



# Critical Thinking

What is it and how does it enhance our practice?

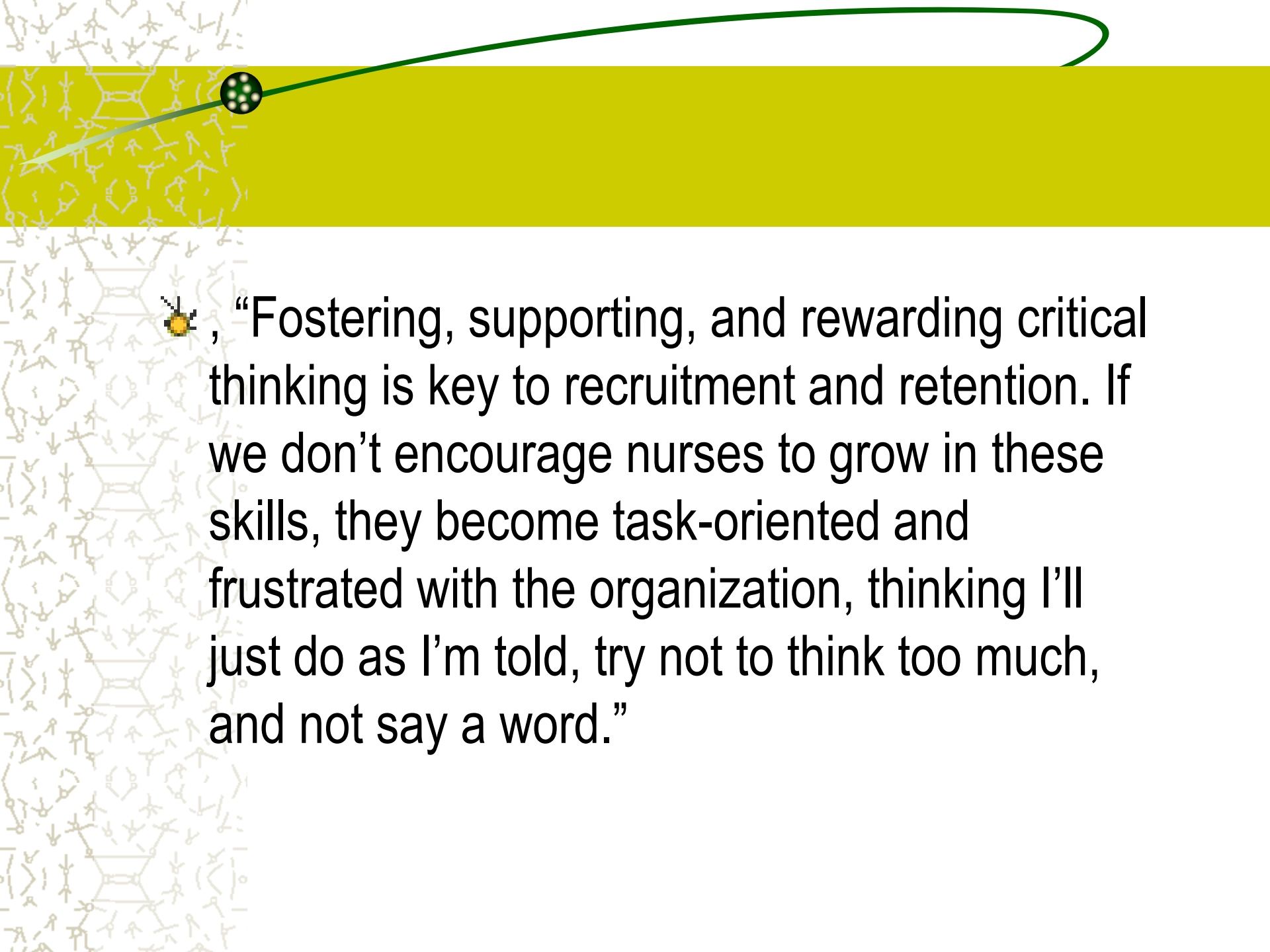
# What is Critical Thinking?



- 💡 Who do you know that is a critical thinker?
- 💡 What are their characteristics?

# Definitions

- ✦ “ideal critical thinker is **inquisitive**, well informed, trustful of reason, **open minded**, **flexible**, fair-minded in evaluation, **honest in facing personal biases** (??), prudent in making judgments, **willing to reconsider**, clear about issues, orderly, **diligent** in seeking relevant information, **reasonable** in the selection of criteria, focused in inquiry and persistent in seeking results.”



✦ , “Fostering, supporting, and rewarding critical thinking is key to recruitment and retention. If we don’t encourage nurses to grow in these skills, they become task-oriented and frustrated with the organization, thinking I’ll just do as I’m told, try not to think too much, and not say a word.”

# Novice towards Expert

- ✱ Focus on immediate
- ✱ Task oriented
- ✱ Methodical
- ✱ Linear
- ✱ Rules
- ✱ Follower

- ✱ Focus on outcomes
- ✱ Individualized plan
- ✱ Contextual
- ✱ Analytical
- ✱ Critical thinking
- ✱ Reflective thinker



# Competent, Proficient, Expert

- ✦ Data gathering -- knows significance
- ✦ Distinguish relevant from irrelevant
- ✦ Identifies missing information
- ✦ Checks accuracy
- ✦ Predicts and manages complications
- ✦ Thinks beyond the medical record
- ✦ Evaluates differing points of view
- ✦ Identifies and examines alternatives
- ✦ Flexible
- ✦ Willing to reconsider

# Promote Critical Thinking

- ✿ Assist to identify, clarify the problem, gather information
- ✿ Think out loud, discuss, reflective practice
  - Did you notice?
  - We could do x, y or z,.... What do you think?
  - Explore possible consequences – what if we try this?
  - Focus on outcome – what is the goal?
  - Try to focus on the rationale – why?
  - Explore other alternatives – what else? what are we missing?



# Promote Critical Thinking

- ✦ “I don’t know” vs. “How can we find out?”
- ✦ Case presentations
  - Reflect and explore practice situations
  - Turn errors into opportunities





# Critical Thinking

- ✦ Describe an experience when critical thinking made a difference in the outcome of the care you gave to a patient or family.
- ✦ How would the outcome have been different if you accepted the situation as “typical”?