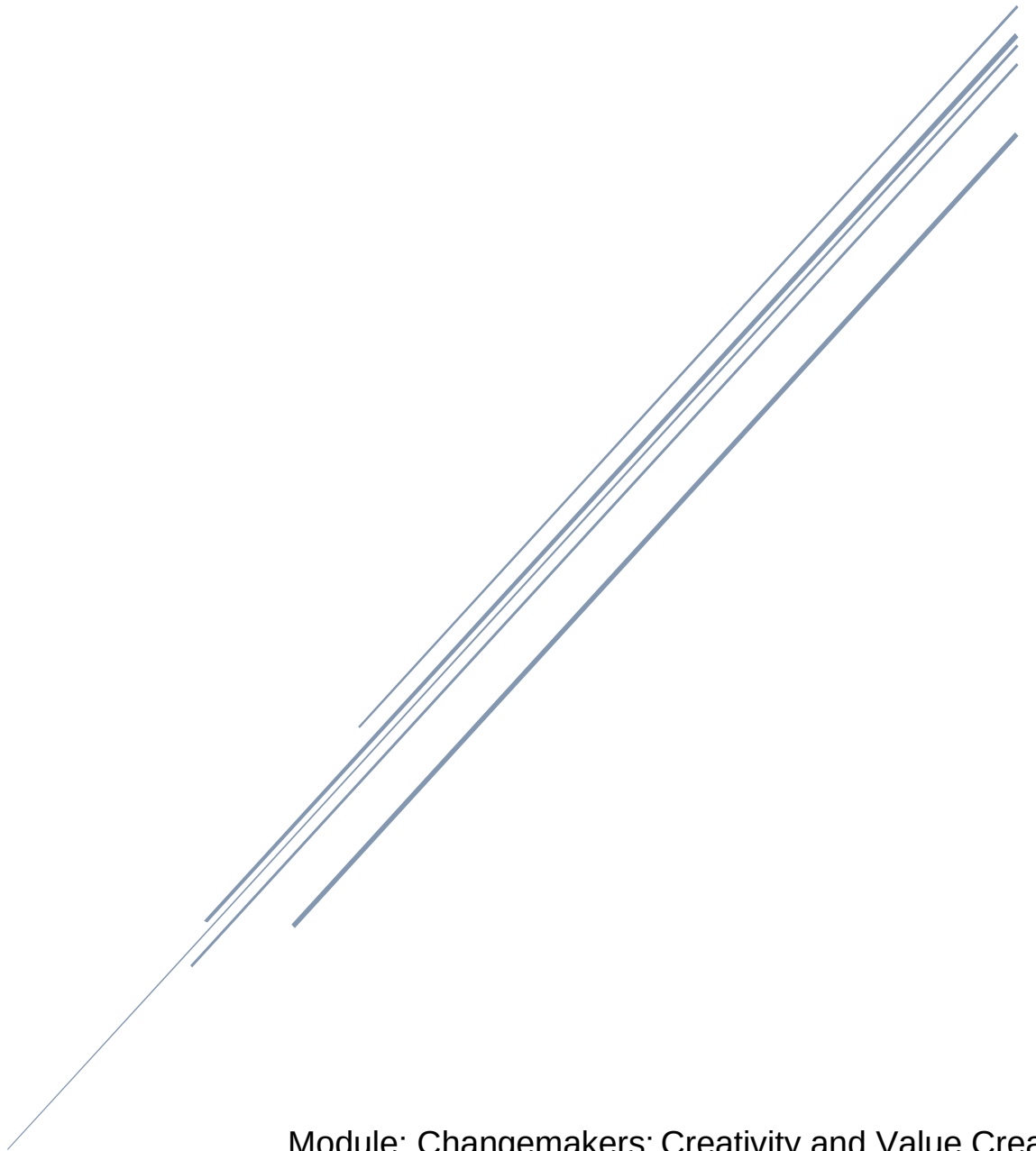


ASSESSMENT 2: WRITTEN ASSIGNMENT (PROJECT OUTCOMES)



Module: Changemakers: Creativity and Value Creation

Module code: BMHP5014

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Introduction

This report will discuss what I learned from the online material during the Changemakers: Creativity and Value Creation module, and I will present the key learning points.

Throughout this module, I had access to four units of e-learning material, each with four topics. I chose Topic 2 - Who Am I? for Unit 1 - Ideas and Values. My Sense of Self, which reflects a little on who I am as a person and as a future health professional. I chose Topic 1 - Change Making - The Act of Creating Value for Unit 2 - Creative Solutions because I learned what a changemaker is, its values, and how to apply these values in the health field.

I chose Topic 4 - Be In It To Win It for Unit 3 - Mobilising Support because if I have an idea or project, I need the target audience to expand it. Finally, for Unit 4 - Evaluation, I chose Topic 4 - Closing the Loop because it allows me to reflect on the skills I gained during this module.

Unit 1 – Ideas and Values

Topic 2 – Who Am I? My Sense of Self

As said Kelley (2012), we should let our ideas fly and achieve the self-efficacy as said Bandura. We have to do what we set out to do and get the place of creative confidence and “touch the snake”. Based on what he stated, I need to devise a strategy, focus on it, regain my creative confidence and reach my goals.

I will be able to achieve any goal I set if I combine my values and principles. Being a creative person entails more than just inventing something new and having the ability to reinvent, recreate, and modify something existing into something bigger and better; it also entails problem solving and fixing something. It is critical that health professionals understand why they should be creative, as well as how and when they should be.

In this unit, I learned that I must trust myself and remain determined, resilient, and focused on my goals in order to be properly prepared to solve problems and create alternatives and opportunities in the future.

Descartes stated his famous phrase: “Cogito Ergo Sum” which means “I think therefore I am”, as well as six fundamental passions such as wonder, hatred, desire, joy, and sadness (www.youtube.com, n.d.).

We can feel other limitless passions through these passions. These are the emotions that guide us and, in some ways, shape us as people. Knowing my passions and my limits will give me complete control over them, allowing me to control my behaviours.

As a future health professional (nurse), I need to be able to think critically, make decisions, and solve problems as they arise; however, I must first know myself well. I need to understand my strengths and weaknesses so that I can improve them over time.

It is also important to know myself not only as a person, but also as a human being, because I will be in direct contact with patients, who are also human beings with their own values, passions, emotions, and ideas, in the health sector.

Knowing myself, I will be able to understand what the other person is feeling or experiencing; however, this will be a lengthy process because I will need to do an internal reflection on everything I have witnessed and experienced over the years, as well as seek professional help if necessary. In this topic, I learned to know myself better as an individual and as a future nurse; I reinforced my values and ideals even more because they are characteristics that will stay with me forever.

Unit 2 - Creative Solutions

Topic 1 - Change Making - The Act of Creating Value

Although I do not consider myself a change maker, I chose this topic because I believe the world needs more innovators and changemakers people. A change maker is someone like Bill Gates or Steve Jobs who created devices and programmes that solved, improved, and simplified society and the economy. Both brought great values and principles to global social and economic life and had a significant impact on value influence.

Reyes (2019) believe that a change maker is frequently a highly empathetic and idealistic individual who is passionately working on a hopeful mission, regardless of the obstacles or circumstances and that they believe that there are better ways to address the current problems. They are seeking new perspectives and solutions to well-known problems that will benefit our communities and the environment.

Another change maker that made a tremendous impact in the world is Nelson Mandela because of his character traits such love, selflessness, forgiveness, tolerance, compassion, fairness, humility, a yearning for justice as well as one of being a champion of human rights.

Mandela is considered the father of Modern South Africa. He was instrumental in tearing down the oppressive government and installing democracy. Mandela received the Nobel Peace Prize in 1993 for peacefully destroying the Apartheid regime and laying the foundation for democracy (Nelson Mandela Foundation, 2018). He has been an inspiration for many people in the whole world.

Young Changemakers is a group of young people that have a passion about mental health and are driven to make a difference. They are people that want to make difference in health care sector by raising awareness of mental health in racialized communities (www.youtube.com, n.d.). They want this change to be like a chain in which everyone is aware of the racial inequality that exists in communities, which has an impact on mental health.

As a future health professional, I believe they are doing an excellent job of raising public awareness of this social issue which will bring inspiration to other young people.

This topic taught me that it does not take much to be a changemaker. Simply having motivation, focus, confidence, and determination to assist and improve what is wrong or lacking.

Unit 3 - Mobilising Support

Topic 4 - Be In It To Win It

Users can engage in conversations, share information, and produce content for the web using social media platforms. Social media can take many different forms, such as blogs, microblogs, wikis, social networking sites, photo and video sharing websites, instant messaging, podcasts, widgets, virtual reality, and more.

Nowadays, social media has a significant impact on our lives. If we want to reconnect with an old friend, family member, or even advertise a new project/business, we use social media to make our idea visible through a single message or video. or heard by thousands of people at the same time.

The disadvantage of social media, in my opinion, is that whatever we post can have long-term consequences. According to TEDx Talks (2016), if we post something on social media it can stay there forever, like a digital footprint.

We can share our ideas and promote new projects through social media because it is the quickest and easiest way to capture the attention and opinion of others. There are numerous digital tools available to help us better explore social media, such as Google, which allows us to search for whatever we want.

Personally, I spend the majority of my time on Instagram, YouTube, and Facebook. These three social media platforms allow me to connect with friends and family, share more about my daily life, and stay up to date on current events; however, as a healthcare professional, I should be aware that I will not be able to mix my personal and professional lives on social media in the future.

LinkedIn is a professional social networking site that I can use to connect with professionals, get seen by employers looking to hire and learn more about work I am are interested in. There are numerous reasons why I should create a LinkedIn account, including the ability to share my professional views with the world, build profiles, and search for jobs, among many others.

It is used to stay in touch with professional contacts and to expand my network. LinkedIn can allow me to participate in discussions, debates, and news about events in my industry or area of interest, as well as follow companies that interest me. LinkedIn also has tools for job searching and connecting with potential employers. Networking is an important part of job hunting and career advancement nowadays. It will allow me to expand and develop my existing network of contacts while also making many new ones.

Unit 4 – Evaluation

Topic 4 - Closing the Loop

The last but not least, I chose this topic because this module taught me a lot. I mostly learned how to assess my own abilities and attributes. These abilities will come in handy when I start working as a nurse. Knowing myself better as a person has given me more clarity and allowed me to focus even more on improving the areas where I feel less skilled. The majority of the knowledge we gain throughout our lives is gained through experience, though we also learn from the information we have.

During this module, I learned different ways to present my ideas and point of view on a project, whether it was an individual project or a group project. To start with, I must be aware of my strengths and weaknesses if I am to be a successful person. Then, work to improve my weaknesses and further my strengths. I will list my plans and objectives once everything is in balance, ensuring that I achieve both personal and professional success in the future.

This module taught me the skills I needed to think critically, look for solutions to potential issues, communicate more effectively, and prepare for the challenging but rewarding work of being a nurse. Critical thinking is important for nurses because it allows them to make decisions based on the available information as well as their previous experiences and knowledge of the field. It also enables nurses to plan ahead of time in order to be as effective as possible (Wilson, BSN and RN, 2021).

In my future role as a nurse, I plan to share compassion and empathy with the patients, my co-workers, and the doctors; I will work on my communication skills, which are crucial in this line of work; I will be able to adapt to any situation or eventuality; I will know when to ask for help because working as a team means supporting one another specially under pressure; and I will prioritise tasks by putting the most important ones at the top of the list.

Conclusion

I conclude this discussed report sharing my overall learning from the e-learning material that I have gained through this module.

I have learnt what is creativity and which benefits it can bring to health and social care. It can boost one's self-esteem, give them a sense of purpose, help them learn social skills, integrate them into the community, and generally make their lives better. As a future nurse, the ability to be creative makes me feel more powerful because nurses are the people who are closest to the patients and the technology and are motivated by empowerment to constantly look for ways to deliver high-quality patient care and to improve procedures.

Throughout this module I learnt that the human being is capable of doing anything; all one has to do is believe that anything is possible and that any of us can be a change maker or an inventor. We simply need to believe in ourselves, stay focused, and resilient in order to achieve our objectives. Being a changemaker and coming up with new ideas and solutions to problems, such as those in health care, aids in their development and improvement, as well as making people aware of what needs to be done making a healthy and better society.

Health sector is one of the most demanding by bringing high quality and good services to the patients. The care provided in nursing homes, hospitals, doctor's offices, and sports facilities could be improved by innovative ideas. However, it doesn't happen on its own. Health professionals must foster a climate and culture that value innovation and speaking out.

Technology was created to make our lives easier. Health professionals can use social media to promote their ideas and projects, reaching the greatest number of people in a fraction of a second and mobilising them on problems that can be solved.

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