

Certificate of Higher Education Skills for the Workplace (Health and Social Care) Term 3

Module Title: Psychology for Health and Social Care

Module Code: BMHP4003

Lecturer: Diya Ganguly

Student Name: Senu Begum

Student ID: 2018971

Word Count: 1500

Table of Contents

Introduction	1
Reflection on Psychological Theories.....	1
Role of Healthcare Practitioners	2
Reflection.....	3
Conclusion	4
References.....	5

List of Figures

Figure 1: Role and responsibility of health and social care professional.....	2
Figure 2: Rolfe's Reflection Model.....	3

Introduction

Health and social care practices consider using psychological theories and practices to understand human behaviour. The psychological factors influence human behaviour in the lifespan and influences of such factors in the health and social care practices have been considered in modern health and social care environment. The theories of lifespan development and various psychological theories are widely applied in health and social care practices (Griggs, 2020). The social determinants and biological aspects of human behaviour are critically considered using psychological theories in health and social care.

Reflection on Psychological Theories

In healthcare practices, the implications of psychological theories are vital to understanding various aspects of behaviour, psychosexuality, and other issues. Different psychological theories have been evaluated to increase understanding related to human psychology important in health and social care supports. In that case, have focused on **Life Stages of Infancy** which is part of developmental psychology (Smith, Claypool and Mackie, 2017). In the evaluation of the theory, the detailed process of children or infant development has been considered. In human growth, the importance of infancy life stages and essential aspects related to psychological development have been understood. The cognitive development and growth, linguistic, social and emotional capacities, moral development of infants help to understand health and social care needs. The critical aspects and areas influencing the infant's growth have been understood. Major focus can be provided in the **emotional development of infants** where it involves several steps. The emotional development in the first year is fascinating and thrilling where babies bond with the parents or caregivers. Besides, develop personal interactions and engagement.

The emotional represents of the infant depends on their behaviour such as smiling, crying and others based on different stages of the lifespan. The **cognitive development** theory has been focused on the perspective of children or infant development (Arnold, Coyne, Randall and Patterson, 2020). Infant life is the first stage of human cognitive development when children start to learn the language, thinking, memory and other issues. The understanding of cognitive development helps to assess their health and social care needs and provide suitable influences as necessary. However, it is required to consider that cognitive development is unique for children. Along with physical development, cognitive development is a major aspect of the learning and development of children. Providing more focus on children, **Lifespan Psychological Theory** has been evaluated. In that case, the psychosexual theory of Sigmund Freud's has been considered which focuses on the oral stage, anal and genital stage. The theory provided the base of psycho-analytic for the modern-day which helped to understand patients and their behaviour.

The theory helped to assess human personality and focused on mental health treatment for patients. However, there is a lack of evidence and concern on sexual behaviour. So, the psychological theories helped to understand different aspects of physical theories related to human development, more focused on children development. In most cases, I am agreeing with the theoretical aspects as these principles are practised in the health and social care environment.

Role of Healthcare Practitioners

Health and social care professionals are the heroes who save lives with their efforts and services. The professionals play a complicated and critical role to save and improve the health and social aspect of patients' life.

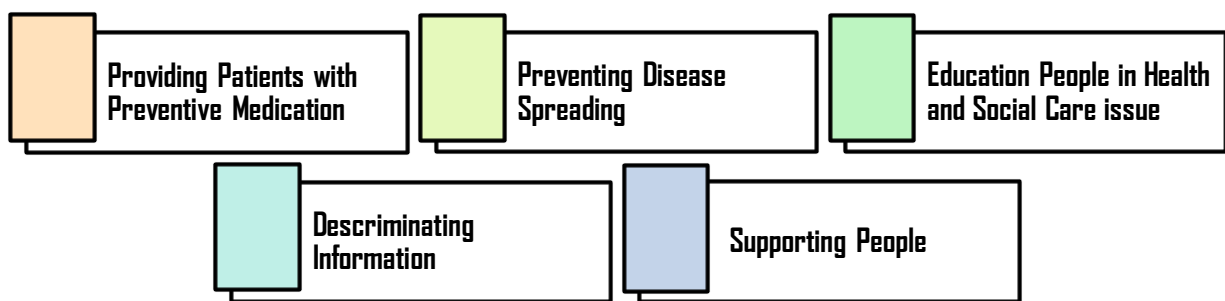


Figure 1: Role and responsibility of health and social care professional

Source: (Ainsworth, 2018)

The main roles and responsibilities of a health and social care professional related to **promoting preventive medication** to the patients or service users on their health and social care issues. In that case, the professional requires to conduct a proper assessment of the health and social care needs understanding their behaviour. The use of psychological theories such as behaviourism, cognitivism is helpful to understand what is health and social care needs of the patients. In effective health and social care management, psychological theories can be applied to understand. Besides, health and social care professionals **preventing the disease from spreading** as essential roles and responsibilities. During the covid-19 pandemic, the role that become more evident were preventing the diseases from spreading. The aspect of psychological theories helps to maintain effective behaviour which reduces disease spreading. Besides, health and social care professionals **educate people** related to health and social care issues. In that case, understanding lifespan psychology development, behaviourism, cognitive development and other physical theories help to analyse the educational needs to improve the learning outcome (Horevitz and Manoleas, 2017). In that case, the health education requirement can be evaluated and develop appropriate tools to promote health education where research is conducted by health and social care professionals. In the day-to-day practices, the health and social care professionals

were able to improve the health and social care educational aspects by promoting knowledge and learning to the patients. Besides, health and social care professionals **discriminate the information** necessary to the patients or related parties. In that case, the responsibility of the health and social care workers is to promote effective and inclusive health and social care supports. In the professional role, the health and social care practitioners are obliged to maintain their professional supports to the people (Vassell and Nguyen, 2020). In that case, various aspects of health and **social care supports** are considered for effectiveness. In supporting the patients or people, it is essential to maintain a proper understanding of different psychological theories and support as per professional understanding. The cognitive learning and behavioural approaches in health and social care education are helping to impact the health and social care practices very precisely. So, in the duty of care, the health and social care professional have to implement different aspects of psychological perspectives and theories.

Reflection

Reflective learning provided the scope of evaluating and analysing the learning from previous and current workplace settings in line with academic learning. For understanding reflective learning, have used Rolfe's reflective model which helps to classify the learning experiences and impact on health and social care professional development.

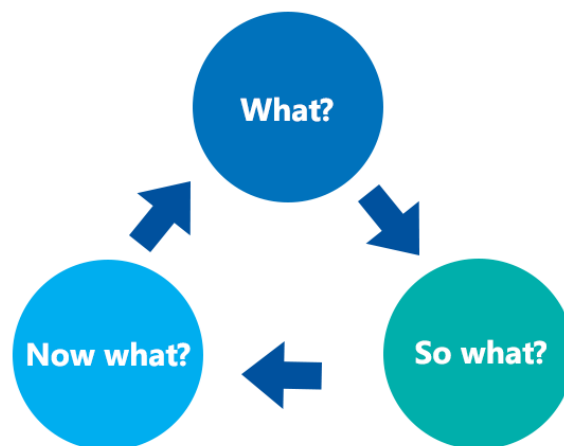


Figure 2: Rolfe's Reflection Model

Source: (Brockbank, McGill and McGill, 2019)

The reflection model of Rolfe considered three steps as to what, so what and now what which answers the reflective learning in a logical process. In the case of "**What?**", I have worked as assistant health and social care support worker in-home care. in the work practices, I have to support two older adults who were husband and wife suffering from different physical and mental health illnesses. The experiences were very complex for me to support as per prescribed manner from general practitioners due to the personal traits of the service users. However, I have to

support the service users in properly meeting their health and social care needs. In that case, different psychological theories helped to understand and assess the needs of health and social care service users and promote quality services to meet their needs (Xenakis, 2018). In the current work in health and social care organisations, the application or learning from the psychological theories is widely supported in patient's services. Academic learning has been able to improve professional practice and maintain the standards of roles and responsibilities. **"So What?"** is the second stage which related the experiences with theory and knowledge. I have gathered experiences in health and social care practices which improved the professional practice. In this stage, I can understand the importance of psychological understanding and perspective to understand the need and promote quality supports in the health and social care environment. Besides, psychological knowledge provides better assessment and expertise in managing the patients or service users. It helped by assessing the action based on own understanding of the health standards of the patients (Woodrow, 2017). Besides, in the practice, a proper supportive environment related to social policy, personal traits and legal framework has been able to maintain. The experience provided an understanding of the psychological perspective in modern health and social care practices. In the case of **"Now What?"**, it can be defined that I have a higher scope of improvement related to the implementation of psychological perspectives and theories. The more understanding and implementation of physiological theories in the health and social care practices will be improving own professional practices.

Conclusion

Psychological theories are important to incorporate in health and social care practices that support health and social care to promote high-quality services. The understanding of psychological theories such as stages of infant development, cognitive development, behaviourism theory and others are widely used to improve the health and social care outcome (Golightley, 2020). Besides, the theories helped to maintain the proper roles and responsibilities of health and social care professionals. The reflection helped to understand the academic learning implication in health and social care practices.

References

- Ainsworth, P., 2018. *Psychology Policing*. Hoboken: Taylor and Francis.
- Arnold, J., Coyne, I., Randall, R. and Patterson, F., 2020. *Work psychology*. Harlow, England: Pearson Education Limited.
- Brockbank, A., McGill, I. and McGill, I., 2019. *Facilitating reflective learning*. London: Kogan Page.
- Golightley, M., 2020. *Social Work and Mental Health*. [Place of publication not identified]: Learning Matters Ltd.
- Griggs, R., 2020. *Psychology - a concise introduction*. 6th ed. WORTH PUB.
- Horevitz, E. and Manoleas, P., 2017. Professional Competencies and Training Needs of Professional Social Workers in Integrated Behavioral Health in Primary Care. *Social Work in Health Care*, 52(8), pp.752-787.
- Smith, E., Claypool, H. and Mackie, D., 2017. *Social Psychology*. New York: Psychology Press.
- Vassell, A. and Nguyen, T., 2020. Theories of Social Systems: Implications for Health Care System. *International Journal of Psychological Studies*, 4(2).
- Woodrow, R., 2017. Creating Roles for Social Work in Changing Health Care Organizations. *Social Work in Health Care*, 25(1/2), pp.243-257.
- Xenakis, N., 2018. Creating a professional development platform to transform social work clinical practice in health care. *Social Work in Health Care*, 57(6), pp.440-464.