

Critical Thinking



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Critical Thinking: Definition

“Composite of attitudes, knowledge and skills”
Watson & Glaser, 2005

“Rational examination of ideas, inferences,
assumptions, principles, arguments,
conclusions, issues, statements, beliefs, actions”
Bandman & Bandman, 2005

“Making sense of the world by carefully examining
the thinking process in order to understand it”
Chafee, 1990

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Critical Thinking: Definition

“Thinking involves any mental activity such
as brushing your teeth, daydreaming,
doing ‘mindless tasks’; critical thinking is
controlled and purposeful. Critical thinking
uses well thought out strategies to obtain
needed outcomes” Alfaro-LeFevre, 2004

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Why Critical Thinking: As a RN Nursing Student?

- Accountability
- Is consistent with adult learning principles
 - Responsible for own learning needs:
 - Identify own strengths and limitations
 - Meet course requirements
 - Evaluate the adequacy of one's own knowledge and ability to perform basic nursing skills safely for a variety of clients.
- Clinical Judgment and Reasoning

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Why Critical Thinking: As a Registered Nurse?

- Information becomes obsolete quickly
- Complexity of the profession
- Limited number of hours for theory and clinical in education
- Information overload
- Conflicting responsibilities

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Critical Thinking: Factors Influencing (+ or -) YOU

- Moral Development
- Age
- Cultural upbringing
- Self-confidence
- Learning/Thinking Style
- Knowledge of related factors
- Awareness of Resources
- Motivation
- Positive reinforcement
- Emotional intelligence
 - Connect w/ your emotions
 - Mood management
 - Maturity
 - Keep in mind that emotions are "catching"
 - Stress:
 - Past experience
 - Effective communication, reading and writing
 - Choices in life

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Frequent Errors Made in Critical Thinking

- No clear objective or goal
- Faulty data gathering
- Faulty logic or "crooked thinking"
- Too much time spent identifying the problem
- Not considering enough alternatives
- Lack of self- awareness
- Refusal to act
- Using outcomes only for evaluation
- Self-focusing
- Mine is better
- Choosing only one
- Tunnel vision
- Resistance to change
- Conformity
- Stereotyping
- Self-deception

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How do I Critically Think?

- Process can be frustrating
- Goal-directed thinking
- Judgments based on evidence (fact)
- Principles of science
- Maximize human potential and compensate for problems caused by human nature.

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Critical Thinking - Nursing Process

- Planning patient care
- Scientific Method
- Guided by professional standards, ethical standards and evidence based practice standards
- Proactive and Dynamic
- Predict, Prevent, Manage, Promote
- Assess
- Diagnose
- Plan
- Implement
- Evaluate

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Critical Thinking: Cuesta Nursing Program Strategies

- Care planning
- Concept mapping
- Case Studies
- Lab Scenarios
- Clinical simulations
- Real experiences

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Critical Thinking: Strategies

- Prevent a problem?
- Problem Identification?
- What knowledge is required in the situation?
- Resources? and Brainstorm with....
- How much room is there for error? "**Risk Quotient in Decision-Making**"
- How much time do I need to give for this?
- Whose perspective must be considered?
- What's influencing your thinking?
- Evaluate yourself
- **Think aloud**

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Think about it!

➤ If we all use the same decision-making or problem-solving model and are given the same information, will we all reach the same decision?
Why not?



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