

Nursing Practice: The Importance of Creativity

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Required Information

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Learning Objectives-

- Describe the importance of creativity, and its influence in changing one's perspective, with the goal of enhancing nursing practice.
- Generate examples of using creativity to enhance nursing practice.

Disclosure - No conflict of interests to declare

Sponsor – University of Haifa

Goals

- How can we stimulate student and registered nurses to use their creativity?
- How can student and registered nurses use creativity in their practice?

Presentation Outline

- I Introduction – Nursing and Creativity**
- II Pedagogical Background**
- III Personal Journey to Find One's Creativity**
- IV Course Description**
- V Outcomes**
- VI Discussion**

Introduction – Nursing and Creativity

Creativity in registered nurses and nursing students fosters the opportunity to:

- generate and try ideas (problem solving, design, combining experience and knowledge),
- be sensitive to surroundings,
- increase motivation and curiosity to ask questions, and explore answers,
- become divergent thinkers,
- encourage self- and spiritual-growth,
- inspire improvisation.



Pedagogical Background



- Analogies and metaphors enhance creativity (using pictures and photos to provoke association) (Daniel Pesut, 1985).
- Jokes, funny stories, movies, and games generate novel and useful associations, images, and abstract relations; and consequently, contribute to the creation of other elements (Daniel Pesut, 1985).
- Creativity facilitates new insights resulting from conscious reframing a situation or problem (Busse & Mansfield, 1960).
- 'Perceptual openness' allows a multi-perspective approach to ideas or objects (Busse & Mansfield, 1960).

Personal Journey to Find One's Creativity

🌈 Cognitive and Emotional

Personal experience

Experiential learning

Personal introspection

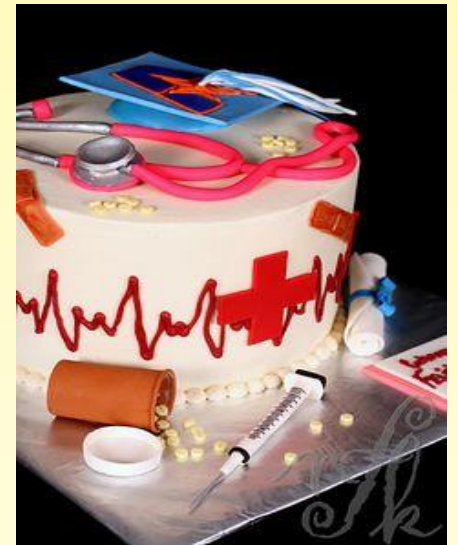
🌈 Actions and Perceptions

Challenging personal barriers

Creating new connections

Expanding desire for opportunities

Openness to new experience



Course Description

Course for registered nurses (n=120) in a BA completion program.

- The semester-long online course included lectures that provided a theoretical background on cognitive and emotional characteristics that either hinder or promote creativity.
- In addition, movies, photos, humor and games were used to demonstrate different skills.

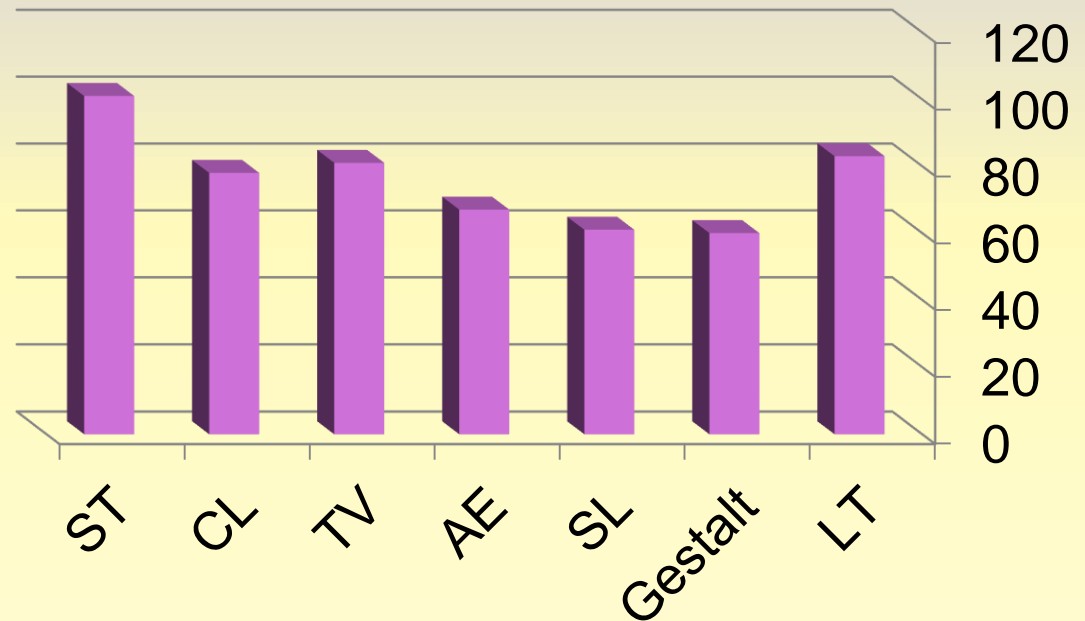
Course Description (Continued)

- Other assignments included:
 1. reframing their nursing role in a humoristic way; and
 2. self-reflection on their cognitive and emotional characteristics, such as flexibility, tolerance with ambiguity or perceived barriers that might influence creative thought and attitude.
- At the end of the course, student groups had the assignment to develop a new and creative technique or product for nursing practice that could be used in their unit/department.

Outcomes

Code	Cognitive Barrier
ST	Stereotypic Thinking
CL	Combined Language
TV	Tunnel Vision
AE	Attribution Error
SL	'Single-Loop' Thinking
Gestalt	Gestalt
LT	Linear Thinking

Student's Perception of Their Cognitive Barriers



Outcomes

The creative product	Patients	Staff
Selection of songs for nurses to play to patients	4 groups	
Creation of poems		1 group
Design of a booklet of jokes	2 groups	2 groups
Creation of a video to explain specific departmental procedures	1 group	
Creation of a game for patient education	1 group	
Design of a booklet with a humorous song	1 group	
Construction of an inhalator in the form of a teddy bear hug	1 group	
Implementation of Karaoke night	1 group	
Creation of a book with caregivers' experiences	1 group	
Implementation of a book club (oncology)		1 group
Design of a photo exhibition	1 group	1 group

Outcomes (Continued)



The RN BA nursing students designed a new inhalation station within the clinic.

They report that the children did not want to leave.

Outcomes (Continued)



RN BA nursing students designed a photo exhibition for the patients in the ward.

A notebook was provided near the exhibition to enable viewers (staff, patients, visitors) to write comments.

Outcomes (Continued)



The nursing students designed an educational game for new mothers in the maternity ward.



Discussion

- There is an inherent contradiction between routine nursing practice and creativity.
- Creativity's benefits to nursing
 1. Creativity can strongly complement nursing practice and enhance ward atmosphere and patient care.
 2. By engaging our creative abilities with our practical nursing knowledge, we can improve our 'caring' patient and staff outcomes.

Summary

- Employing creativity among nurses can improve nurse morale, coping strategies, and add fun and enjoyment to the workplace.
- Patients also can benefit from the introduction of creativity in the workplace.



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Obrigado!

ありがとう



Thanks!



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감사합니다

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