



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Changemakers: Creativity and Value Creation

Professions (BMHP5014)

Component 1: Online portfolio of set exercises

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Introduction

During this assignment I'm going to be writing about all the things I have learned in my classes learning Creativity and Value Creation. I will be talking about mind mapping and showing you how I have done one myself, key concepts in practice. I will self reflect on some of the tasks, explaining how I feel about innovative technologies, how I think they have changed, and the way the patients are cared for in health and social care environments. After i have gone over all these points at the end of my assignment i will go into detail about things i have learnt and what i have taken from it also what has changed my outlook on the way it has shaped health and social care today.

Task 1- Defining Key Concepts in Practice (350 words)

Innovation is about being able to conceive, develop and deliver. Innovation is like taking an idea and growing it while making other opportunities that will help you develop. Jessica A. Kent (2024). When it comes to advertising creativity is the most important part to make stuff stand out, creativity is like inventing new ways for others to see as you have to have a good imagination to be able to create something good and eye-catching. Deborah J (2022)

When using creative health you would use creative arts and nature-based activities to help support health, wellbeing and also recovery. This is supported by research and practice. You could use visual arts such as painting, drawing ect. Other ways include knitting, pottery and model-making. Doing some of these creative activities would also help with stress reduction that would help people with mental health, also doing these creative activities in groups would help some people with building social connections. Maria PCC (2023)

Innovations would refer to new technology, treatment procedures, or organizational models that improve health outcomes, efficiency and quality of care.

Over the last century health innovations have increased life expectancy and quality of life.

1 A primary prevention would prevent a disease before it comes for example covid vaccines and MENA vaccines.

2 Secondary prevention would detect diseases early enough for a more treatable stage.

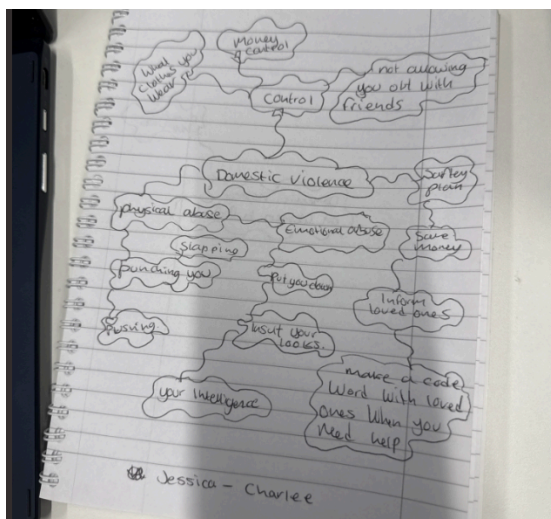
3 Tertiary prevention would reduce the impact of chronic diseases. Aichinger H (2021)

There are barriers in health care that are preventing any more adaptations, which is learning new procedures and changes needing to be made to current systems, professional resistance, also products that never come standard to peoples care that was good. Berwick D.M (2003)

The concept of value has become central to the health care system in the last decade. “Innovations in clinical practice and the growing emphasis on patient-centred care have further intensified interest in this idea, despite this attention, there is no broad consensus on what “value” actually means”. When it comes to shared decision-making and patient empowerment it is an essential value approach. Riva S

Task 2 - Mind Map (130 words)

Mind mapping is practically bringing your ideas to life, what you see in your head, what you're visualizing in your mind, you turn it into reality! It's no longer in your head, it's right in front of you. It makes tasks much easier. You then no longer need to try to remember your ideas, remember your solutions, it's right in front of you, we can then use it as a way to solve problems that we face in life, ways to teach, and also ways to organise things. Everything that was once floating around in our brain is now right in front of us mapped out for us to see. Mind Mapping (2025)



Task 3 - Self-Reflection of Group Activity (200 words).

Divergent thinking is a way to help your team to priorities, stay focused and gather all the ideas to help find and also agree a solution to the problem, this does not require creativity. Convergent thinking would be used to narrow the options and help identify the best solution. It's purely logical and does not require great activity, carefully considering all the information in convergence requires speed, accuracy and logic, this would make it easier for use all as a group to agree. NHS Wales.

When me and my partner was going this task, we used divergent thinking, we used divergent thinking, we didn't just come up with one simple solution, we came up with multiple ideas, in ways that we could solve Stanley's problems, we thought we could get help from charities for the vaccines and for volunteers to help us, and we also suggested that we could use agencies to try get more help with extra stuff, and thought about asking other hospitals to take some of the patients.

Task 4 - Case Study Analysis of a UK Innovation (200 words).

Creativity is used to invent new ideas, while innovation would turn them into more practical results. Using both creativity and innovation together they would help problem solve, improvement, risk taking and market differentiation- key drivers of success. Joe Mcgoldrick (2025)

Task 5 - Research Task (200 words)

In England one of the problems in the NHS are the resources to the system in health and social care are the waiting times for patients waiting to receive hospital treatments, the waiting list had got worse after covid bringing it from 4 million to 8 million rise since the pandemic. The 18 week treatment target has not been able to be met since 2016. Moving

patients' care from hospitals to the community has helped the NHS by reducing the average lengths in hospital beds. Ambulances are also facing difficulties handing patients over to the emergency departments, due to the long waits to be able to be admitted due to the bed occupancy rates being increased.

Over the past two years there has been no change in the delay of discharging patients in hospitals, despite them being fit to do so, due to the ongoing care needs that can not be met in other care arrangement centres. In 2023 the NHS had agreed this discharging delay needed to be improved but the health service journal had reported that no efforts to make these changes in the health and social care sector had been done. Tom Powell (2024)

Task 6 - Exploring Digital Innovation in Health and Social Care (140 words each= 420 words in total)

Digital innovation in health and social care is beneficial for both the healthcare professional and the patients that are wearing them, they can track your heart rate, blood pressure and much more, this enables health care professionals and patients to keep track of all their vitals, instead of getting them checked once at appointments, this can prevent further health issues and prevent patients symptoms worsening. They are there for us to know when we should seek medical help and the health care workers to keep track and monitor, so they can pin point when our blood pressure drops or rises, or our heart rate is too high or low, this will then also help figure out what the causes may be. So in the sense of the patients to also be able to monitor their own health this i believe has helped the NHS so much stopping people booking unnecessary appointments by being able to keep their own sanity and help people not to over think about their blood pressures ect, being able to do it at home themselves taking the pressure of the NHS and feeling more confident over their own health. PMC (2014)

Moving onto the EHR, this has ensured easier way for healthcare professionals to communicate within the NHS, this has insured an easier way for healthcare professionals to communicate within the work sector, this has also allowed for all patients information to be stored in one place, which means for all the different professionals from all different backgrounds can access patients records at the click of a button, which has made patient

care much more effective. There isn't much room for a clinical error, when everyone in the health and social care can access patients records and their information quickly. NHS (2023)

Task 7 - Understanding the NHS Leadership Framework (350)

Whilst researching the NHS leadership framework, I learned that it is a set of principles, they are there for every single staff member not just the staff that are in leadership roles, these principles are set out for everyone to follow, they want the staff to lead by example, so that everyone is giving the patients the best care and ensuring the best outcome for their patients. Whilst being the best healthcare professional they can be, also for themselves. Key principles, accountability, holding themselves accountable for their actions, collaboration, working with other healthcare professionals to ensure that patients are receiving the best care. Inclusion is another principle, this means that we are expected to be inclusive to all, patients and staff, making sure everyone at all times feels included, there are more principles that the framework highlights, and all are very important when it comes to the NHS leadership framework. The leadership framework would help staff understand their own behaviours to all seven demands. Five of the demands are more important - managing services, setting directions, working with others, demonstrating personal qualities and improving services. The other two commands remaining are creating the vision and also delivering the strategy, this applies more to the leadership positions. The leader contributes to and collaborates on service plans and business cases, gathering feedback from a range of patients, service users, and colleagues. They lead service design and planning processes, ensuring organisational objectives are translated into practical operational plans. They communicate strategic and operational goals clearly, keeping others informed of progress and outcomes. They anticipate future health trends and develop long-term strategies that positively impact the organisation and wider healthcare system.

In managing resources, the leader understands what resources are available and ensures they are used efficiently, safely, and in ways that meet diverse needs. They accurately determine the level and type of resources needed for safe, effective services, ensure delivery within allocated resources, minimise waste, and intervene when resource issues arise. NHS (2025)

Task 8 - Self-Reflection Journal Entry (150 words)

Whilst i was doing my portfolio, and researching innovation technology, it has made me realise how much the NHS has changed. And how much of an influence digital technology has a role in playing this. I think that it has had a positive effect on the healthcare system, it has also helped patients feel as though they have more control over their health by being able to track their own visuals, it has provided us with a safe way to store patients records, which all health care professionals can access. Giving a much easier efficient way to care, it makes me think what is the next thing that could be introduced into the care sector. I always thought that digital technology was amazing as it's always constantly getting upgraded making each upgrade better, and I believe it can do amazing things whether it's to track your heart rate, or systems that can store millions of patients records etc.

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