




CRITICAL THINKING

in Nursing Practice
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CRITICAL THINKING in Nursing Practice


- “...active, organized, cognitive process used to carefully examine one’s thinking and the thinking of others.”
- **Involves use of MIND**
 - Form conclusions
 - Make decisions
 - Draw inferences
 - reflect



BEGIN WITH:

Questions:

- What **do I *really know*** about this nursing care situation?
- How **do I know it?**
- What *options* are available to me?




THREE INPORTANT ASPECTS

- **REFLECTION:** purposefully thinking back /recalling. Requires honest review
- **LANGUAGE:** precise & clear resulting in clear message
- **INTUITION:** inner sensing that something is so




THINKING AND LEARNING

- **LIFELONG PROCESS**
- **NURSING PRACTICE ALWAYS CHANGING**




LEVELS OF CRITICAL THINKING IN NURSING

- ❖ **BASIC – CONCRETE, BASED ON SET OF RULES OR PRINCIPLES**
- ❖ **COMPLEX: “IT DEPENDS”**
- ❖ **COMMITMENT: CHOOSE AN ACTION & STAND BY IT**



CRITICAL THINKING COMPETENCIES

- **Scientific method**
- **Problem solving**
- **Decision making**
- **Diagnostic reasoning and inference**
- **Clinical decision making**



CRITICAL THINKING AND THE NURSING PROCESS


Critical Thinking and Nursing Judgment



- How do we make decisions?
- How do nurses make decisions about patient care?
- What do we rely on to help us in decision making?




Critical Thinking and Nursing Judgment

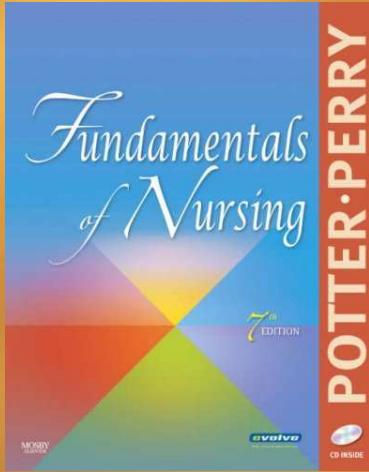


- Not a linear step by step process
- Process acquired through hard work, commitment, and an active curiosity toward learning
- Decision making is the skill that separates the professional nurse from technical or ancillary staff


Critical Thinking and Nursing Judgment



- Good problem solving skills
- Not always a clear textbook answer
- Nurse must learn to question, look at alternatives



How do nurse's accomplish this?



- Learns to be flexible in clinical decision making
- Reflect on past experiences and previous knowledge
- Listen to others point of view
- Identify the nature of the problem
- Select the best solution for improving client's health

Definition of Critical Thinking




- Active, organized, cognitive process used to carefully examine one's thinking and the thinking of others
- It involves the use of the mind in forming conclusions, making decisions, drawing inferences, and reflecting

Critical Thinking in Nursing




- Purposeful, outcome-directed
- Driven by patient, family, and community needs
- Based on principles of nursing process and the scientific method
- Requires specific knowledge, skills, and experience
- New nurses must question



Critical Thinking in Nursing

- Guided by professional standards and ethic codes
- Requires strategies that maximize potential and compensate for problems
- Constantly reevaluating, self-correcting, and striving to improve



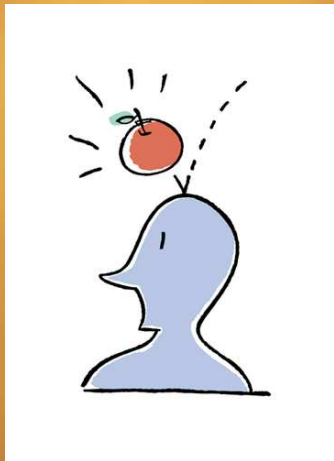
Formula for Critical Thinking

- Start Thinking
- Why Ask Why
- Ask the Right Questions
- Are you an expert?

Aspects of Critical Thinking



- Reflection
- Language
- Intuition



Levels of Critical Thinking



- Basic
- Complex
- Commitment

Critical Thinking Competencies



- Scientific method
- Problem Solving
- Decision Making
- Diagnostic Reasoning and Inferences
- Clinical Decision Making
- Nursing Process

Nursing Process



- Systematic approach that is used by all nurses to gather data, critically examine and analyze the data, identify client responses, design outcomes, take appropriate action, then evaluate the effectiveness of action
- Involves the use of critical thinking skills
- Common language for nurses to “think through” clinical problems

NURSING PROCESS as a competency



- **Five steps:**
 - ✓ **Assessment**
 - ✓ **Diagnosis**
 - ✓ **Planning**
 - ✓ **Implementation**
 - ✓ **Evaluation**

Nursing Process



Assessment


Nursing Diagnosis

Planning

Implementation

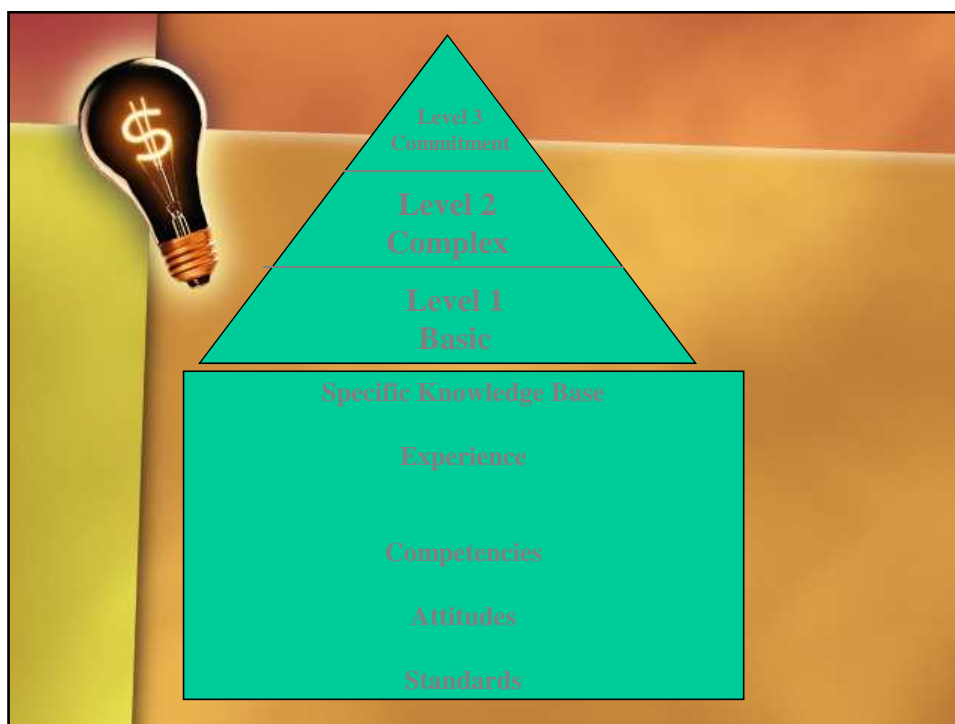
Evaluation

Nursing Process
& Critical Thinking



Thinking and Learning

- Lifelong process
- Flexible, open process
- Learn to think and to ANTICIPATE
- What, why, how questions
- Look beyond the obvious
- Reflect on past experience
- New knowledge challenges the traditional way






Components Of Critical Thinking

- Scientific Knowledge Base
- Experience
- Competencies
- Attitudes
- Standards




Professional Standards

- Ethical criteria for Nursing judgment- Code of Ethics
- Criteria for evaluation- Standards of care
- Standards of professional responsibility that nurses strive to achieve are cited in Nurse Practice Acts, JCAHO guidelines, institutional policy and procedure, ANA Standards of Professional Practice



Critical Thinking Synthesis

- Reasoning process by which individuals reflect on and analyze their own thoughts, actions, & decisions and those of others
- Not a step by step process



Critical Thinking Case Study

- Mrs. Lutz is a 78 yr old woman who has undergone radiation therapy and three surgeries for cancer. She is not responding well, cannot eat, and is losing weight. The physician has decided to place a subclavian catheter to administer total parenteral nutrition. The nurse takes the informed consent form to the patient to sign and explains to her that “the doctor will place a small tube in your vein to give you more nutrients to help you regain your strength and heal”. Mrs. Lutz says, “I’m so tired of all this pain. I’m not sure I want anything else done, and I surely don’t want to be hurt again.”

Case Study Questions



- What factors does the nurse need to assess that might affect Mrs. Lutz's ability to consent?
- Before she signs the consent form, how can the nurse be certain that her consent was truly "informed"?

Case Study Continued



- The nurse replies to Mrs. Lutz: "Now, now, your doctor has ordered this to make you well. Don't worry, we'll make sure you don't feel a thing. Your doctor will be here soon and he will expect this consent to be signed. Won't you please sign it now?"

Case Study Questions




- Evaluate the nurse's approach to Mrs. Lutz in regard to the invasive procedure. What do you think about it and why?

Nursing Process

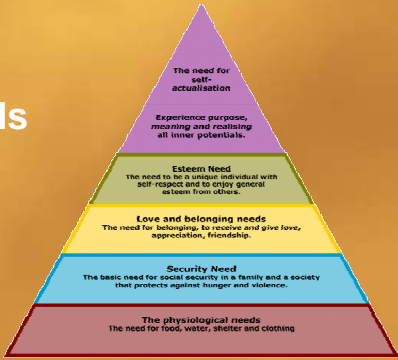


- Traditional critical thinking competency
- 5 Step circular, ongoing process
- Continuous until clients health is improved, restored or maintained
- Must involve assessment and changes in condition

When using the Nursing Process



- Identify health care needs
- Determine Priorities
- Establish goals & expected outcomes
- Provide appropriate interventions
- Evaluate effectiveness



The need for self-actualisation
Experience purpose, meaning and realising all inner potentials.

Esteem Need
The need to be a unique individual with self-respect and to enjoy general esteem from others.

Love and belonging needs
The need for belonging, to receive and give love, appreciation, friendship.

Security Need
The basic need for social security in a family and a society that protects against hunger and violence.

The physiological needs
The need for food, water, shelter and clothing

Nursing Process



- Assessment
- Diagnosis
- Planning
- Implementation
- Evaluation



Assessment

- Systemically collects, verifies, analyzes and communicates data
- Two step process- Collection and Verification of data & Analysis of data
- Establishes a data base about client needs, health problems, responses, related experiences, health practices, values, lifestyle, & expectations



Critical Thinking and Assessment Process

- Brings knowledge from biological, physical, & social sciences as basis for the nurse to ask relevant questions. Need knowledge of communication skills
- Prior clinical experience contributes to assessment skills
- Apply Standards of Practice
- Personal Attitudes



Assessment Data

- Subjective Data
- Objective Data
- Sources of Data
- Methods of Data Collection- Interview
- Interview initiates nurse-client relationship
- Use open-ended questions
- Nursing health history

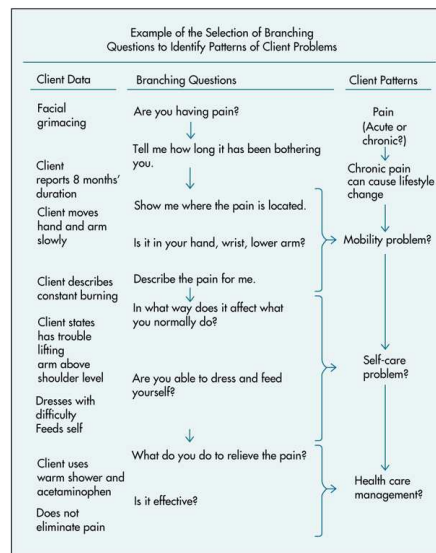


Figure 14-2 Example of branching logic for selecting assessment questions.
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Figure 14-3 Nurse palpates temperature of skin to assess quality of circulation.

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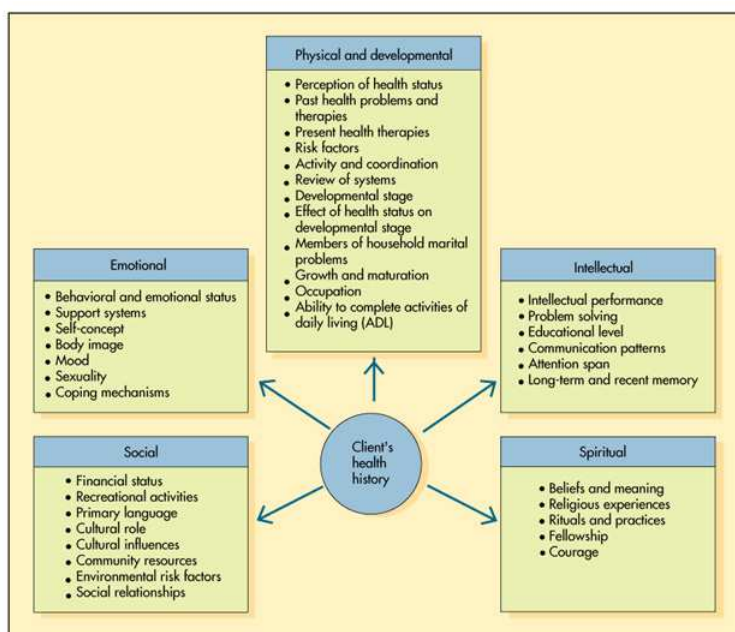



Figure 14-6 Dimensions for gathering data for a health history.

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Nursing Diagnosis



- Statement that describes the client's actual or potential response to a health problem
- Focuses on client-centered problems
- First introduced in the 1950's
- NANDA established in 1982
- Step of the nursing process that allows nurse to individualize care

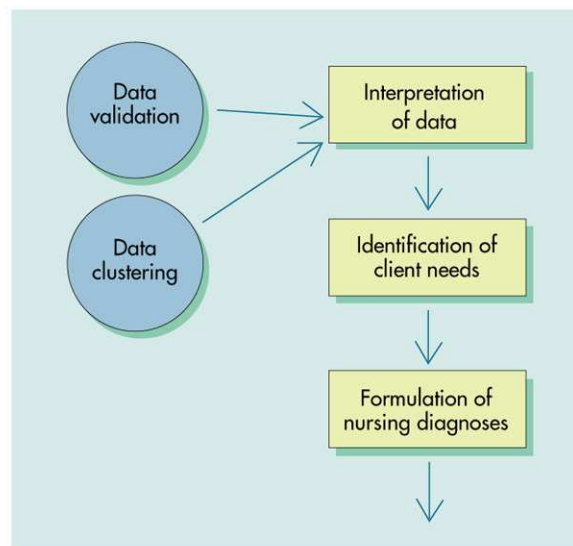
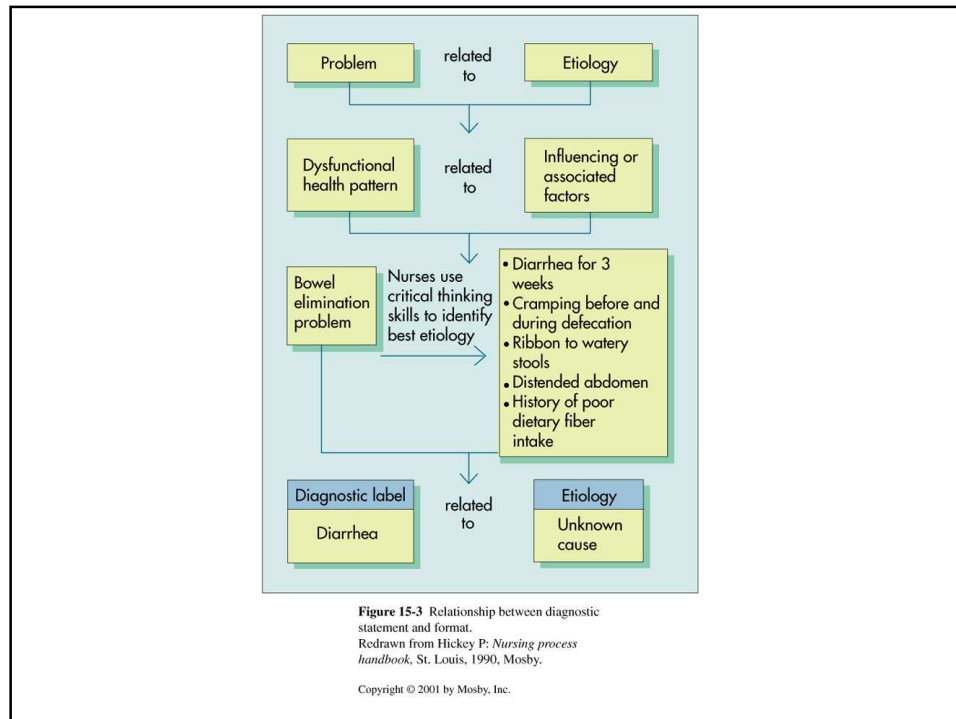


Figure 15-2 Nursing diagnostic process.

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Planning for Nursing Care

- Client-centered goals and expected outcomes are established
- Priorities are set relating to unmet needs
- Maslow's Hierarchy of Needs is a useful method for setting priorities
- Priorities are classified as high, intermediate, or low

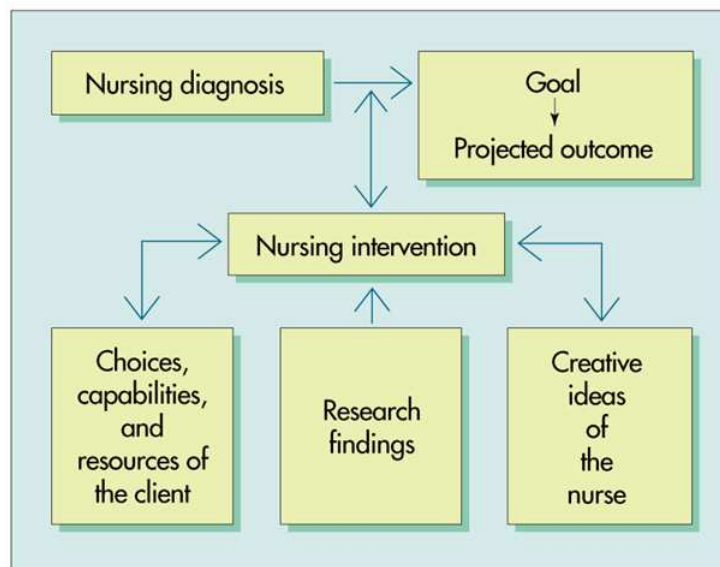


Figure 16-1 From diagnosis to outcome.
Redrawn from Gordon M: *Nursing diagnosis: process
and application*, ed 3, St. Louis, 1994, Mosby.

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Figure 16-6 Consultation and planning care.

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Purpose of Goals and Outcomes




- Provides direction for individualized nursing interventions
- Sets standards of determining the effectiveness of interventions
- Indicates anticipated client behavior or response to nursing care
- End point of nursing care

Goals of Care




- Goal: Guideposts to the selection of nursing interventions and criteria in the evaluation of interventions
- What you want to achieve with your patient and in what time frame
- Short term vs. Long term
- Outcome Of Care: What was actually achieved, was goal met or not met




Nursing Interventions


- Interventions are selected after goals and outcomes are determined
- Actions designed to assist client in moving from the present level of health to that which is described in the goal and measured with outcome criteria
- Utilizes critical thinking by applying attitudes and standards and synthesizing data



Types of Interventions


- Nurse-Initiated
- Physician-Initiated
- Collaborative Interventions





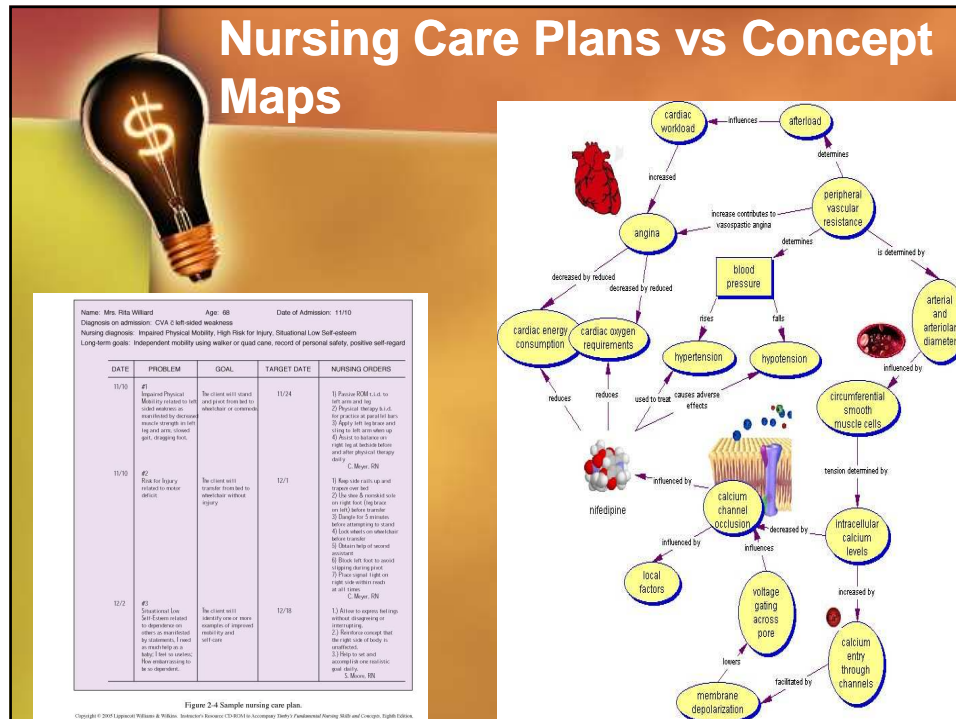
Selection Of Intervention

- Using clinical decision making skills, the nurse deliberates 6 factors:
- Diagnosis, expected outcomes, research base, feasibility, acceptability to client, competency of nurse



Nursing Care Plans

- Written guidelines for client care
- Organized so nurse can quickly identify nursing actions to be delivered
- Coordinates resources for care
- Enhances the continuity of care
- Organizes information for change of shift report



Implementation of Nursing Interventions



- Describes a category of nursing behaviors in which the actions necessary for achieving the goals and outcomes are initiated and completed
- Action taken by nurse



Types of Nursing Interventions

- **Standing Orders:** Document containing orders for the use of routine therapies, monitoring guidelines, and/or diagnostic procedure for specific condition
- **Protocols:** Written plan specifying the procedures to be followed during care of a client with a select clinical condition or situation (Pneumonia, MI, CVA)



Figure 17-2 Collaboration with other health care providers results in effective interventions.

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Implementation Process involves:




- Reassessing the client
- Reviewing and revising the existing care plan
- Organizing resources and care delivery (equipment, personnel, environment)

Evaluation



- Step of the nursing process that measures the client's response to nursing actions and the client's progress toward achieving goals
- Data collected on an on-going basis
- Supports the basis of the usefulness and effectiveness of nursing practice
- Involves measurement of Quality of Care



Evaluation of Goal Achievement

- **Measures and Sources:**
Assessment skills and techniques
- As goals are evaluated, adjustments of the care plan are made
- If the goal was met, that part of the care plan is discontinued
- Redefines priorities