

Creativity in Daily Activities

Mrs. JOGINDER JEET VIRK

CREATIVITY in itself is not new, it is the placement of concept of creativity in a particular context that is new. According to the Old Testament our religious heritage reminds us that only God was creative, any notion that man could be creative was considered to be blasphemous. Not until about three centuries ago did there emerge the concept of man as being creative in thoughts and action, allowing one to view the nature of man in his reciprocal relationships with God. The recognition of this concept brought about the gradual realization of the tremendous unsuspected potentialities of man, the nature of human resources, and the meaning of respect for an individual.

There followed a long period of time in which the word creative was equated with the description of those acts within the realm of artistic talents. Little regard was given to any deeper significance of the term in relation to teaching. The year 1950 seemed to mark the beginning of a movement to gain deeper understanding of relative process as it applied to human activities in certain areas of science, industry, business, psychology and psychiatry as well as nursing.

Substance of the Process

As the values of practical applications of these understandings were reported, educators began to meet together to examine the substance of the creative process and its practical application in the teaching. As a result the element of creativity has been described with diversity by a number of authorities from various fields. Close examination of some of the definitions reveals certain qualifying factors that tend to limit the application of the term creativity, others have taken it in more liberal point of view, many have adopted the later viewpoint which offers a more flexible base of operation for providing creative teaching programmes especially in clinical Nursing.

Creativity is a quality inherent within every individual. Creativity is exhibited by an individual in amount and kind according to the principles of individual differences. Creativity is a deliberate act of an individual to relate his previously unrelated experiences in a manner that produces something new to him, is satisfying to the self and useful to him in a constructive manner.

According to Miller H. Carroll there are three groups of students: (i) Academically superior group, (ii) The talented group, (iii) The creative group.

Some who are either academically superior or specially talented may also be creative. So creative-

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ness may also be special talent and it differs from academic superiority in some special areas of activity.

Since World War II investigations have been done regarding creative thinking and the personal characteristics of creative thinker. He seems to disregard the conventional stereotyped answers and solutions, an ability to see new patterns, new relationships and new combinations, a reliance on subjectivity satisfying insight rather than dependence upon authoritatively presented conventional marital, a rich fantasy life, playing with ideas rather than an immediate seeking of conventionally correct answers.

Inventor, Innovator, Experimenter

A creative person is an inventor, an innovator, an experimenter, a risk taker, a seeker of the new rather than of security. He is apt to display a sense of humour. He frequently places his aesthetic and theoretical satisfactions. He is an individualist rather than a conformist. He is apt to be interested in the large picture and preferably a reinterpreted larger picture rather than in specific details and routine facts.

One of the major difficulties in the identification of a creative person is the lack of a definite picture of what we expect to find or in more technical language of criteria of creativity. Yet we can hardly expect that even the highly creative person can be completely uninfluenced by the learning expected in his culture.

As defined by Gill Ford, "The basic components of creativity are sensitivity to problems and ability to practise many novel ideas or solutions, a flexible approach to solve problems and the collection of ideas". Creativity is not an imitation, as, for example, when Addison invented train engine for the first time it was creativity but now engineers make engines with modification which may be called as productivity but not creativity.

Role of creativity in nurse's daily activities is in several folds. As creativity is an inborn ability of individual and the unique idea of the creator who uses it constructively. It is part of Nursing and is responsible for its growth. It helps and stimulates a nurse at every step of her activities. To get rid of maids and to be independent professional nurse's creativity plays an important role.

Leading to Coordination

Creativity leads a nurse's activities to co-ordination, communication, co-operation while working with the health team members. She can think what

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Creativity Has its Unique Value

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is good or bad for the care of her patients.

Creativity leads nurses to read, remember and think but makes aware of reasoning and reporting. Creativity shows to a nurse that experience and knowledge is equally imminent for becoming efficient nurse but eagle's eyes are needed to gain experience and knowledge.

A nurse should always ask herself how she wants to be treated and treat others in the same way but acquire ability to approach and skillful action. If a nurse is creative she will try to absorb tears and laughter of all but make her personality tranquilised.

Creativity will lead a nurse to increase intelligence, inculcate interest, interact and interchange ideas but be independent in decision-making and

judgement, creativity will also lead her to give and take, talk and listen, but very tactfully.

Bibliography

1. Jean F. Schweer *Creative Teaching in Clinical Nursing*. The C.V. Mosby Company, Saint Louis, U.S.A. (1968) P. 40.
2. Miller H. Carroll "The superior student". *Guidance Services*. Herper & Row, New York Evanston & London (1965) pp. 309-11.
3. A group work of B.Sc. (Post-Basic) Nursing students, College of Nursing P.G.I., Chandigarh, 'Creativity', *The Nursing Journal of India* (Sept 1975), Vol. LXVI, No. 9, p. 209.

Mitral Valve Replacement

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Post-operative Nursing Care

The objectives of post-operative nursing care after valve replacement are: To provide adequate oxygenation; To maintain adequate cardiac output; To maintain fluid and electrolyte balance; To prevent complications like wound infection, pressure sores, bleeding disorders, etc.

Discharge Plan and Advice

Mr. P. was discharged on the fifteenth p.o. day, that is on June 6, 1985. He was afebrile, ambulatory, and his wound was clean and dry. Special advices

given are: Continue Anticoagulant therapy; Check Prothrombin monthly, and adjust dose of Dindevan; Avoid self medication specially Salicillates, Antihistamines etc., which will interfere with prothrombin time; Signs of over anticoagulation and what to do; Hearing the click sound of valve functioning is normal; All minor surgical procedures to be done under Antibiotic coverage; Treat all minor infections; Check up after one month.

Reference

Luckmann Joan and K.C. Sorensen. *Medical Surgical Nursing: A Psychophysiological Approach*. Philadelphia: W.B. Saunders, 1980. p. 893-903.

Andhra's Annual Meet

The XX annual conference of the TNAI and of SNA of the Andhra Pradesh State branch will be held on June 10 and 11, 1988 at CSI Hospital Karim Nagar.

Theme : Responsibilities of Nurse for Health for All—All for Health.

Registration fee from T.N.A.I. members Rs. 20/-.

Registration fee from S.N.A. members Rs. 10/-.

Boarding and Lodging Rs. 25/- per day per head. The charges are payable in advance and should be

sent by M.O. only to the Organising Secretary, Miss D. Simon, Nursing Superintendent, C.S.I. Hospital, Karimnagar (Distt).

Registration Form alongwith self-addressed stamped (60 paise) cover should be sent to the Organising Secretary before 1 June 1988.

Entrance fee for competitions:

Individual : Rs. 3/- for each item
Group : Rs. 5/- for each item

Registration forms for competition can be obtained from state S.N.A. Advisor, Mr. T. Stephen. St. Joseph's Hospital, Nellore,

Paid Secretary for West Bengal

The West Bengal Branch of Trained Nurses' Association of India desires to appoint a Paid Secretary based in Calcutta. Applications are invited from Nurses only. Details of terms and conditions for the appointment are available from Miss Malbika Das Gupta, Secretary, West Bengal State Branch, TNAI, c/o Nursing Suptdt., Medical College Hospital, Calcutta-700012. Last date for submission of application to the above address is June 15th, 1988.

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