**Review Question**

**Name:**

**Date:**

1. What are poor practices that could lead to the spread of infection?

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| Poor practices responsible for spread of infections include:  Inadequate handwashing: Improper watching of hands pre and post patient contact, after using the convenience, or before eating can amount to easy transfer of pathogens.  Unguarded coughing or sneezing: this is the unguarded flaring of respiratory droplets from coughs and sneezes into the atmosphere. These contain infectious agents that can be transferred to others.  Poor overall hygiene: this entails improper personal hygiene practices like irregular showering, incessant use of dirty clothes, most especially, dirty inner wears and inability to keep uniforms pristine can breed infections.  Improper use of PPE: failure to wear or not wearing PPE correctly, reusing disposable PPE, instead of discarding them or not removing PPE safely can all increase the likelihood of contracting infection.  Not cleaning and disinfecting surfaces regularly: failure to regularly keep clean high-touch areas like doorknobs, countertops, and medical equipment.  Using improper cleaning and disinfection practices: the use of substandard disinfectant products or not adhering to standard dilution procedures can cause them to be impotent.  Improper handling of waste: when contaminated waste, like used tissues, bandages, and needles are not properly disposed in bins it can result to spread of germs.  Sharing personal items: Sharing things of personal effects such as combs, razors, or towels is likely tantamount to spreading germs between individuals.  Preparing food improperly: Not cooking food to the proper temperature and improper food handling practices can lead to foodborne illness.  Not getting vaccinated: Vaccines can effectively prevent many infectious diseases. |

1. How does a working relationship differ from a personal relationship?

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| They differ in the following ways:  **Focus and Goals:**  Working relationships revolves around achieving professional goals and completing tasks efficiently while personal relationships concentrates on emotional connection, consensus interests, and individual advancement.  **Boundaries:**  Working relationships boundaries are crystal and opined by company policies, job roles, and professional conduct. An expectancy of ensuring integrity and professionalism is pursued while personal relationships boundaries are more dynamic and propelled by relations of proxy between individuals based on camaraderie.  **Power Dynamics:**  In working relationships, Power dynamics is visible based on job titles, superiority, or areas of expertise. Formal structure of reporting and chain of command determine communication and decision-making. For personal relationships, power dynamics are broadly less rigid. Communication and decision-making are usually diffused.  **Emotional Investment:**  On this, working relationships level of emotional investment varies but broadly touch-light on professional integrity, respect and trust. On the other hand, personal relationships emphasizes vehement emotional investment. In it, a significant and in-depth level of care, empathy, and emotional leverage offered within personal relationships is the crux of its emphasis. |

1. Why might people communicate?

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| There are avalanche of reasons that orchestrate the need for communication. The need for communication is pioneered by the following purposes:  **Building Relationships and Social Connection:** This is a pivotal human need. The desire to connect with others as 'social animals', and feel a sense of belonging have been identified as pressing needs why we communicate. Communication enables the sharing of experiences, emotions, and ideas which obviously unite people.  **Sharing Information and Knowledge:** Communication is the avenue for the exchange of information, ideas, and knowledge. This ranges from dishing instructions to teaching a new skill. It aids cognitive essence.  **Expressing Needs and Desires:** communication also aid in the expressing of our needs to others irrespective of what request is been made, or simply serving as a vehicle of stating our preferences or choices.  **Expressing Emotions and Feelings:** Communication is pivotal for expressing our inner emotions and feelings, both positive and negative that could otherwise remain obscure. This encompasses sharing ecstasy to emitting frustration.  **Decision-Making and Problem-Solving:**  Communication is central to decision making and soliciting panaceas to problems. It provides the weapon of brainstorming ideas, exposing and elucidating different perspectives, and arriving at a general agreement.  **Persuasion and Influence:** Appealing to the consciousness of others to delve into our point of view or take a specific action can only be possible through communication. This ensures development via negotiation.  **Entertainment and Enjoyment:** leisure is tantamount to healthy living, and communication is an avenue in attaining it. We communicate for fun and amusement. |

1. What is meant by safeguarding?

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| Safeguarding can be perceived as the process of protecting people from harm, abuse, and neglect. It''s sacrosanct to vulnerable individuals who might be less able to protect themselves. The aspects of safeguarding include:  **Protecting Rights and Wellbeing:** Safeguarding is synonymous to people living free from harm and have their fundamental rights, health, welfare respected.  **Focus on Vulnerable Individuals:** It's crux is on protecting vulnerable groups like children and the aged, including disables and destitutes.  **Preventing Harm:** Safeguarding aims at preventing all forms of marginalisation and abuse. This involves identifying both perceived and potential risks and being proactive in nipping them in the bud.  **Responding to Concerns:** It's also concerned with immediate response to clarion calls for safety through coordinated response to investigate and curb the said threat.  **Shared Responsibility:** Safeguarding encompasses shared responsibility by all stakeholders in ensuring the institutionalisation and sustainability of protection of lives and properties.  Examples of safeguarding in practice include:  **Social workers** investigating reports of child abuse or neglect.  **Care homes** making efforts to shield vulnerable adults from all forms of abuses.  **Schools** serving as training ground to groom staff on how to identify and report even the most obscure signals of marginalisation.  **Online platforms**  been wary of cyber negative impact of bullying and recommending measures to protect children from online bullies  When safeguarding is given utmost attention, a more safer, friendly and enabling ecology is ensured for all and sundry, especially for the significantly marginalized in the society. |

5. What is a

-bacteria

-viruses

-fungi

-parasites

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| **Bacteria:**  **Microscopic, single-celled organisms:** They constitute among the simplest and most abundant forms of life on Earth. Bacteria are ubiquitous, they exist everywhere.  Effects of bacteria: Advantageous bacteria facilitates digestion, produce antibiotics, and enhances the immune system. Harmful bacteria are detrimental to the extent of food poisoning, pneumonia, etc  **Reproduce by binary fission:** This entails spliting of bacteria in two to create monozygotic copies.  **Viruses:**  These are not living organisms as they lack the ability to reproduce on their own. Viruses parasite on host cells in order to replicate themselves.  **Spread in various ways:** They are transmitted through coughing, sneezing, physical contact, contaminated surfaces, or bodily fluids, depending.  **Fungi:**  **Eukaryotic organisms:** This entails cells that have a nucleus and other membrane-bound organelles, unlike bacteria. Fungi have several forms, including molds, yeasts.  **Effects of fungi:** fungi is beneficial to the extent that they assist in decomposing organic matter, producinh antibiotics, and essential in food production. Harmful fungi orchestrates infections and food damage.  **Reproduce through spores:** These consist of tiny reproductive units that traverse the air and circulate the fungus.  **Parasites:**  **These are organisms that live on or inside another organism and obtain nutrients from it.**  Parasites can be single-celled  **Can harm the host:** They initiate numerous health challenges depending on the type of parasite. For instance, malaria is product of a parasite that infects red blood cells.  **Have complex life cycles:** several parasites are known to go through variety of phases in their development, characterized by a good number of hosts. |

6. How can the risk of abuse be reduced?

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| Preventive measures and actions to reducing the risk of abuse include:  Education and Awareness: conscientization on abuses and its forms through knowledge dissemination outlets makes people to know the signs and protect themselves.  Building Self-Esteem: Self-confidence and self-reliance shield against abuses. Advocating for healthy relationships can all contribute to this.  Knowing Your Rights: knowledge of ones right, perceiving when they are been infringed upon and where to seek legal redress aids the reduction of abuses.  Creating a Supportive Environment: an environment where equality and liberty thrives reduces the rate of abuses.  Open Communication: avenues of trusted listening ears without legal condemnation makes people free to air their experiences on abuses, thus reducing it.  Strong Reporting Systems: prompt and just institutions for addressing reported abuse case reduces the rate of abuses.  Safeguarding Policies: potent policies of addressing abuse cases should be religiously available. It reduces the rate of abuse.  Dependency Reduction: empowerment aimed at reducing unnecessary dependence on caregivers can help lessen vulnerability.  Supervision and Monitoring: humane supervision or monitoring might be necessary to reduce abuses.  Background Checks: background investigation on care givers can help identify potential risks.  Responding to Abuse:  Taking Action: the identification of abuse should be followed with swift and decisive action by concerned individuals and relevant authorities.  Supporting the Victim: emotional care and other support should be given to victims of abuse like counseling, legal aid, or safe accommodation.  Investigating and Holding Abusers Accountable: the weight of the law should be brought on investigated abusers. |

7. How can communication effect working relationships?

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| Communication's positive impacts can be seen thus:Builds Trust: transparent communication builds trust between colleagues. With effective communication, reliability and respect are established leading to achievement of organizational goals.  Enhances Teamwork: it improves esprit de corp and role understanding among colleagues thus ensuring effective and efficient actualisation of team's goals.  Reduces Conflict: with effective communication, the misunderstandings and frustrations are reduced, thereby ensuring a non-toxic environment for positive work relationships.  Boosts Morale: Effective communication is a strategy of motivating a workforce towards giving their best, as it gives them the sense of belonging of self-worth.  Increases Productivity: effective communication, increased impacts since everyone understands his expectations, in the process reducing frictions.  However, poor communication results to:  Mistrust and Resentment: resistance and demoralisation suffice when communication is opaque, thus leading to absence of esprit de corp which hinders goal achievement.  Hinders Teamwork: Poor communication creates defiance, which hinders goal actualisation.  Escalates Conflict: Break down of communication spurs misunderstanding and frustration, which hampers organisation goal achievement.  Lowers Morale: workers motivation is greatly reduced in the midst of poor communication. It creates the feeling of less worth among workers.  Decreases Productivity: the aftermath of obscure communication is hinderance of productivity, while defeating organizational goals in the process.  In a nutshell, effective communication is the live wire to the success of every organisation. Once absent, goal attainment becomes elusive, but once present, the organisation basks in the euphoria of success. |

8. What are the different working relationships in care?

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| The four main categories of working relationships in care settings include:  1. Individuals you support and their families:  This is piivotal in care work. It encompasses establishing rapport, trust, and understanding with the beneficiaries of your care work. This can be attained through respecting, showing sympathy, and communicating and collaborating with significant others of your client.  2. Your colleagues and managers:  Team-working with colleagues via assisting one another with information and logistics is important to achievement of care goals. Also reciprocating colleagues' regards aid effective care giving goals.  3. People from other workplaces, including advocates:  External collaboration with care giver experts will go a long way to enhance care giving goals. Effective communication and information sharing are sacrosanct to high performance care giving.  4. Volunteers and community groups:  Humanitarian services from individuals and community groups of good will can serve as a veritable avenue to service users in ensuring care goal attainment. Collaborating with them demands sincere communication and coordination in complementing each other. They can assist in making care giving services have wider scope of impact at less cost and stress. |

9. How can you manage challenging situations?

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| Challenging situations are obvious in care settings. But they can be managed effectively in the following ways:  Stay Calm and Assess the Situation: Be composed without reacting impulsively in a demanding emotional state as the opposite can exercebate the situation.  Gather information: Know what is happening and other relevant information that will aid your work, while giving open mind to views.  Focus on De-escalation: Be civil with choice of words and avoid the use of derogatory statements. Respect the feelings of others, while assuring them of your empathy to their plight.  Effective : Ensure you listen more. Be purposefully crystal and terse with your communication. Ensure to personalize the expression of your feelings.Communication  Problem-Solving and Solutions: Give them a sense of belonging by carrying them along when soliciting for solutions to their problems. It makes them actively cooperate with you.  Seeking Help When Needed: Do not adopt the 'island approach'. Always seek help from trusted colleagues when necessary if the situation has transcend your capacity.  Set boundaries: Be decisive with your decisions. When there's need to back out, do it but politely to advert confrontation.  Take care of yourself: 'Health is wealth' , without a healthy state you can't achieve a maximum in your care actualisation, so take good care of yourself.  Learn from each experience: Create a lead from your care experiences by reducing mistakes of previous attempts. Have an open mind on past happenings and what you could do differently next time to be more effective. |

10. Describe some common causes of infection

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| Infections are caused by microscopic organisms that possesses our bodies multiplying. Major ones include:  1. Bacteria: These single-celled organisms are ubiquitous. many are harmless, but few results to infections. Bacterial infections include:  Strep throat: causes sore throat, fever, and swollen lymph nodes.  Urinary tract infections (UTIs): causes pain or burning when urinating, and frequent urination.  Pneumonia: infection of the lungs that causes difficulty in breathing, fever, and cough.  Food poisoning: orchestrates nausea, vomiting, diarrhea, and stomach cramps.  2. Viruses: invade host cells and hijack their machinery to reproduce. They cause:  Common cold: Characterized by stuffy nose, sneezing, and sore throat.  Influenza (flu): resultant of fever, chills, muscle aches, fatigue, and respiratory problems.  HIV/AIDS: chronic viral infection that attacks the immune system.  COVID-19: illness of breathing that causes fever, cough, fatigue, and shortness of breath.  3. Fungi: These eukaryotic organisms can be single-celled or multicellular. They are beneficial, and infectious such as:  Athlete's foot: infection of the feet that causes itching, burning, etc.  Ringworm: infection of the skin, hair, that appears as a red, itchy rash.  Yeast infections: overgrowth in the vagina or mouth that cause itching, burning, and discharge.  4. Parasites: organisms that live on or inside another organism and derived nutrients from it. They cause:  Malaria: mosquito-borne parasitic disease that results in fever, chills, sweating, muscle aches.  Pinworms: Small, white worms in the intestines and results to itching around the anus.  There are Susceptible factors like: weakened immune system, wounds or breaks in the skin etc. |

11. Why is working in a partnership important?

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| The merits of working in a partnership are numerous for individuals. They suffice:  **Increased Knowledge, Skills, and Expertise:**  It enables vast arrays of ideas, skills, and experience which can be drawn from to achieve more creative and well-profound solutions.  **Enhanced Problem-Solving and Decision-Making:**  Different views from partners promote verbose understanding of a problem. In this way, satisficing solutions and shared responsibilities suffice.  **Improved Efficiency and Productivity:**  It promotes timely and efficient completion of tasks through specialisation. It enhances strengths while reducing weaknesses.  **Access to New Resources and Opportunities:**  Partners are open to wide range of resources or networks that they individually lacks. This exposes new opportunities of funding and collaborations.  **Increased Innovation and Creativity:**  In partnership, the advantage of ideas sharing is enhanced, thus promoting innovation and more creative solutions.  **Greater Credibility and Trust:**  Partnership promotes credibility and trust among partners, mostly when interfacing with clients or stakeholders. Unity inbues confidence in the work of the partners.  **Improved Support and Motivation:**  Partners serve as a source of support and transparency to each other, mostly in turbulent times. This assurance serves as incentive.  **Shared Success and Reduced Risk:**  Together each achieved more, just as the risks and potential failures are also shared, thus reducing pressure on any single individual.  **Building Stronger Relationships:**  Effective partnerships advances strong working relationships as it's built on trust, respect, and mutual understanding. |

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