

CRITICAL THINKING AND NURSING PROCESS

Critical Thinking

*"Study without reflection is a waste of time; reflection without study is dangerous."
-- Confucius*



Critical Thinking - What is it?

- ACTIVE Processing of Information
- DELIBERATE informed thought.
- PURPOSEFUL, informed reasoning both in and outside the clinical setting.
- THINKING about your thinking while you are thinking.

Critical Thinking - Why Do It/

- Reflective thinking to create new knowledge
- It determines whether you will succeed or fail in this fast paced world.
- Gives you confidence to know when to act independently and when to say "Wait, I'D better get help"

Critical Thinking -

- Nurses must view themselves as thought oriented rather than task oriented due to the complex situations that arise in their profession.
- Helps you pass boards.

Critical Thinking - WHY USE IT?

- Critical thinking is a component of all clinical reasoning and a major part of all decision making.
- USED TO IMPROVE THE QUALITY OF PATIENT CARE.

What is the difference between Thinking and Critical Thinking?

- Thinking refers to any mental activity
- Critical thinking is controlled and purposeful: focuses on well reasoned strategies to get results.

Characteristics of Critical Thinking

- Creative
- Logical, Rational and Reflective
- Independent
- Challenges rituals and assumptions about client care
- Free of bias and prejudice
- Action oriented

How Do You Critically Think?

- Personal insight and self awareness
- Personality
- Upbringing and culture
- Mentoring and building empowered partnerships

Personal Factors that influence Critical Thinking

- Moral development
- Age
- Personal dislikes, prejudices and biases
- Emotional intelligence
- Self-confidence
- Past experiences

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- Knowledge of problem solving, decision making, nursing process and research principles
- Effective Interpersonal relationship skills
- Early evaluation
- Effective writing and learning skills

Situational Factors that influence Critical Thinking

- Anxiety, stress and fatigue
- Awareness of risks
- Knowledge of related factors
- Awareness of resources
- Positive reinforcement

continued

- Evaluation or judgmental styles
- Presence of motivating factors
- Time limitations
- Environmental distractions

Barriers to Thinking Critically

- Self focusing
- My way is better
- Tunnel vision
- Choosing only one
- Face saving

Barriers to Thinking Critically

- Resistance to change
- Conformity
- Stereotyping
- Self deception

Outcome Focused Thinking (Results oriented)

Goals (Intent) VS. Outcomes (Results).

Goals are used to state general intent (aim or purpose). They are usually vague and idealistic.

Outcomes describe specific results that others can observe at a certain time when the goal is achieved, clearly observable results.

Memory

- Goals = General intent
- Outcomes = Observable results

Strategies to Critical Thinking

- 10 Questions to ask yourself
- 1. What major outcome (observable result) will drive our thinking?
- 2. Exactly what are the problems, issues, or risks that must be addressed to achieve the major outcome?

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- 3. What are the circumstances (context)?
- 4. What knowledge is required?
- 5. How much time is there?
- 6. How much room is there for error?

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- 7. What resources can help?
- 8. Whose perspectives must be considered?
- 9. What's influencing thinking?
- 10. What must we do to prevent, control, or eliminate the problems or issues identified in question # 2?

Logic and Intuition

- Logic: Sound reasoning that is based on facts (evidence).
Foundation of critical thinking.
Safest most reliable strategy.
- Intuition: Knowing something without evidence.

Trial and Error

- Trial and Error: Trying several solutions until you find one that works, can be risky but necessary. Use only when there is room for mistakes, when the problem can be monitored closely, and when solutions have been logically thought through.

Curious by Nature

- What to do???



Big VS Small Picture

- Are you a "Big Picture" person or a "Details" person.
- Critical thinking requires you to do Both

Specific Strategies

- Anticipate the question others might ask.
- Ask what else questions.
- Think out loud or write your thoughts down.
- Ask an expert to think out loud
- Ask what if.. Questions.

Specific Strategies

- Ask Why.
- Paraphrase in your own words.
- Compare and contrast.
- Organize and reorganize information.
- Look for flaws in your thinking, (ask somebody else).

Specific Strategies

- Develop good habits of inquiry.
- Revisit information.
- Replace and rephrase "I don't know" and "I'm not sure" with "I need to find out" or "Lets find out".

Specific Strategies

- Turn errors into learning opportunities.
- Share your mistakes.

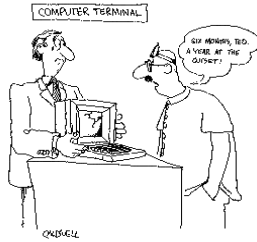
Developing Character, Acquiring Knowledge, and Practicing Skills

- Develop a critical thinking character.
- Take responsibility and get actively involved.
- Gain interpersonal skills like resolving conflicts, getting along with others, and working as a team.
- Practice related skills.

Nursing Process - What is it?

- A **SCIENTIFICALLY BASED** approach to problem solving ...
- Uses critical thinking to provide direction to determine the most effective, efficient and comprehensive approach to solving a nursing/patient care problem.

So true



10 Ways to increase Rational Logic...

- 1. The lion's share of your general intelligence and success comes from the books you read and the people you hang out with.
- 2. Realize how little you really know compared to all the knowledge that is available; make a commitment to become a perpetual learner.

- 3. Practice paying more attention to the smaller details of something to increase your capacity to do this.
- 4. Look for real evidence to disprove what you think you know.
- 5. Think about your thinking and start questioning assumptions.

- 6. Resist your brain's tendency to over-simplify things.
- 7. Become more aware of the vicious circle of interaction between your thoughts, feelings and behavior; begin to remove the emotional components to your critical thinking.
- 8. Begin to look below the surface to understand all that is going on out of sight.

- 9. Increase your awareness of how your mental and perceptual biases distort information—over-simplification, relating unrelated things in proximity, filling in missing details conveniently, distorted memory, etc.
- 10. Understand that more information isn't always needed, but rather using what information you already know, better.

10 ways to increase Intuition...

- 1. Allow your inner voice more airtime.
- 2. Look for ways to relax more and deal with the physical stress and destructive thinking that blocks intuition.
- 3. Practice some sort of meditation to get in contact with your inner self.
- 4. Start verifying/validating your hunches.

10 ways to increase
Intuition...

- 5. Become more sensitive to moments of danger vs. moments of opportunity.
- 6. Look for ways to be more inclusive in your thinking; the source of intuitive power is centered in unity.

10 ways to increase
Intuition...

- 7. Begin taking reasonable risks.
- 8. Follow-up on what seems to be a meaningful coincidence.
- 9. Notice the connection between your negative emotionality & win-lose survival thinking, and your positive emotionality & win-win productive thinking.

10 ways to increase
Intuition...

- 10. Notice the similarity between the conclusions you arrive at from all the various forms of critical thinking going their separate ways.

Critical thinkers are curious.



Critical thinkers are curious.

They look for new and better ways to do everything. They are not the person who will settle for" ...because that is the way we always done it."

10 Ways to increase
Creativity...

- 1. Re-define it more broadly so you have more of it!
- 2. Observe nature and look for consistent operating principles and important truths that can be applied in your daily life.
- 3. Observe children at play and appreciate their ingenuity, awe, inventiveness, spontaneity, innovation, and natural creativity.

10 Ways to increase
Creativity...

- 4. Look for ways that seemingly "opposite" things are really two sides of the same coin, i.e.,—male and female being human.
- 5. Experiment in changing little routines—the words you use, your dress and grooming habits, furniture placement, etc. (shock your brain a little).

- 6. Suspend judgments about the quality of a creative product you or others produce.
- 7. Learn something positive from the next failure or bad event you experience.
- 8. Brainstorm solutions to complex problems with others.

- 9. Look for a truth you firmly believe and then add something else to it to make it even more truthful.
- 10. Start noticing the connection between where you are standing and what you are seeing; change viewpoints.

Critical thinking~! Who needs it?



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10 ways to increase *Practical Common Sense*...

- 1. Challenge basic assumptions.
- 2. Ask more questions about how things work.
- 3. Study people who have it.
- 4. Learn what makes people tick--knowing and using good people skills is an integral part of success.

- 5. Restore balance to areas of your life and thinking that are out of balance.
- 6. Laugh more—this helps restore balance in your positive-negative emotional bank.

- 7. Learn something from the next failure or mistake you make to fix it and prevent it from happening again.
- 8. Slow down and start noticing the connection between the choices you make and the results you get.

- 9. Become more aware of this reality: Optimistic thinking and positive expectations result in getting more of the good things in life.
- 10. Think proactively—anticipate problems, expect the unexpected, develop a store of good solutions.

THE END

- Questions?????????

