

E-PORTFOLIO

Module: Changemakers – Creativity and Value Creation BMHP5014
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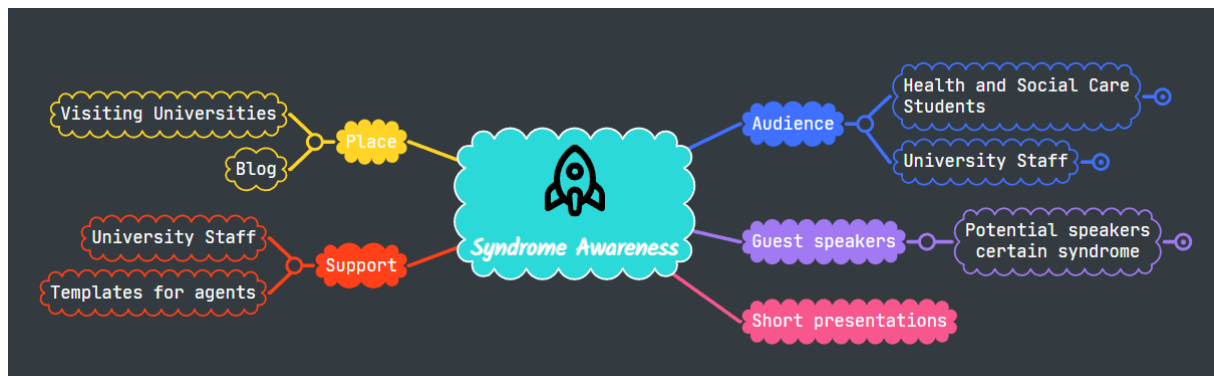
Introduction

In this E-portfolio, I will introduce a new campaign called 'Syndrome Awareness'.

Through artefact 1, which is a Mind-map, I will show how the idea originated and its development.

Artefact 2, which is a Blog, will be used for active communication and exchange of opinions, and creative ideas with the audience.

Artefact 1 – Mind map



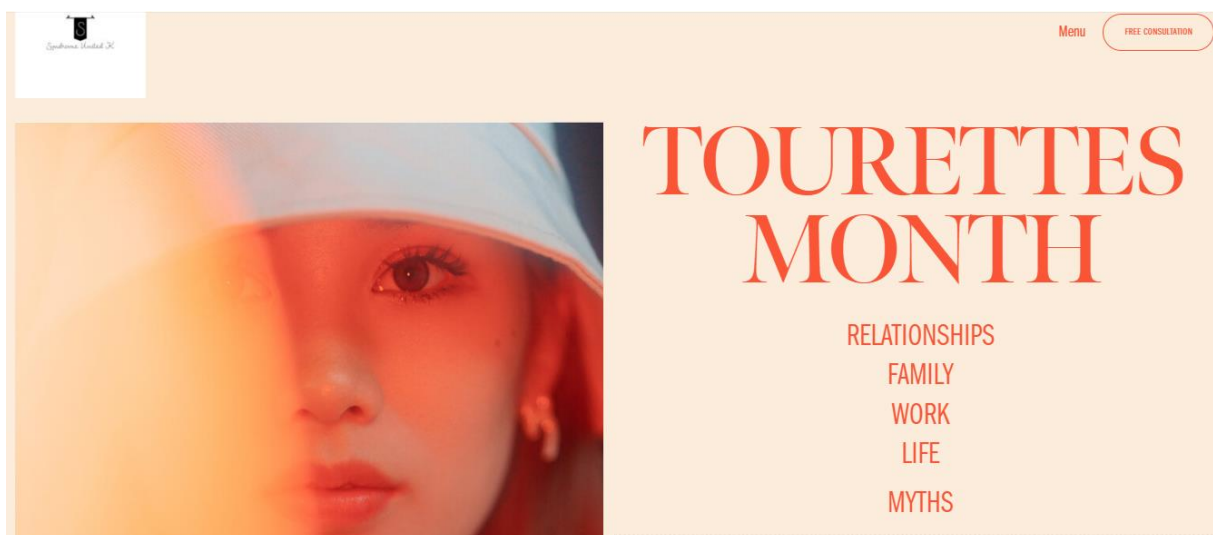
(Shchepanovich, 2022)

I thought about how to enable students who are in the health sector to become better informed with the diseases and syndromes that exist. Unfortunately, that number is extremely high. The idea I got for raising awareness about the syndromes that surround us, how to recognize them, how to react and realize the needs of a disabled person in given situations. While I was working on e-learning for the Changemakers module, I came across a site for making mind maps, which gave me the opportunity to make my mind map in various colours and this encourages my further creativity. I chose the image of a rocket because it represents the launch of a completely new idea. This project will have great impact on public value – contributing to society trust and legitimacy, and service delivery quality (Bennington, 2010). The concept is that every month of the year we visit universities that offer a health course, and with the help of a blog we share and receive information from those who are interested in project. The connection point of place includes the visits to universities lasting 30-45 minutes, during which we will provide a short presentation on the cause/genesis of the syndrome, symptoms, and difficulties that they are facing. The largest part of the presentation will be devoted to students' questions and providing clear and concise answers from an expert and from a potential guest speaker. There is a possibility of a guest speaker, who is a person with a disability that we are talking about that month. You are probably wondering why I wrote that there is a possibility of attendance. As someone who is very active on social media, and I follow a lot of people with Tourettes syndrome on Instagram, they have what they call 'good' days and 'bad' days; their tics can vary in type, frequency, or severity, it can depend on stress levels, tiredness, anxiety etc (National Institute of Neurological Disorders and Stroke, 2021). Their tics and the sounds they make are not of the same intensity and duration every day. If a person has a 'bad' day, he will not be able to attend the presentation due to his condition. The idea of a guest speaker came from various social networks that I follow intensively, and where they are very active and want to raise awareness among their followers. At the end of each presentation, we will do a

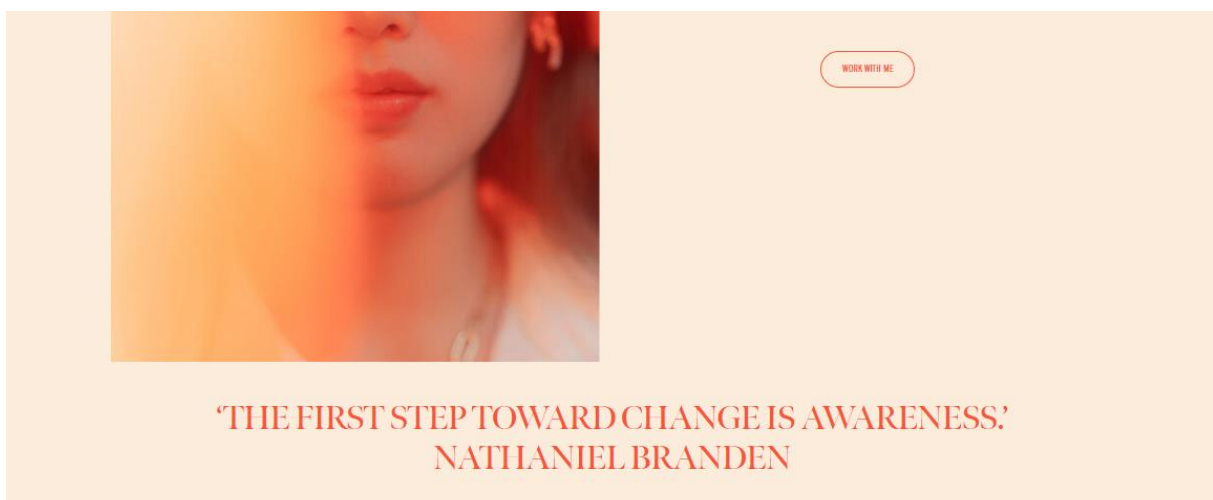
short questionnaire with the students to see the success of the project, and to find out which disability they would like to work on next. As I already wrote, the target audience are students, but also the academic staff of the university that is being visited, who can also come into contact with a person with a disability, whom they have not met before and are not sure about approach. Support for this type of project is needed from the staff of the university, the student union, which can also have a great influence on the success of the project, and we also leave space for the growth of the project.

In the following, I will use Artefact 2 – Blog, and present how the project would look like.

Artefact 2 – Blog



(Shchepanovich, 2022)





AWARENESS RAISING AMONG STUDENTS

We must increase public awareness in order to reduce the level of dishonour they go through every day.

MY RAISING AWARENESS METHODS

MY RAISING AWARENESS METHODS



TALK ABOUT IT

Online or face to face.



RESEARCH

After we talk about it, make your own little research and find out more.



DONATE

It's not always about the money - ask organization what they need the most.

UPCOMING VISIT

Meet Tourette's - University of Wales TSD, London

SEPT 14, 2022

Hybrid - VIRTUAL/IN PERSON

[LEARN MORE](#)





IT ALL BEGINS WITH AN IDEA...

First of all, I would like to welcome you, and thank you for visiting my blog. This blog is based on raising public awareness and aligns with the core values of the NHS, which are – working together for patients; respect and dignity; commitment to quality of care; compassion; improving lives and everyone counts (NHS, 2015). Now, let's see how we can connect these values with this campaign. By raising public awareness, we work together, we treat patients and colleagues with respect and dignity, our knowledge affects the level of care we provide, and in this way, we expand our horizons and understand the needs of our patients. In the article *Gilles de la Tourette's syndrome and its impact in the UK* (2005) I found sentence that states: "Many patients with this condition are not being adequately served by health and education services in the UK." In the course of our work, we encounter various syndromes and disabilities, and the best way to develop compassion and thereby improve lives is to educate ourselves in every aspect.

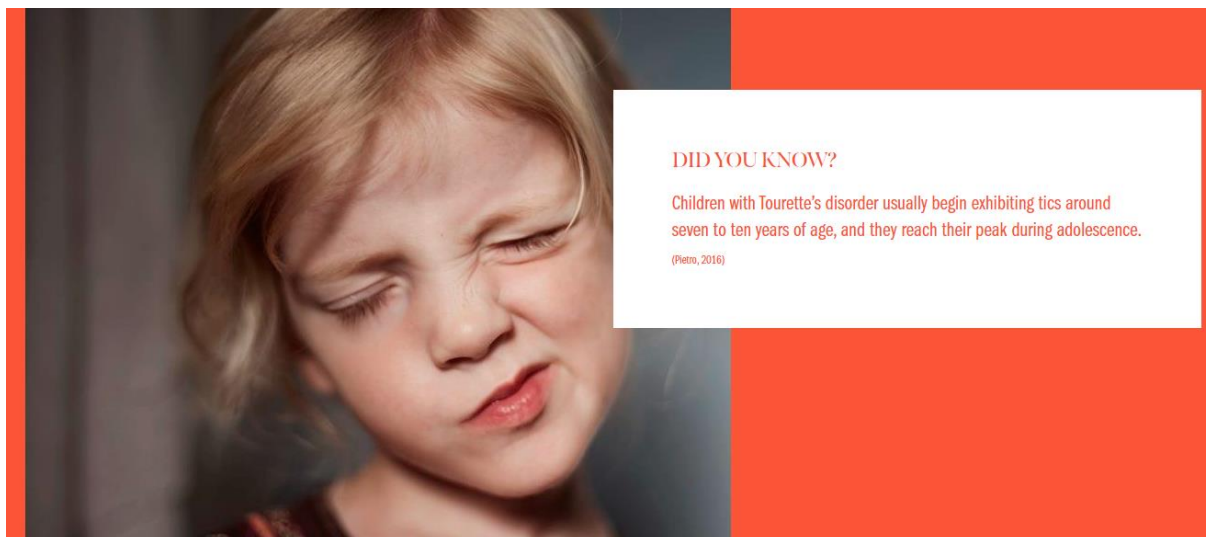
The campaign plan is to learn about a specific syndrome every month, and to visit universities that offer health and social care courses. This month is called 'Tourette's month'. Tourette's syndrome is a neurological disorder that manifests itself through involuntary, rapid, and uncontrolled movements called tics that may be accompanied by sounds called vocal tics. Tics can be – blinking, eye rolling, grimacing, jumping, touching objects and other persons. Here are also some examples of vocal tics – grunting, throat clearing, whistling, animal sounds and swearing. Swearing vocal tics has 1 in 10 people with Tourette's, states NHS (2019). Also, very important is that more than half of all children with Tourette's syndrome shows symptoms of ADHD (attention deficit hyperactivity disorder), OCD (obsessive compulsive disorder), learning disabilities, and other anxiety and mood disorders. That's why it is crucial to be familiar with these disorders because it can affect initial treatment (NINDS, 2021).

In collaboration with <https://www.touretteaction.org.uk/>, we provide professional speakers in the field of Tourette's syndrome. If you are interested in discovering some myths about Tourette's, you can check out here <https://tourette.org/debunking-myths-about-tourette/>.

During university visits and presentations, experts and a guest speaker will answer all your questions about Tourette's syndrome - whether the syndrome is genetic, how it occurs, what are the symptoms, whether it can be cured, whether a person can have children and various other questions. Also, on their website you can do further research and you can donate! In terms of mobilizing support, we have a trial period of 3 months, in which I contact universities and present the campaign, asking for support and confirmation of attendance. If the campaign succeeds, and we have a response from a large number of universities, I would like students to start working with me, especially health and social care students, so that we can maintain the quality from the beginning.

can maintain the quality from the beginning.

IT IS CRUCIAL TO GET FAMILIAR WITH DISORDERS - IT CAN AFFECT INITIAL TREATMENT!



DID YOU KNOW?

Children with Tourette's disorder usually begin exhibiting tics around seven to ten years of age, and they reach their peak during adolescence.

(Pietro, 2016)

MY WEBSITE:

www.SyndromeUnitedK.students.ac.uk

Here you can find timetables and universities that we will visit 14/10/2022 - 14/11/2022



ENTER SITE

FOLLOW US:



FACEBOOK PAGE



INSTAGRAM PAGE



TIKTOK PAGE

GETINTOUCH.



Name *

First Name Last Name

Email *

Message *

SEND

Conclusion

Artifact 1, which is a mind map, contains the most important steps in realizing the plan, and artifact 2, which is a blog, contains all the necessary information about the project. Through the blog, I can reach the audience, I can hear their opinion and ideas and spread information. The goal of this project is to raise awareness, but there is something more important - to learn how to properly provide person-centred care, how to make their daily life easier, how to support families, and respecting values – human rights, dignity, non-discrimination, access and equity, participation, and empowerment (WHO, 2013).

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