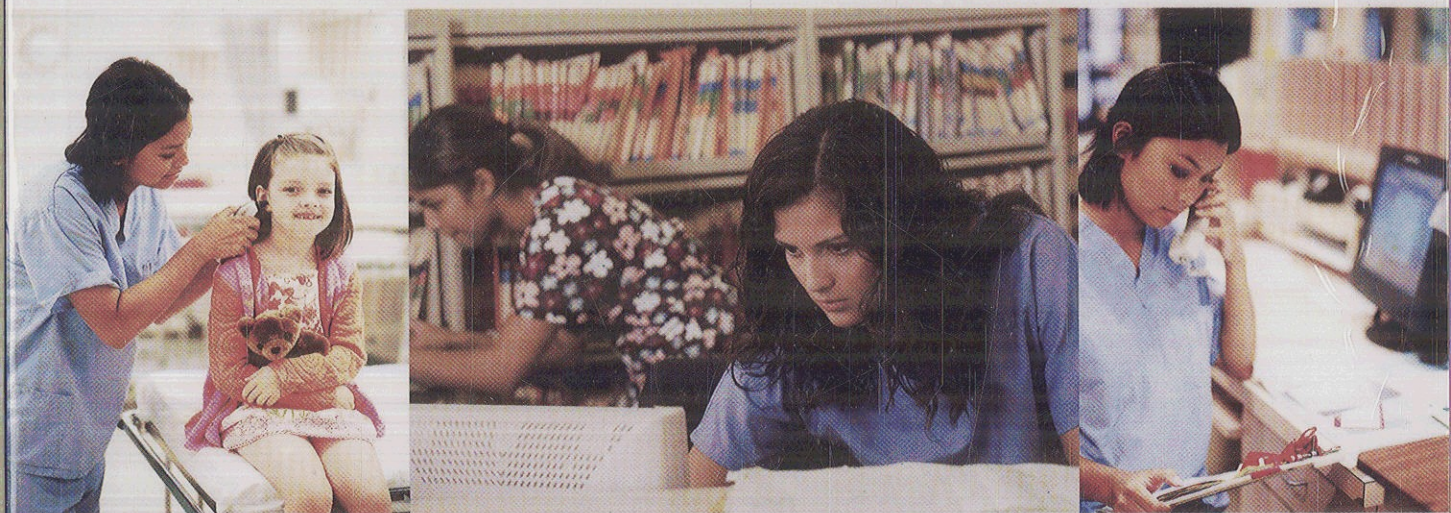


CRITICAL THINKING *and* CLINICAL JUDGMENT

A Practical Approach to Outcome-Focused Thinking



CONTENTS

CHAPTER 1 What Is Critical Thinking and Why Do We Care?

Why Focus on Critical Thinking?, 2

How This Book Helps You Improve Thinking, 3

Brain-Based Learning, 3

Organized for Novices and Experts, 5

What's the Difference between Thinking and Critical Thinking?, 5

Critical Thinking: Some Different Descriptions, 6

A Synonym: Reasoning, 6

Frequently Quoted Critical Thinking Descriptions, 6

Applied Definition, 6

Problem-Focused Versus Outcome-Focused Thinking, 7

What about Common Sense?, 7

What Do Critical Thinkers Look Like?, 8

Critical Thinking Indicators (CTIs), 9

What's Familiar and What's New?, 9

What's Familiar, 12

What's New, 13

Critical Thinking, Nursing Process, and Clinical Judgment, 15

4-Circle CT Model: Get the Picture?, 15

Thinking Ahead, Thinking-in-Action, and Thinking Back (Reflecting), 16

Key Points/Summary, 22

CHAPTER 2 How to Think Critically

Gaining Insight and Self-Awareness, 26

Connecting with Your Learning Style, 26

How Your Personality Affects Thinking, 28

Effects of Birth Order, Upbringing, and Culture, 29

Male Versus Female Thinking, 31

Developing Trust in Relationships, 32

Mentoring and Building Empowered Partnerships, 33

Factors Influencing Critical Thinking Ability, 34

Personal Factors Influencing Thinking, 34

Situational Factors Influencing Thinking, 37

Habits Creating Barriers to Critical Thinking, 38

Habits Promoting Critical Thinking, 40

Outcome-Focused (Results-Oriented) Thinking, 42

Goal (Intent) Versus Outcome (Result), 42

Clarifying Outcomes, 42

Critical Thinking Strategies, 43

10 Key Questions, 43

Using Logic, Intuition, and Trial and Error, 45

- Focusing on Details and Big Picture, 46
- Drawing Maps, Diagrams, and Decision Trees, 46
- Simulated Learning Experiences, 47
- Other Useful Strategies, 47

CTIs for Knowledge and Intellectual Skills, 48

Developing Character and Acquiring Knowledge and Skills, 51

Assessing and Evaluating Thinking, 52

- Basic Principles of Evaluating Thinking, 52
- Self-Assessment, 53
- Peer Review, 53
- Using Tests and Instruments, 53

Key Points/Summary, 59

CHAPTER 3 Critical Thinking and Clinical Judgment in Nursing

Critical Thinking and Clinical Judgment, 64

- Applied Definition, 64
- What Other Nurses Say, 64

Mapping Critical Thinking, 65

Improving Practice and Performance, 67

Critical Thinking Indicators and 4-Circle Model, 68

Goals and Outcomes of Nursing, 68

- Major Goals of Nursing, 68
- Major Outcomes of Nursing, 69
- What Are the Implications?, 69

Novice Versus Expert Thinking, 69

Paying Attention to Context, 70

Changes in Health Care Impacting on Thinking, 71

- Institute of Medicine (IOM) Competencies, 71
- Empowering Patients and Families: Nurses as Stewards for Safe Passage, 73
- Diagnose and Treat Versus Predict, Prevent, Manage, and Promote*, 74
- Disease Management, 76

Outcome-Focused, Evidence-Based Care, 77

- Clinical, Functional, and Other Outcomes, 79
- Dynamic Relationship of Problems and Outcomes, 80

A Changing Nursing Process, 82

- Proactive, Dynamic, and Outcome-Focused, 84
- Interplay of Intuition and Logic, 85
- Ready, Fire, Aim, 86
- What about Creativity?, 86
- Using Standard Tools to Improve Thinking, 87
- Collecting Versus Analyzing Data, 88
- Computerized Decision-Support Tools, 88
- Is the Care Plan Dead?, 89

Expanding Roles Related to Diagnosis and Management, 89

- Growing Responsibilities, 89
- Legal Implications of Diagnosis, 92

- Defining Nursing Diagnosis, 82
- Accountability for Diagnosis, 93
- Frequently Encountered Diagnoses and Complications, 95
- Using Standard or Recognized Terms, 97
- Developing Clinical Reasoning Skills, 99**
- Activating the Chain of Command, 99**
 - Scope of Practice Decisions, 100
 - Decision Making and Nursing Standards and Guidelines, 100
 - Applying Delegation Principles, 101
 - How to Develop Effective Clinical Judgment, 101
 - 10 Strategies for Developing Clinical Judgment, 101
- Charting That Shows Critical Thinking, 105**
- Key Points/Summary, 110**

CHAPTER 4 Critical Thinking in Nursing: Beyond Clinical Judgment

- Moral and Ethical Reasoning, 118**
 - Clarifying Values, 118
 - Moral Versus Ethical Reasoning, 119
 - How Do You Decide?, 119
 - Seven Ethical Principles, 120
 - Standards, Ethics Codes, and Patients' Rights, 120
 - Steps for Moral and Ethical Reasoning, 122
- Evidence-Based Practice (EBP), 123**
 - Relationship of Research to EBP, 123
 - Transforming Knowledge to EBP, 124
 - Clinical Summaries, 124
 - ACE Star Model of Knowledge Transformation, 124
 - Nursing Research, EBP, and Critical Thinking, 125
 - Scanning before Reading Research Articles, 129
- Questioning Care Practices: Promoting Inquiry and Creativity, 129**
- Surveillance and Quality Improvement, 130**
- Teaching Others: Promoting Independence, 134**
 - 10 Steps for Teaching Others, 134
- Teaching Yourself: Grab the Spoon, 135**
 - Memorizing Effectively, 136
 - Learning and Memorization Strategies, 136
- Test Taking: Improving Grades and Passing the First Time, 137**
 - Strategies for Successful Test Taking, 138
 - Strategies for NCLEX and Other Standard Tests, 141
- Key Points/Summary, 144**

CHAPTER 5 Practicing Clinical Judgment Skills: Up Close and Clinical

- Chapter Overview, 150**
- Clinical Judgment (Clinical Reasoning) Skills: Dynamic and Interrelated, 150**

Why Practice These Skills Separately?, 150**How to Get the Most out of This Section, 151****1. Identifying Assumptions, 152**

Definition, 152

Why This Skill Promotes Clinical Judgment, 152

Guidelines: How to Identify Assumptions, 152

Practice Exercises: Identifying Assumptions, 153

2. Assessing Systematically and Comprehensively, 155

Definition, 155

Why This Skill Promotes Clinical Judgment, 155

Guidelines: How to Assess Systematically and Comprehensively, 155

Practice Exercises: Assessing Systematically and Comprehensively, 158

3. Checking Accuracy and Reliability (Validating Data), 159

Definition, 159

Why This Skill Promotes Clinical Judgment, 159

Guidelines: How to Check Accuracy and Reliability, 159

Practice Exercises: Checking Accuracy and Reliability (Validating Data), 160

4. Distinguishing Normal from Abnormal and Identifying Signs and Symptoms, 160

Definition, 160

Why This Skill Promotes Clinical Judgment, 161

Guidelines: How to Distinguish Normal from Abnormal and Identify Signs and Symptoms, 161

Practice Exercises: Distinguishing Normal from Abnormal and Identifying Signs and Symptoms, 161

5. Making Inferences (Drawing Valid Conclusions), 162

Definition, 162

Why This Skill Promotes Clinical Judgment, 162

Guidelines: How to Make Inferences (Draw Valid Conclusions), 162

Practice Exercises: Making Inferences (Drawing Valid Conclusions), 163

6. Clustering Related Cues (Data), 162

Definition, 163

Why This Skill Promotes Clinical Judgment, 164

Guidelines: How to cluster Related Cues (Data), 164

Practice Exercises: Clustering Related Cues (Data), 164

7. Distinguishing Relevant from Irrelevant, 165

Definition, 165

Why This Skill Promotes Clinical Judgment, 165

Guidelines: How to Distinguish Relevant from Irrelevant, 165

Practice Exercises: Distinguishing Relevant from Irrelevant, 166

8. Recognizing Inconsistencies, 167

Definition, 167

Why This Skill Promotes Clinical Judgment, 167

Guidelines: How to Recognize Inconsistencies, 167

Practice Exercises: Recognizing Inconsistencies, 168

- 9. Identifying Patterns, 169**
 - Definition, 169
 - Why This Skill Promotes Clinical Judgment, 169
 - Guidelines: How to Identify Patterns, 169
 - Practice Exercises: Identifying Patterns, 170
- 10. Identifying Missing Information, 170**
 - Definition, 170
 - Why This Skill Promotes Clinical Judgment, 170
 - Guidelines: How to Identify Missing Information, 170
 - Practice Exercises: Identifying Missing Information, 171
- 11. Promoting Health by Identifying and Managing Risk Factors, 171**
 - Definition, 171
 - Why This Skill Promotes Clinical Judgment, 171
 - Guidelines: How to Identify and Manage Risk Factors, 171
 - Practice Exercises: Promoting Health by Identifying and Managing Risk Factors, 173
- 12. Diagnosing Actual and Potential Problems, 173**
 - Definition, 173
 - Why This Skill Promotes Clinical Judgment, 173
 - Guidelines: How to Diagnose Actual and Potential Problems, 175
 - Identifying Actual Problems, 175
 - Predicting Potential (Risk) Problems, 177
 - Practice Exercises: Diagnosing Actual and Potential Problems, 179
- 13. Setting Priorities, 180**
 - Definition, 180
 - Guidelines: How to Set Priorities, 180
 - Practice Exercises: Setting Priorities, 183
- 14. Determining Client-Centered (Patient-Centered) Outcomes, 184**
 - Definition, 184
 - Why This Skill Promotes Clinical Judgment, 185
 - Guidelines: How to Determine Client-Centered (Patient-Centered) Outcomes, 185
 - Practice Exercises: Determining Client-Centered (Patient-Centered) Outcomes, 187
- 15. Determining Individualized Interventions, 188**
 - Definition, 188
 - Why This Skill Promotes Clinical Judgment, 188
 - Guidelines: How to Determine Specific Interventions, 188
 - Practice Exercises: Determining Individualized Interventions, 191
- 16. Evaluating and Correcting Thinking (Self-Regulating), 192**
 - Definition, 192
 - Why This Skill Promotes Clinical Judgment, 192
 - Guidelines: How to Evaluate and Correct Thinking (Self-Regulate), 192
- 17. Determining a Comprehensive Plan and Evaluating and Updating the Plan, 194**
 - Definition, 194
 - Why this Skill Promotes Clinical Judgment, 194
 - Guidelines: How to Develop a Comprehensive Plan/Update the Plan, 194
 - Practice Exercises: Determining a Comprehensive Plan and Updating the Plan, 196

CHAPTER 6 Mastering Common Workplace Skills**How to Use This Chapter, 199****1. Navigating and Facilitating Change, 199**

Definition, 199

Learning Outcomes, 199

Thinking Critically about Change, 200

How to Navigate and Facilitate Change, 200

2. Communicating Bad News, 203

Definition, 203

Learning Outcomes, 203

Thinking Critically about Giving Bad News, 203

3. Dealing with Complaints Constructively, 206

Definition, 206

Learning Outcomes, 206

Thinking Critically about Complaints, 207

How to Deal with Complaints Constructively, 207

4. Developing Empowered Partnerships, 209

Definition, 209

Learning Outcomes, 209

Thinking Critically about Empowered Partnerships, 209

How to Develop Empowered Partnerships, 210

5. Giving and Taking Constructive Criticism, 212

Definition, 212

Learning Outcomes, 212

Thinking Critically about Giving and Taking Constructive Criticism, 212

6. Managing Conflict Constructively, 216

Definition, 216

Learning Outcomes, 216

Thinking Critically about Conflict, 216

How to Manage Conflict Constructively, 216

7. Managing Your Time, 221

Definition, 221

Learning Outcomes, 221

Thinking Critically about Managing Your Time, 221

How to Manage Your Time, 221

8. Preventing and Dealing with Mistakes Constructively, 226

Definition, 226

Learning Outcomes, 226

Thinking Critically about Preventing and Dealing with Mistakes, 226

How to Prevent and Deal with Mistakes Constructively, 229

What to Do When Mistakes Happen, 231

9. Transforming a Group into a Team, 233

Definition, 233

Learning Outcomes, 234

Thinking Critically about Teamwork, 234

How to Transform a Group into a Team, 234

- 10. Accessing and Using Information Effectively, 238**
 - Definition, 238
 - Learning Outcomes, 238
 - Thinking Critically about Accessing and Using Information, 238
 - How to Access and Use Information Effectively, 238
- 11. Outcome-Focused Writing (Writing to Get Results), 243**
 - Definition, 243
 - Learning Outcomes, 243
 - Thinking Critically about Writing, 243
 - How to Write to Get Results, 243

RESPONSE KEY FOR EXERCISES IN CHAPTERS 1 TO 5, 249

- APPENDIX A** Mind Mapping (Concept Mapping): Getting in the “Right” State of Mind, 263
- APPENDIX B** Patients’ Rights, 266
- APPENDIX C** DEAD ON!! A Game to Promote Critical Thinking, 267
- APPENDIX D** Example Critical Pathway, 268
- APPENDIX E** Admission Tool, 272
- APPENDIX F** Nursing Interventions Classification (NIC) and Nursing Outcomes Classification (NOC) Examples, 276
- APPENDIX G** American Nurses Association (ANA) Standards of Practice and Professional Performance Related to Registered Nurses, 277
- APPENDIX H** NCLEX® Practice Questions, 279

GLOSSARY, 287**INDEX, 293**