



Healthcare

Apprenticeships

KAVITA PAWAR

Higher Development Award (HDA)

WHY DID YOU WANT TO UNDERTAKE THE HDA?

I have aspirations to progress within my career and I took the opportunity to undertake the HDA to create a foundation and spring board to help with opening up further career opportunities in the future.

HOW DID YOU GET INTO YOUR CURRENT ROLE?

Before working in the NHS, I worked in a variety of companies such as within the Ministry of Justice, a private health company called Health Watch as well as agency work. I then started to work for the NHS in 2019 for the Community Respiratory Team as a Respiratory Support Worker. I worked within this role for 2.5 years. Unfortunately, there was not any career progression or opportunities available at that time and therefore applied for other roles.

I was then successfully recruited to my current role as an Assistant Practitioner for the Integrated Care Service (iCares) South Team. Within this role, I have been exposed to a multitude of opportunities to help enhance my learning as well as complimenting my transferable skills from previous roles.

FOR MORE INFORMATION ON THE HIGHER DEVELOPMENT AWARD:

<https://haso.skillsforhealth.org.uk/higher-development-award/>



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HOW HAVE YOU BENEFITTED FROM COMPLETING THE HIGHER DEVELOPMENT AWARD?

By completing the Level 2, I have learnt additional coping strategies to manage my own expectations when experiencing change. With being out of education for nearly a decade, I found this to be a daunting experience and found that my determination and resilience was definitely tested. I believe my communications skills have improved vastly since I began and now that I am on the level 3 course I feel I have grown in confidence, which is reflected when public speaking.

I have had a positive experience learning more about building working relationships and communicating better within teams in accordance to my assessment work books and teaching from Dudley college. I find myself understanding the behavioural working roles now, the different working styles that my colleagues have and how to dissolve conflicting or challenging behaviours in a work place. I have also learned how to work effectively in a team using the knowledge gained from level 2. During my work days, I can transfer my college learning to real life experiences by transferring the approaches and information which I find really positive and gives me a sense of accomplishment. I thrive on achieving things and seeing changes now which is something new!

I benefited from refreshing my skills of using PowerPoint again. My poster theme was based on Respiratory Health which relates to my previous job role of educating patients on the positive impacts of breathing techniques with incorporating mindfulness. I incorporated QR codes linked to NHS websites which was also interesting to re-learn this skill. This year for the level 3, I have to work on another project poster which I'm excited about, and I have some ideas brainstormed so far, which will be linked to rehabilitation and the ICares team, I currently work within. I have already discussed, with my colleagues, potential ideas.

On reflection, I feel positive, hopeful, and confident of my abilities to complete level 3. I look forward to gaining more new skills, to further apply for more opportunities, and expand my horizon with everything that I am doing now, with the support of the HDA and AHP developers who are supporting the trust.



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WHAT HAS BEEN YOUR PROUDEST ACHIEVEMENT TO DATE?

My proudest achievement has been having the opportunity to work within ICares because of the opportunities which have been made available to me such as accessing the HDA, along with learning new skills and knowledge. In time, these opportunities will help me to achieve my overall aspiration of working within my desired field in the future.



WHAT DO YOU WANT TO DO NOW THAT YOU HAVE COMPLETED THE HIGHER DEVELOPMENT AWARD?

I have just started completing Level 3 after just completing Level 2. I am excited and looking forward to the classes and for whatever the future holds with my determination and hope. Once I have completed my HDA level 3, I hope to apply to further education at university to pursue new opportunities to expand my career, my skill set and growth. I hope to keep an eye on future opportunities for different job roles. I'm very grateful to the AHP developers and everybody who has supported me to get to where I am today - thank you so much.