

Unit 4222-302 Engage in personal development in health, social care

Outcome 1

1. Describe the duties and responsibilities of own work role

My duties as a care worker involve giving clients personal care, such as assisting with washing, dressing, toileting requirements including catheter and convene care. Assisting with nutritional requirements such as meal planning/preparation/feeding, prompting/administering medication. It is my responsibility to ensure that the client maintains an acceptable level of health and to promote the client's well-being. It is also my responsibility to ensure that all company policies and procedures are carried out and to maintain records for the service delivered, along with responsibility for ensuring that my training needs are kept up-to-date so that I am at the level of standards required to undertake my role. Finally, it is my duty and responsibility to treat clients with respect and dignity at all times.

2. Explain expectations about own work role as expressed in relevant standards

I expect to have a competent understanding of the standards (National Occupational/Minimum Standards, for example The Health and Social Care, The Care Standards Act), procedures, policies, Codes of Practice (Codes of Practice for Social Care Workers and Employers), regulations (Health and Safety Work Act, Food Safety Act, Data Protection Act) for my role as a care worker. I can do this through education, trainings and refresher courses. All standards which I meet as written in my job description. During my job I am still learning, so I know my strengths and weaknesses. I understand what can I improve and what I should change. Every year I should meet my supervisor at my workplace to check if my job is properly and service users expectations could be met.

Outcome 2

1. Explain the importance of reflective practice in continuously improving the quality of service provided

Reflective practice is important process of learning from experiences and improving services. These methods can determine what methods work well and what does not work very well or not at all. Only when good and poor practices are identified can an accurate assessment should be made. Areas of good practice can be built on and repeated and any areas where the service could be improved would be identified and can be addressed with training, advice and support.

An example can be as I informing my supervisor that I have not had medication training and that I feel that my knowledge is weak in this area. You have then identified your own need for improvement in an area, and how the need can be met. Follow by above I should:

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Lei Shi



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