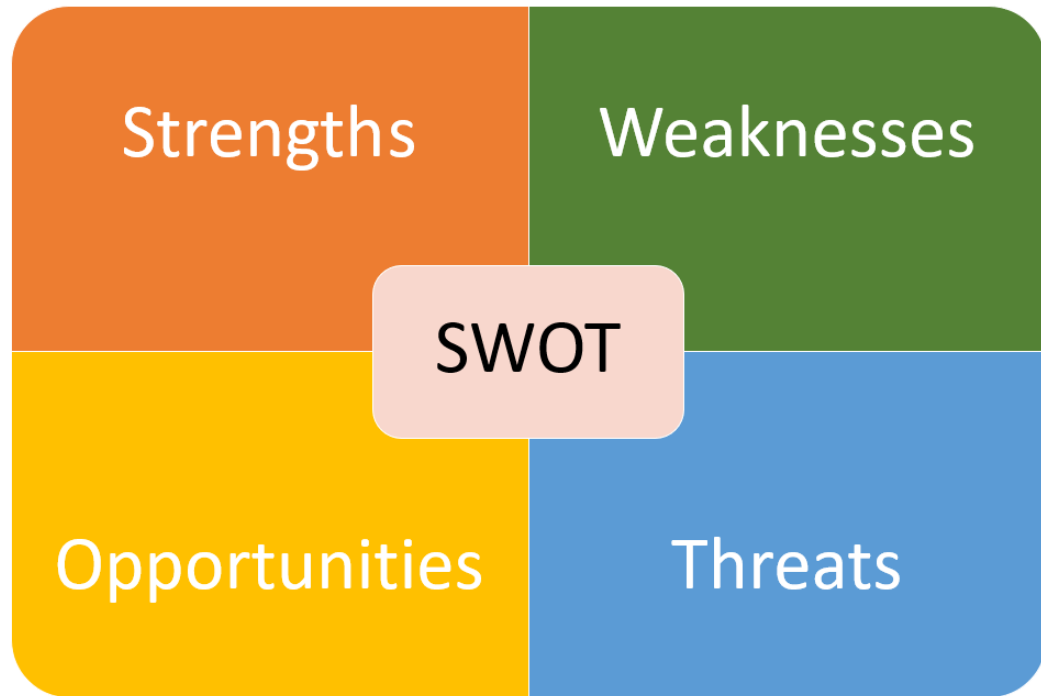




Denisa Mazarache

Student ID: 2425452

Professional Development
within Health and Social Care
LCHS4009



Introduction

- Self-awareness, and how this can be used in Health and Social Care for personal and professional development.
- SWOT analysis identifies the internal and external factors that affect the development of.
- This presentation is reflective of my strengths, weaknesses, opportunities and threats.
- Aim: To develop an action plan on the issues of continuous improvement and employability in the care sector.

Strengths

- Good communications and empathy skills when working with service users.
- Organisational and time-management skills gained from academic and practical experience.
- Teamwork and collaboration as a part of multidisciplinary teams.
- Commitment to person centred care and ongoing learning.



Weaknesses

- Sometimes lack confidence in new clinical or professional situations.
- Find public speaking and presentations difficult.
- Need improvement in advanced digital literacy of healthcare documentation systems.
- Limited experience of dealing with conflict or challenging behaviour.



Opportunities

- Access to professional training and online learning platforms.
- Expanding healthcare careers with advancement options.
- Networking Through Placements and Volunteering Experiences
- Constant need for competent care workers in the UK Health, Social Care (Kosiol et al., 2024).



Threats

- High workload and the risk of burnout in care environments.
- Rapid policy and technology change to adapt to (Fitzpatrick et al., 2023).
- Competition for advanced training and leadership jobs
- Emotional stress of dealing with vulnerable clients





Conclusion

- SWOT analysis helps in improving self awareness and career planning.
- Strengths provide a guide to personal effectiveness, weaknesses to areas for growth.
- Opportunities are the motivation to be continuously developing.
- Awareness of threats promotes resilience and learning to do something.
- To develop a confident, reflective practitioner in Health and Social Care.

Reference



Fitzpatrick, J.M., Bianchi, L.A., Hayes, N., Da Silva, T. and Harris, R., (2023). Professional development and career planning for nurses working in care homes for older people: A scoping review. *International journal of older people nursing*, 18(1), p.e12519.



Kosiol, J., Silvester, T., Cooper, H., Alford, S. and Fraser, L., (2024). Revolutionising health and social care: innovative solutions for a brighter tomorrow—a systematic review of the literature. *BMC Health Services Research*, 24(1), p.809.