

Cu1531



**ASSIGN
BUSTER**

CU1531 Engage in personal development in health, social care or children??
™s and young people??™s setting1.

1My duties and responsibilities are to support service users with all aspects of personal care e. g. hygiene, dietary needs whilst preserving their privacy and dignity, promote mental and physical activities e. g. carrying on doing their hobbies, taking them out for walks or shopping, encouraging service users to be independent and maintain their freedom of choice in their everyday lives. Also providing and supporting service users with medication.
1.

2The expectations in my work role are to follow my job description, policies and procedures and conduct and to follow the care quality commission standards, provide each service users with the care that is needed as stated in their individual care plans, to safeguard each service user to maintain their rights and wellbeing. 2. 1It is important to use reflective practice as it help to develop your knowledge base of your job role and of your skills, understanding of service users??™ needs. During supervisions you reflect on how you??™re working, where you may need to improve and this is important so you can give the best possible care and the code of practice are being followed. 2.

2During my duty I noticed that a service user at certain times of the day she would become more agitated and would start to busy herself with clearing plates away from other service users that have not finished eating, during handover my manager and I reflected on this situation and found that the pain relief the service user was on was not taking her pain away like it used

to, so we got her stronger pain relief and the service user agitation subsided.

2. 3 Everyone has different morals, values, preference??™s and beliefs which affect the way you relate to other individuals, e. g.

as what they see as important might not be as important to you and vice versa and you??™re more likely to react to someone more positively if you have the same values and preferences. But when you??™re working in health and social care setting you need to keep your own values and beliefs separate and not allow them to inert fear with working like and treat everyone as an individual and give everyone the same quality of care. 3.

1Through developing a care in health and social care, my knowledge and performance follows the relevant standards, manual handling standards have to be met by using the right equipment hoist, slings and slide sheets on the right service user, and training updated yearly and all the equipment is working correctly.

Infection control needs to be adhered to throughout your daily duty, washing your hands properly when required wearing an apron, gloves to help stop cross contamination. 3. 1I can do this by reflecting on and evaluating honestly my own performance, and get regular and useful feedback on your performance and this requires me to work with others (manager, work colleague??™s) to identify my strengths and weaknesses to identify and skill gaps, and any improvements that need to be made. Find out what information and support is available to help me develop a plan covering my personal and professional aspirations, and then put those plans into action. Make sure that my practice meets the following requirements.

Keep up to date with any training that will help me maintain a level of knowledge and understanding that helps me to carry out my duty effectively, and Change the way that I work to coincide with any new approaches or recommendations. 4. 1 The? Sources of support would be my manager through supervisions, appraisal and other seniors carers that might of done some courses that I haven't done yet and have more knowledge than I have, they could help me plan & review my professional development plan, also going on the internet to research as there is lots of good sites like the open university etc. Television documentaries and friends that work in similar roles can all help to put together an action plan. 4.

2 I would compare myself to my work collages and study what kind of skills they have that I lack I would also asks them to show me so i can work on what i need to learn and practice next, and put this to my agreed personal development plan with my manager. Find similar free essays online now.