

Health and Social Care Practice and Policy Essay

Introduction

The case study mentioned focuses on William Burns, who has been rough sleeping for the past ten years. The UK Government defines rough sleeping as individuals bedded or sleeping down outside like on the doorways, streets, bus shelters, or public parks. It also includes the whole sleep in buildings and other areas not made for residency, that is, stations, car parks, vehicles, barns, bashes, sheds, or derelict boats. Just as it has happened to William, rough sleeping has several effects on his physical health. Rough sleepers face most of the integral inequalities of health and reveal much lower fitness than the general population (Parkes *et al.*, 2019). They have co-occurring mental health together with substance abuse needs, physical well-being needs, and in their lives, they experience severe trauma.

Under section 2 of the Mental Health Act, Williams can be kept in the health centre for about 28 days as caregivers decide on the correct measures. They decide what type of mental illness the victim has, the treatment needed, and how the therapy will affect William's health. The nursing will be offered regardless of the victim's permission. However, under section 3, William can be treated against his consent for three months. After that, he will be nursed without his will if a second opinion-approved doctor authorizes medication. Conversely, section 4 is applied during emergencies; one nurse is in attendance for the short notice. In section 3 or 2, Williams can be kept with one doctor's recommendation. Under section 4, he can be detained for about 3 days while nurses arrange the entire assessment.

Health Inequalities

Health variations are the avoidable and unjust differences in humankind's health in the population and various people. Some authors in the UK use inequalities to signify distinctions between groups and inequities to signify unjust variations between people. Health imbalances go against social justice principles because they can be avoided. Their occurrence is not by chance or randomly. They are determined socially by conditions, mostly past personal control (McCartney *et al.*, 2019). Regarding the case study, where William is having health problems, these situations downside people and restricts their opportunity to have healthier lives and live longer.

According to Mezzina *et al.* (2019), the UK's existing health imbalances mean that everyone's right to the maximum attainable mental and physical health standard is not being equally enjoyed within the entire population.

Inequality Priority Issues

Access to Healthcare Services

Due to rough sleeping, William is experiencing barriers in obtaining standard health and care, thus having poor health results. He should have complex and high treatment and support needs. Effective health and care services should mark these needs and play a vital role in Williams's solution. There is a need for commitment to gain a proper concern of gaps in health provision for people. Regarding his rough sleeping and to inform subsequent commissioning and certify that the health and care system achieves their needs (Stuckler *et al.*, 2017). It should begin by evaluating the effectiveness of the current initiatives in attaining various outcomes: William Burns can access health services with the equal quality as the other people and sleeping rough on health to be minimized. Additionally, a person's infirmity is not a barrier to getting out of the streets and maintaining a resolved lifestyle.

Poverty

Poor health and poverty are linked accordingly in the whole world. The low health causes for many people globally originate from social, economic, and political injustices. In the case study, William is alcoholic, and, people who drink irresponsibly might be doing it due to stress. William drinks alcohol to escape from the stress of being homeless and having poor health conditions. Poverty is either a consequence or a cause of poor health. Chances of affliction are increased by lack of wealth (Marí-Dell' *et al.*, 2017). In turn, communities are trapped in poverty by illnesses.

Each year, neglected dangerous and infectious illnesses weaken and kill many people of the vulnerable group. Furthermore, doctor's fees costs, a drug course, and transportation to a health centre might be distressing, for both an individual and his siblings who need to be taken care of or assist them in financing and reaching a treatment. In difficult situations, the illness burden may signify that families auction their property, stop paying school fees for their children to start earning a living, or else start begging.

Legislation and Policy

The Rough Sleeping Strategy (2018)

This policy embarks on the UK Government's vision 2027 to support every individual who sleeps outside the streets as there will be funding of £100 Million for keeping it in the subsequent two years. There will be new strategies for fundamental rights to guarantee that structures are placed well to stop rough sleeping (Martineau *et al.*, 2019). There will be a legislation review in rough sleeping that shall include the vagrancy Act. The team linked William to the entities that can help him to enter into the funding. They also came up with new policies on how to handle his situation appropriately.

The Mental Capacity Act (2005)

Any person with 16 years and above and does not have the capacity and lacks someone to represent and support them is granted to be supported by an Independent Mental Capacity

Advocate. It applies to recommendations of care moves or accommodation, reviews of care, adult protection procedures, and severe medical therapy (Hinsliff-Smith *et al.*, 2017). The IMCA will establish the views, wishes, feelings, values, and benefits of William, asking questions and representing him, investigating his situation, and decision-making process audition.

Vagrancy Act (1824)

The Vagrancy Act of 1824 (5 Geo. 4. Cap. 83) Of the United Kingdom Parliament is an Act stating that rough sleeping or begging is an offense. It maintains its force in Wales and England, and one could be arrested if found begging for money or sleeping in a public area (Hermer 2019). In this case, William could be arrested by the police if he was found rough sleeping. The 1829 Metropolitan police had certainly prevented crime as a central task. However, the function of prevention has been customarily seen to be expressed through a limited focus on caution instead of other types of preemptive or preventive action (Lawrence 2017). In half of the nineteenth century, the preventive policing idea had broadly been dropped.

Explanation of the Decision Made

The decisions made were based on the priority issues mentioned above: access to health care services and poverty. A decision to have policies that will refine the accessible and affordable housing for William to improve the environment, plan and designing considering social networks, and availability of goods and services (Moroke and Schoeman 2019). Also, there was a proposal to improve access to health care services and housing provision William. The other decision was to generate a strategy for improving heating and insulation systems in the current and new buildings to reduce the ubiquity of fuel poverty further.

There was a recommendation of changing licensing and housing situations and housing regulations on space and utility to decrease home accidents, including evaluations of promoting the fitting detectors of smoke in current homes (Anderson 2016). Additionally, the members recommended assessing the health impact part that all strategies that may have an indirect or direct impact on health need to be evaluated regarding William's effect on health inequalities. The formulation should be put to favour William wherever possible to minimize such disparities.

Current strategies of controlling efforts to minimize health inequalities in the prevention of contagious diseases focus on personal behaviour change; hence have not performed well; there was an argument that unique epistemology restricts their effect (Dixon-Woods 2019). Predominantly, programs concentrate on individual behaviour shift featuring personal responsibility and choice. There is extensive and robust evidence of those interacting and interconnecting factors, past the person, affecting health and place, power, context, biology, economics, and organizational relationships across generations and over a while.

Furthermore, the reality of such proof has not been able to accumulate policy action, although the overall strategies have not successfully addressed health imbalances. A list of questions to policymakers and researchers was proposed when creating or appraising a policy. A broader position can be brought to the issue's analysis forefront (Gavine *et al.*, 2018). This will be one

minor step to move a way of expressing the entire systems interventions to abiding evaluation and intervention and broadening the extent of evidence and approaches used to unbox the issues of health differences and focus on the strategies.

The current government proposes the entire National Health Service (NHS) changes and a new public health function. For health, imbalances to be tackled effectively, the services and existing and new policies' cost-effectiveness and effectiveness impact public health must be weighed according to their effect on the social causes of health differences (Graham-Clarke *et al.*, 2019). Therefore, researchers have a key task of providing complex evidence to compare various prevention and service delivery models. Additionally, public health workers must develop management to elevate the health differences problems' profile, certifying that it gets the resources. Also, employees' capability and attention it is essential, advocating for the primary government to do its leading part in changing social norms.

Psychosocial Development Theory

This theory is the growth of Sigmund Freud's initial five development stages. In the 20th century, Erikson (a psychoanalyst and psychologist) established an eight-stage life cycle theory assuming that the environment engages in a critical task of adjustment, self-awareness, identity, and human development. In this theory, the psychologist asserts that the essence of ego is attained by facing problems and goals all through the eight development stages over the whole life cycle. Every psychological step is differentiated by two opposite emotional forces, regarded as contrary dispositions, leading to a crisis that should be resolved (Toohey *et al.*, 2016). Each concern must be mastered as quickly as possible; otherwise, an individual's psychology is in danger. However, a sufficient resolution concerning the conflict outcomes in a quality personality and the achievement of a fundamental virtue. The ego utilizes these trait strengths to settle subsequent crises.

This psychosocial growth theory claims that the environment shapes people and enables them to react (Toohey *et al.*, 2016). For this purpose, the idea proves to be a vital tool in health and social care. The decision made was based on this theory, whereby the team analysed William's symptomatic character regarding previous traumatic conflicts and situations with new developmental tasks. The team also used this theory to identify personal issues William faces and determined that services and support would be adequate to address the challenges.

The alternative theory that could be used is the Operant Conditioning theory. It asserts that depression is brought by positive reinforcement removal from the environment (Maitland *et al.*, 2019). Similar to being fired from job, particular issues cause depression since they minimize optimistic reinforcement from friends. Depressed individuals typically tend to be less active socially. Additionally, it can also be triggered by inadvertent support of depressed character by peers.

Reflection of the Research Strategy

At first, I will establish my Gibb's reflective thesis by stressing my experience when I began the module for Health and Social Care. To develop a framework for a critical reflection work, I will apply Gibbs Reflective Cycle, which Professor Graham Gibbs established in 1988, which entails incident description, my feelings, evaluation, action plan, and a critical analysis of the whole circumstance. This essay examines all the negative and positive features of an experience and will eventually focus on an action plan to be used in the future (Wain 2017). I opted for this writing model since each cycle's element accomplishes both my writing style and my article structure. This procedure assists me as a practitioner to recognize my strengths and weaknesses through my experiences and search on how to achieve self-improvement.

Description

My passion for being a nurse began after becoming familiar with health and social care when I could assist fellows with various physical health issues by offering some advice. My interest in nursing caused me to research hard on this profession. However, to succeed in this career, I managed a team in which various individuals already knew my past lifestyle. Hence, I faced some problems that significantly raised the group's spirit through motivation and created a sense of trust. Since many members in my team were my old comrades, I had to handle them diversely at work. Although this behaviour change was not pleasant to everyone, it sometimes availed me of an instability sense.

Besides, after some months of gaining experience and beginning a job and leadership, I acknowledged that the ethical traits could be diverse from one's characteristics. Additionally, the team leadership taught me a lesson that sometimes it would be crucial for a manager to act for the group to feel motivated. Finally, it should be noted that a leader should know appropriate ethics to increase the group's progress speed significantly.

Feeling

Before embarking on my health and social care career and being a team leader, I imagined that it could be conducted in the same manner as easy as dealing with different challenges in life. My mentality changed after I began my career and noticed that as leader, it is not only a character that must be different from practicing by an average person but leadership ethics are complex. Furthermore, my expectations as a manager were to show a viable response to the worst circumstances.

Learning the right ethics needs extensive research and not only by experience. Additionally, a leader of the task is accountable to increase the group gains and observe the management ethics to make the path more effective. Regarding my personal experience, I think that leader ethics principles will bring it with due respect.

Analysis

Leadership is an institutional task affecting every matter in an organization. A superior's role involves a company's efficiency, employees' morale, client satisfaction, and the leaders' moral

ethics have an essential influence on advancing the organization's goals. Besides, managers are often referred to as behaviour patterns for organization members. Thus, the need for maintaining authentic behaviour for a manager is an unavoidable fact, although, like any other human being, a leader can make a mistake (Ryan, Odhiambo and Wilson, 2019). These mistakes might not be limited to the company decisions, but their attitude can also be an issue. Therefore, if you work under the management of a superior, you should expect some mistakes from them. Additionally, a leader being a role model for the entire firm should contain unique and distinct personality traits to set an excellent example for their colleagues. Generally, each group member's expectations for the managers must be real since they may receive negative results.

In contrast, leaders should always try to develop and improve their moral traits. In the current developing world, where there is a broadening desire for prosperity and win, management standards of ethics need to be enhanced. Therefore, as role models, leaders must always improve their moral standards to the organization's leadership. The ethical behaviours lead to constructive impacts on the firm's environment, from each individual and various departments to the top management (Hrehová 2018). Thus, consideration of ethics is of paramount importance. Not only is a leader responsible for ethical values maintenance, but also each person working in the company should have respect for them.

Evaluation

It is a fact that individual ethics and ethical management principles are diverse. According to Kastle (2017), "ethical leadership accounts operating at this operating analysis level result in encouraging superiors to adopt ethically sound traits, in both their professional and personal lives." Considerably, what assisted me in this circumstance was that I could grow my behaviour while undertaking the team leader task. My conflict with different complex situations and socializing with various individuals was not easy, and I avoided it. However, my scrutiny to improve my job and interest in understanding management principles and management enabled me to change my environment perspective and switch me to a different person. Even though I struggled with diverse problems and emerging issues, I can finally acknowledge that this situation was helpful to me. The circumstance not only affected my career positively but also was so beneficial for my life.

Action Plan

One of the critical aspects that everyone should prioritize is to acquire relevant information before starting their career. Concerning the previous experience, I will apply the colleagues' advice in my coming circumstances, and I should be keen to choose group members. I will conduct more research to improve leadership ethics and boost my managerial capacity. Furthermore, I should show that I will learn from my past experiences to utilize them better in the future. Finally, as a Health and Social Care student, I try my best to seize this chance for drawing a better lot by using teachers' experiences and consulting them.

Conclusion

To put the patchwork together, I suggest that the chairman evaluate all the members and conditions before forming a group and declaring them to group participants. The manager and the members' typical behaviour must be considered, and the tasks of the individuals should be established. Generally, all participants must be aware of their own and other people's positions to make appropriate decisions. The most crucial point in this research is that it was the manager's responsibility to promote a sense of team spirit, adhering to professional ethics.

Additionally, I have concluded that I should improve my leadership perspective to become a more excellent leader in the future. I learned from this circumstance that management ethics play a vital role in organizational growth, and with the help of the Gibbs cycle, I examined the weaknesses and strengths of my own experience. Lastly, our behaviour and character present our personality, either individually or in a group. What we display to the external world is what people conclude for us.

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