

## Candidate 1 evidence

### Human development and behaviour

1. It is important for a care worker to have an understanding of human development and behaviour when working in a care setting because it helps care workers to identify when individuals aren't meeting developmental milestones for age and stage. It can also help to identify early signs of illness such as dementia because they are able to identify what is normal cognitive development and behaviour for an individual of that age and what might be onset dementia.
2. (a) Nature can influence the development of Andrea because she has been predisposed to a genetic condition which has been passed down from her mother. Due to her experiencing her mother's death and watching this condition unfold she is likely in denial about her situation because she is worried about dying herself. This is important to understand because it can influence the treatments and interventions she receives and what would be most beneficial to her. Nurture refers to environmental factors and experiences due to her experiencing her mother's death for the condition she now has herself this could lead to prolonged stress which could cause the development of the cancer. Due to her experience of her mother dying of the same cancer she has this could result in her having no treatment at all and continuing to live in denial. This could result in deterioration in her condition and even death.

(b) The stage immobilisation is the first stage of transition and it refers to being in a state of shock and disbelief. This is normal in early stages but becomes denial if it is prolonged. In this stage self-esteem is low. Andrea is experiencing this stage and is refusing to believe that this is happening to her. She could be using this stage to block out pain and to continue on with 'normal' living because her problems are too difficult to face head on.

3. The key feature of locus of evaluation refers to external and internal locus of evaluation. External locus of evaluation means that an individual needs approval from external sources such as family and friends to have a high self-esteem and value themselves. Whereas internal locus of evaluation means that an individual values themselves due to their own self-assessments and don't look for outward approval.

The key feature of self-concept is made up of three parts 'self-esteem' 'ideal self' and 'self-image/real self'. Ideal self refers to how an individual wishes to be this could be attributes or qualities this individual wishes to attain or are in the process of attaining. Self-image refers to how an individual views themselves. When an individual's self-image and ideal-self are incongruent this means that they don't match this leads to low self-esteem. Rogers believed that in order to be fully happy within your life and achieve self-actualisation individuals ideal-self and real self had to be congruent which means they match.

### Social influences

4. Family is a primary agent of socialisation. Through family you learn norms, values and roles this is important to understand for all aspects of life. A lack of primary socialisation can lead to a lack of knowledge and understanding of social norms, values and roles this can lead to deviant behaviour which means behaviour that is viewed as abnormal by society. Through family children also learn social class and roles within the family. Family can have a negative impact on children due to living in poverty or of a lower socio-economic status. Family can also have a negative impact if they partake in substance misuse this is because children view this behaviour as normal. Family also helps individuals to feel a sense of belonging and understand their role in society. Family also helps individuals to understand right from wrong and uphold values.
5. In feminism theory one of the key features is equal rights for women. Feminists believe that women don't experience equal rights to men. This is believed in all aspects of life such as education, employment, religion and many other aspects. Feminists believe that women don't experience equal opportunities such as work opportunities and educational ones. Feminists believe that men are more likely to be chosen for job opportunities due to unequal rights and the fact they may go on maternity leave at some point in their life. The equality act 2010 helps to protect women from discrimination and marginalisation of their protected characteristic 'gender'. Feminists also believe that equal rights for women aren't upheld in the healthcare system and that women are believed to be too sensitive. Feminists argue that there is research to suggest that men's healthcare problems are much wider researched than women's due to unequal rights.

In feminism theory one of the key features is questioning of 'malestream' thinking. This refers to that research and writing is based upon a male perspective. Feminists believe that healthcare issues are researched mainly from a male perspective which means that results aren't necessarily accurate for women. This results in women's health deteriorating.

6. Understanding the social influence of work is crucial for working with an individual experiencing mental health issues. This is because individuals with mental health issues may experience marginalisation and discrimination in the workplace due to their mental health condition. This can contribute to deterioration of their condition and may be helpful for them to not be in work. Work related stress can also impact on an individual's mental health and wellbeing and is particularly important to consider when someone has a pre-existing mental health issue. However, work can create a sense of belonging and purpose which can improve mental health. Work also create roles that you adhere to this can have a positive impact on an individual with a mental health issue because it can create them a new role in society rather than just seeing their mental health issue as their only role In society. It is also important to understand work as a social influence because there can be a stigma around not working some may consider this as being lazy. If an individual with a mental health condition is unable to work this stigma and stereotype may contribute to the deterioration of their mental health problem, and the worsening of their condition this is important to understand in order to effectively support the individual.

7. One of the key features of symbolic interactionism is consensus of norms, values and roles. This feature refers to norms, values and behaviours that you have been socialised to through primary and secondary agents of socialisation. Norms refers to patterns of behaviours that is predictable and that there is an agreement in society as a whole that this is the way you should act. When someone goes against these norms this is seen as deviant behaviour. Values refers to what society as a whole view as right and wrong for example as a whole society believes that crimes such as murder is wrong. Roles refers to the role we play in society. Symbolic interactionism believes that we are all social actors and that we behave in ways that society and individuals associate with these roles. For example, the role of a nurse is compassionate and caring.

#### Values and principles

8. Supervision is a feature of positive care practice because it enables workers to feel supported in their role. This leads to individuals being more competent and supports staff morale. When staff morale is high this leads to improved quality of care leading to positive care practice. It also helps to reduce changes of harm and abuse against care users this is because when a supportive relationship is put in place for staff they feel more confident in reporting abuse and harm, higher level of competency in their role, and their wellbeing is supported which contributes to better quality care.
9. (a) Assessment of needs is the first stage of the care planning process. In this stage needs are accessed using PROCESS and SPECC which means social, physical, emotional, cognitive and cultural needs. A care plan is put in place to assist these needs to be met. In this assessment wishes and wants of the care user are also taken into account to ensure they are included in their care. Views and opinions of family are also taken into account to ensure care plan can ensure the highest quality of life for the care user. Other professionals' opinions may also be taken into account if the care user requires specialised care. In the care plan professionals such as dieticians, health-visitor, dentist, GP, podiatrist and optician may also be included to ensure all needs of the service user are being met.

Monitor and review of care plan is also a stage of the care planning process. In this stage the needs of the care user are assessed to ensure the current care plan meets the service users needs. It also takes into account new needs that the service user didn't previously have when their current care plan was written. It reviews what is working and what is not and allows service user and close family to share their opinion on how they would like the care to be going forward. It reflects on

(b) Assessment of needs contributes to positive care practice because it sets out clear expectations and standards for employees to adhere to when caring for the service user. It enables the service user to feel respected and valued and that their wishes and views are being followed. It also helps service user to be included in their care. It also upholds trust for families and helps build positive relationships because they know their relatives' needs are all being met because they are clearly set out. It also promotes compassionate care which contributes to positive care practice.

10. The human rights act 2000 supports the rights and choices of individuals in receipt of a care service. This is because legal action is able to be taken when human rights are breached. It also ensures that professionals adhere to individuals' rights whilst in receipt of a care service or legal action is able to be taken. The right to choose also supports individuals' choices in receipt of a care service because it is against the law to not allow this unless it is to protect their wellbeing.
11. Multidisciplinary teams are beneficial to the delivery of person-centred care practice because every professional involved is fully competent in their role as that is what they specialise in. This leads to less mistakes in care and enables service users' peace of mind and security in the fact that everyone is able to complete their role to a high standard. Multidisciplinary teams are also beneficial to the delivery of person-centred care practice because it reduces the risk of harm and abuse and the need for safeguarding interventions. This is because there are many professionals seeing this person frequently so even if one person missed signs of abuse then it would be unlikely the rest of the multidisciplinary team would. It is also beneficial to the delivery of person-centred care practice because even if the service user doesn't form a trusting and compassionate relationship with one of the professionals it is unlikely that they won't find one of the professionals that they get along with really well and are able to confide in.