



# Nursing Process Overview

**Fall, 2010**  
**Julie Waddell**

# Nursing Process Overview

## Objectives



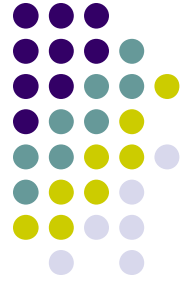
- 1. Explain ways in which nurses use critical thinking.**
- 2. Identify the steps of the nursing process.**
- 3. Discuss the importance of the nursing process as it relates to client care**
- 4. Relate how nurses implement each step of the nursing process.**



# Questions to Ponder...

- What is Critical Thinking?
- Why is Critical Thinking Important to Nurses?
- What are the Different Kinds of Nursing Knowledge?
- What are the Five Major Categories of Critical Thinking?
- What is the Nursing Process?
- What are the components of the Nursing Process?
- What is Full-Spectrum Nursing?

# What Is Critical Thinking?



A combination of:

- Reasoned thinking
- Openness to alternatives
- Ability to reflect
- A desire to seek truth

# What is Critical Thinking?



- “...reasonable reflective thinking that is focused on deciding **what to believe or do**” (Ennis, 2000)
- Process through which nurses analyze and make sense of situations in order to **make sound clinical decisions.**
- “the art of **thinking** about your **thinking** while you are **thinking** in order to make your **thinking** better...” (Paul, 1988)

# Components of Critical Thinking



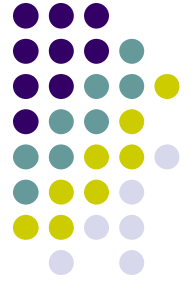
- **Skills:** Cognitive (*intellectual*) activities and processes used in problem solving and decision making.
  1. Gather information
  2. Identify problems
  3. Recognize gaps in own knowledge
  4. Listening, reading
  5. Organizing information
  - 6., 7., 8.,...visualizing, exploring, evaluating credibility
- **Attitudes:** **NOT** the same and intellectual skills...Attitudes are like *feelings and traits of mind*
  1. Independent thinking
  2. Intellectual curiosity
  3. Intellectual humility
  4. Intellectual empathy
  5. Intellectual courage
  6. Intellectual perseverance
  7. Fair-mindedness

# Critical Thinkers Ask Questions. Inquiring Minds WANT to KNOW!



- What am I taking for granted?
- Did I explore all points of view?
- Do I understand the question?
- What information do I need?
- Do I need to report anything?
- What complications should I anticipate?
- Which is my highest priority?
- Are there ethical or cultural issues I should consider?

# Why Is Critical Thinking Important for Nurses ?



- Nurses deal with complex situations
- Our clients are unique
- Nurses apply knowledge to provide holistic care
- Nursing is an applied discipline
- Nursing uses knowledge from other fields
- Nursing is fast-paced



# Models for Complex Thinking

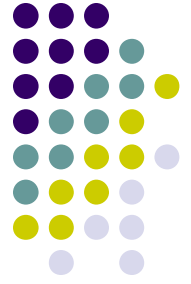


Table 2-1 Fundamentals pg.28

- **Nurses must use COMPLEX THINKING in every aspect of their work:**
  - **Problem solving**—identifying problem and finding solution
  - **Decision making**—choosing the best action to take to produce desirable outcome
  - **Clinical reasoning**—Reflective (asking yourself), creative thinking about care, logical thinking.

# Different Kinds of Nursing Knowledge



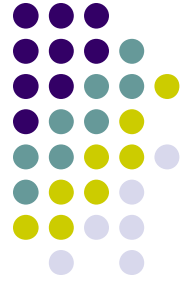
- Theoretical
- Practical
- Personal
- Ethical

# Five Major Categories of Critical Thinking



- Contextual awareness
- Inquiry
- Considering alternatives
- Examining assumptions
- Reflecting critically

# What Is the Nursing Process?



- **Definition:**

A systematic problem-solving process that guides all nursing actions

- **Purpose:**

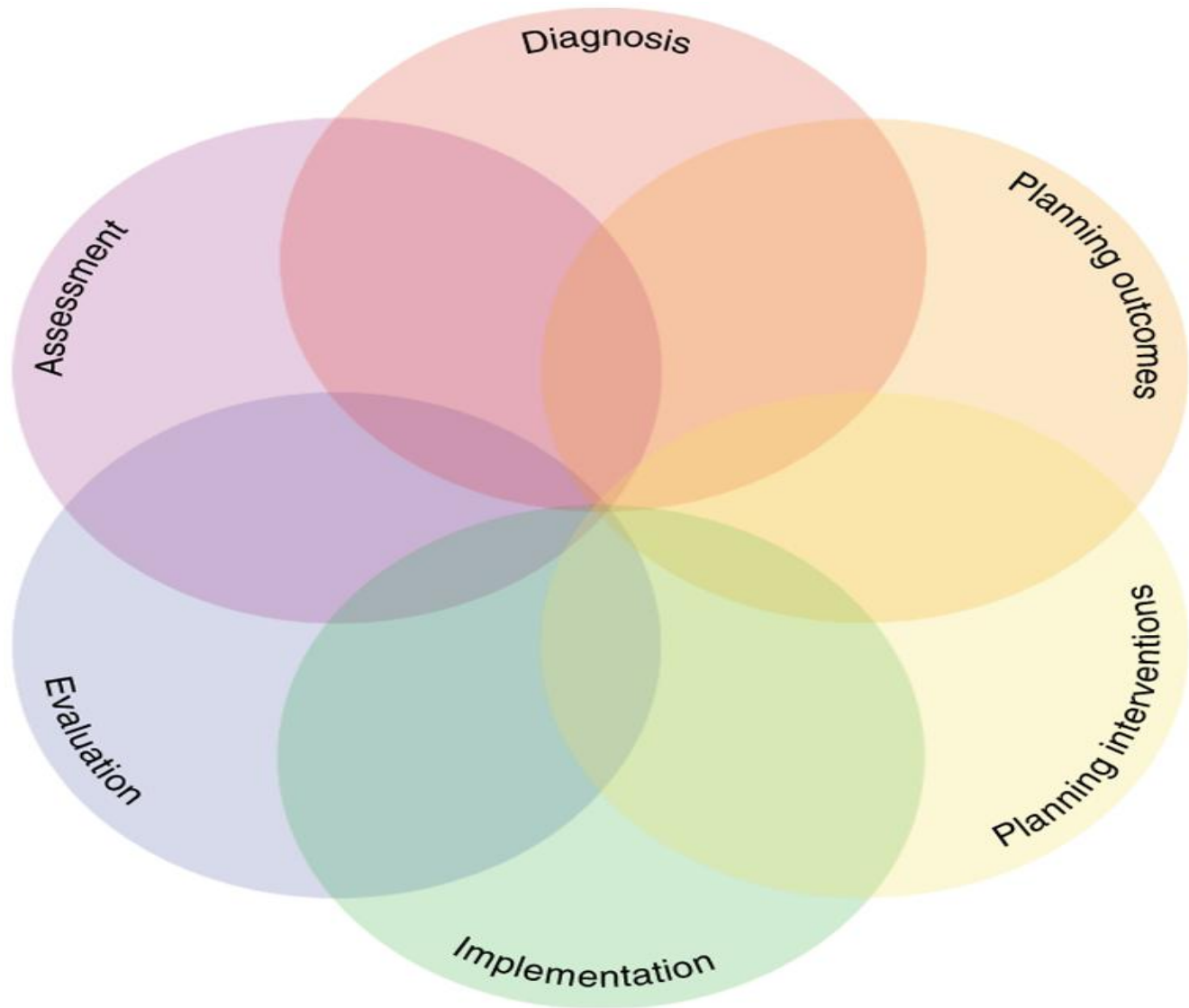
To help the nurse provide goal-directed, client-centered care

# What Are the Phases of the Nursing Process ? (Wilkinson, 2001)



- Assessment
- Diagnosis
- Planning Outcomes
- Planning Interventions
- Implementation
- Evaluation

# Nursing Process

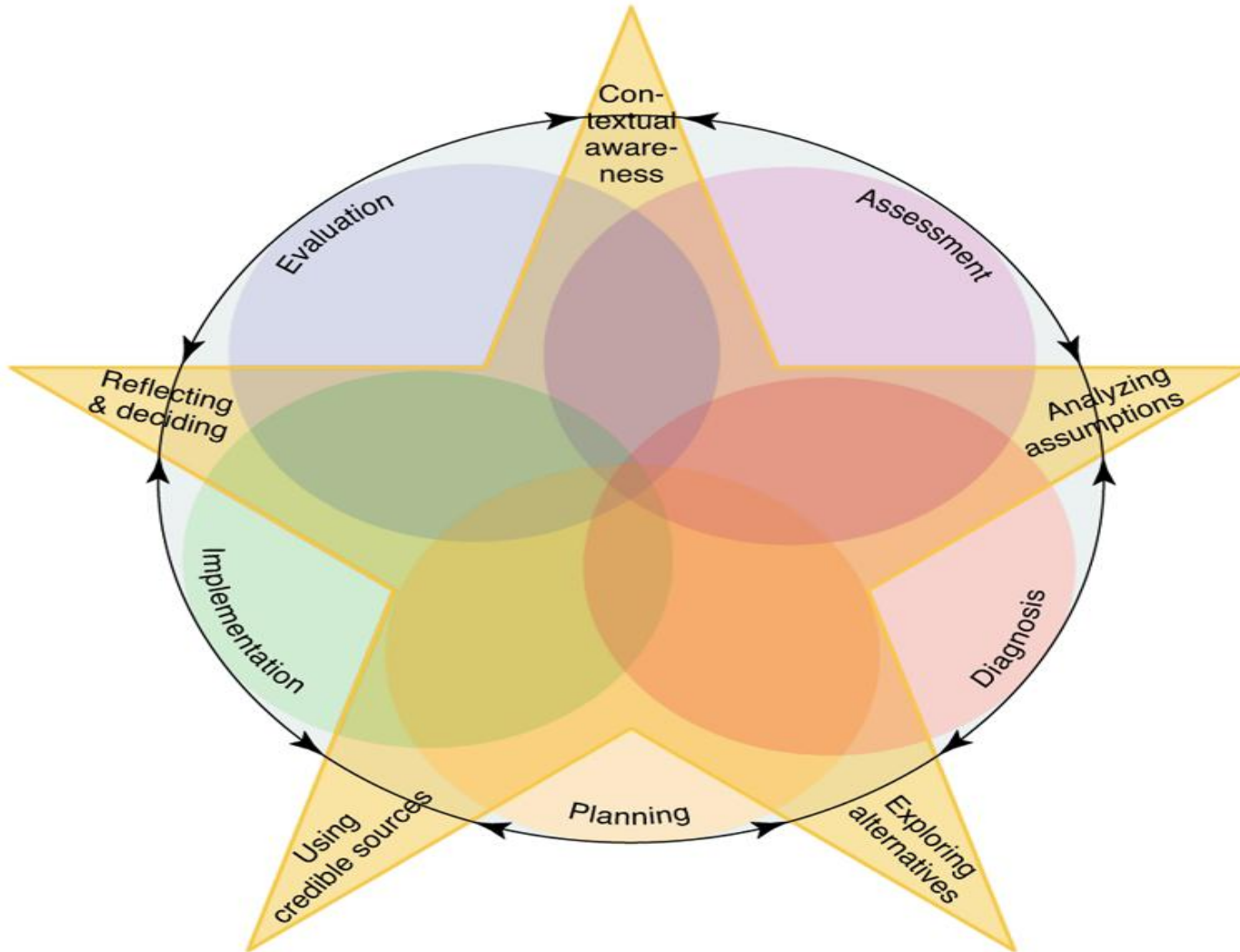
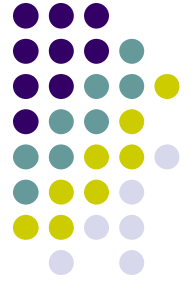


# Critical Thinking and Problem Solving



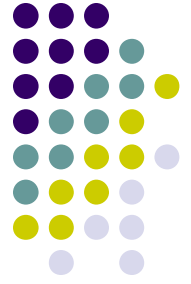
- The nurse uses the *nursing process* to identify and make decisions about client needs.
- The nursing process is a systematic and scientifically-based process.
- The process requires the use of many cognitive and psychomotor skills

# Nursing Process and Critical Thinking





# What are the Phases of the Nursing Process?



- **Assessment:**

- First phase; Data gathering

- **Diagnosis:**

- Second phase; Identify client's health needs

# What are the Phases of the Nursing Process? (cont.)



- **Planning Outcomes:**

- Decide goals you want to achieve with your nursing activities.

- **Planning Interventions:**

- Decide interventions to help client achieve stated goals.

# What Are the Phases of the Nursing Process? (cont.)



- **Implementation:**

Action phase; when you carry out or delegate actions you previously planned

- **Evaluation:**

Final phase; judge whether your actions have successfully treated or prevented the client's health problems

# How Is the Nursing Process Related to Critical Thinking?



- Nursing is a problem-solving process that uses many individual critical thinking skills



# Knowledge Map

## Critical Thinking and the Nursing Process



# What Is Full-Spectrum Nursing?



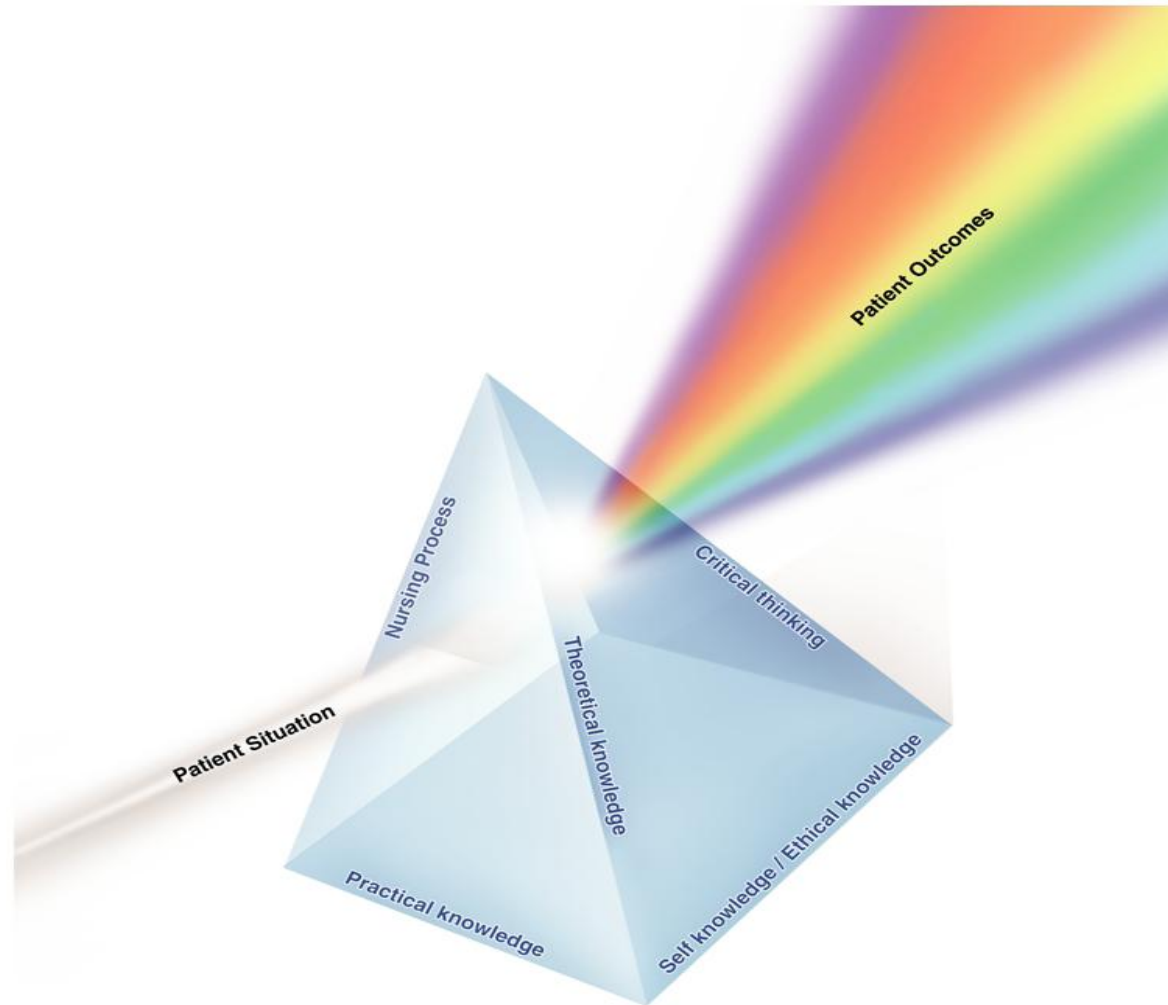
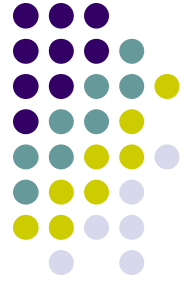
## Definition:

A unique blend of thinking and doing that translates caring into action.

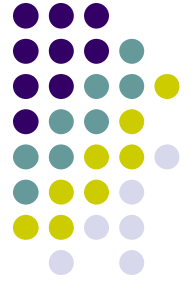
## What Are the Model Concepts?

- Critical Thinking
- Nursing Knowledge
- Nursing Process
- Patient Situation

# Full Spectrum Nursing Model



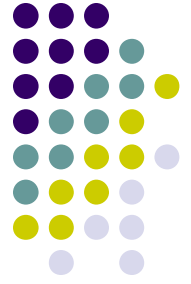
# Meet the Garcias Exercise



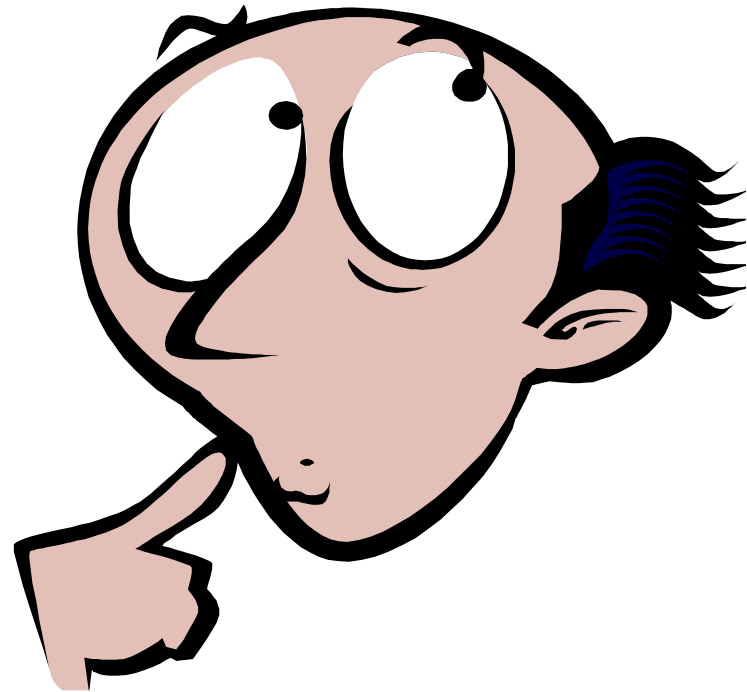
- Fundamentals Text Vol. 2



# The Four Critical Thinking Skills:



- Reading
- Listening
- Observing
- Analyzing



# To Improve Critical Reading



- Highlight the main ideas as you read. If most of the text is highlighted you are *not* reading critically.
- Join a study group and see if your main idea is the same as fellow group member's.
- Dialogue with yourself to identify the main idea of your reading.
- Try to state the main idea in your own words

# To Improve Critical Listening



- Restate the points made in a discussion with others to see if you understand them.
- Focus on what a speaker is saying and listen for key points.
- While listening, make note of anything you find confusing, and ask about it later.

# To Improve Critical Observing



- Remove any restrictions in your mind.
- Eliminate or decrease any distraction.
- Ask yourself if you understand the most important points?
- Create new ways of looking at situations
- Always look from outside the situation .

# To Improve Critical Analyzing



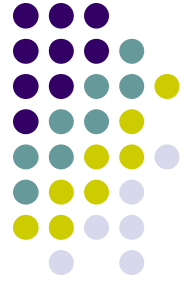
- Maintain clear and accurate logic.
- Take all details into consideration.
- Use systematic and scientifically-based process.
- Use both cognitive and psychomotor skills.

# Barriers to Creative Thinking



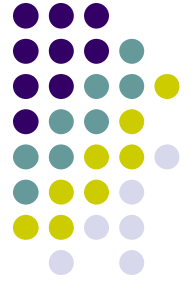
- Resistance to change, rigid mind-set, practice guided by tradition, habit, routines
- Stereotypical perceptions of clients
- Fear of making mistakes
- Unwillingness to take risks or look for alternative strategies
- Decision making without sufficient data or supported by rationale
- Failure to evaluate effectiveness of nursing actions

# Critical Thinking and Creativity

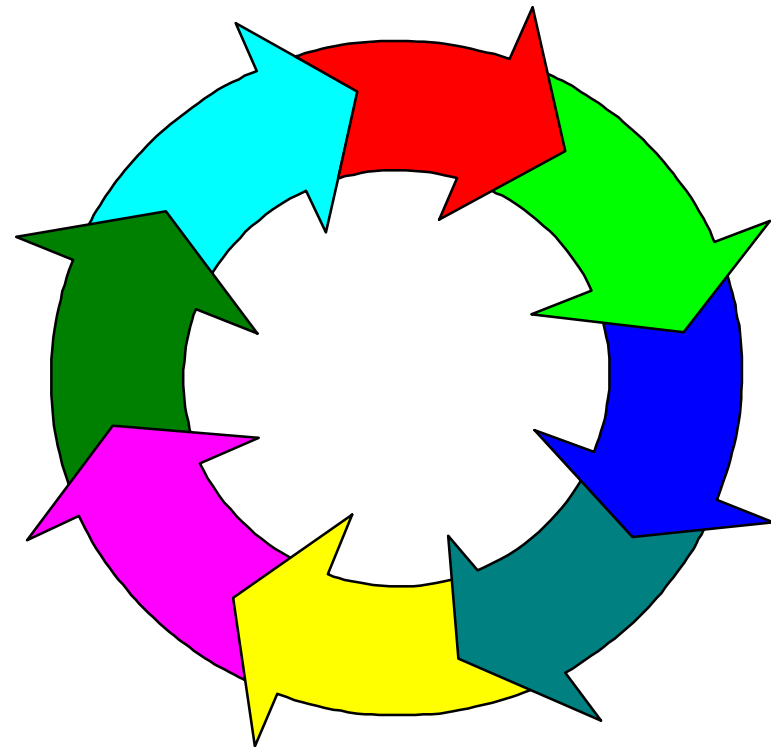


- Critical thinkers = creative thinkers
- Question the *status quo*.
- Search for new and practical strategies for improvement.
- *Groupthink*: a major block to creativity

# The Nursing Process

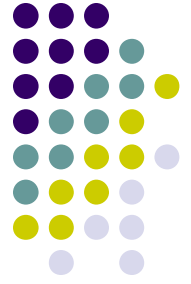


- **A way of thinking**
- **A way of doing**
- **Involves 6 basic steps:**
  - 1. Assessment**
  - 2. Diagnosis/Problem Identification**
  - 3. Planning Goal/Outcome  
Planning Interventions**
  - 4. Implementation**
  - 5. Evaluation**



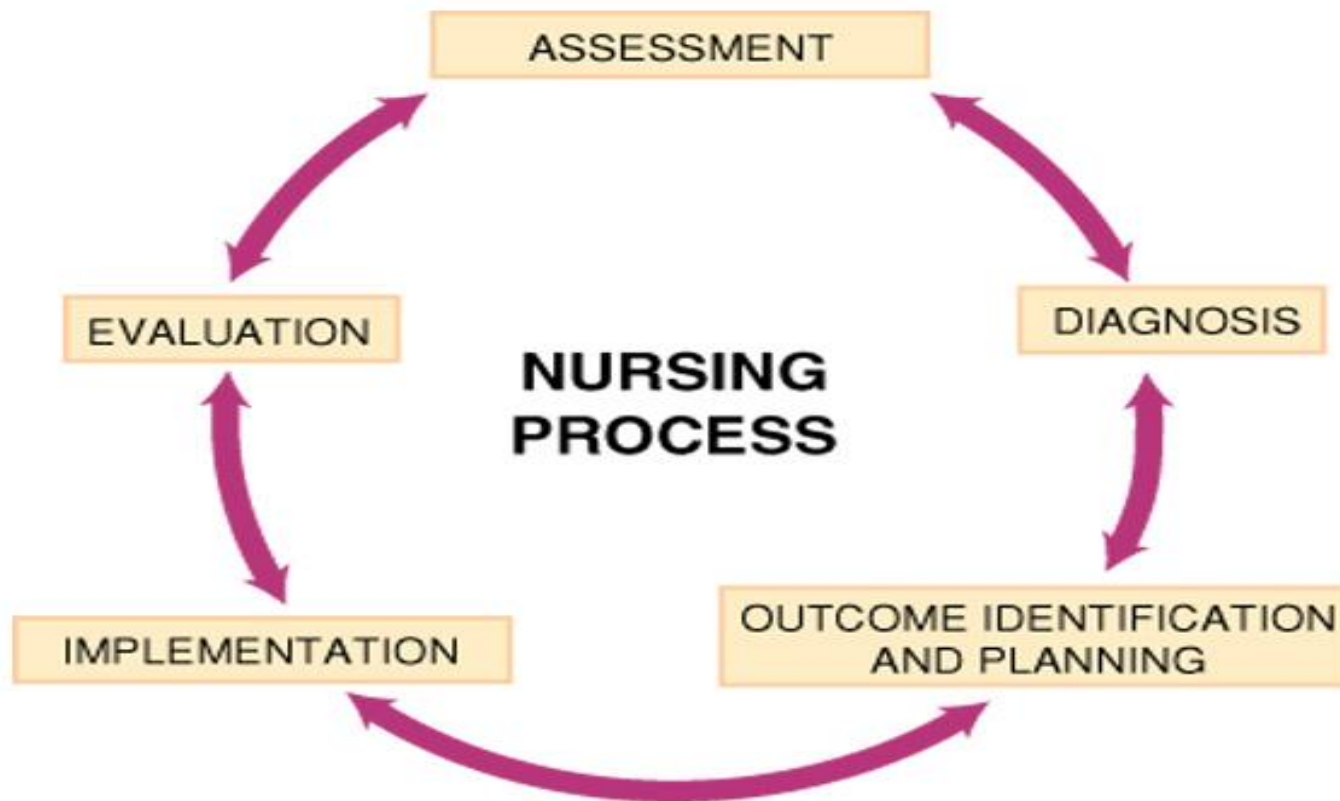
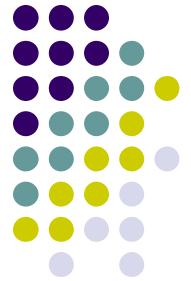


# Critical Thinking Applied to Nursing



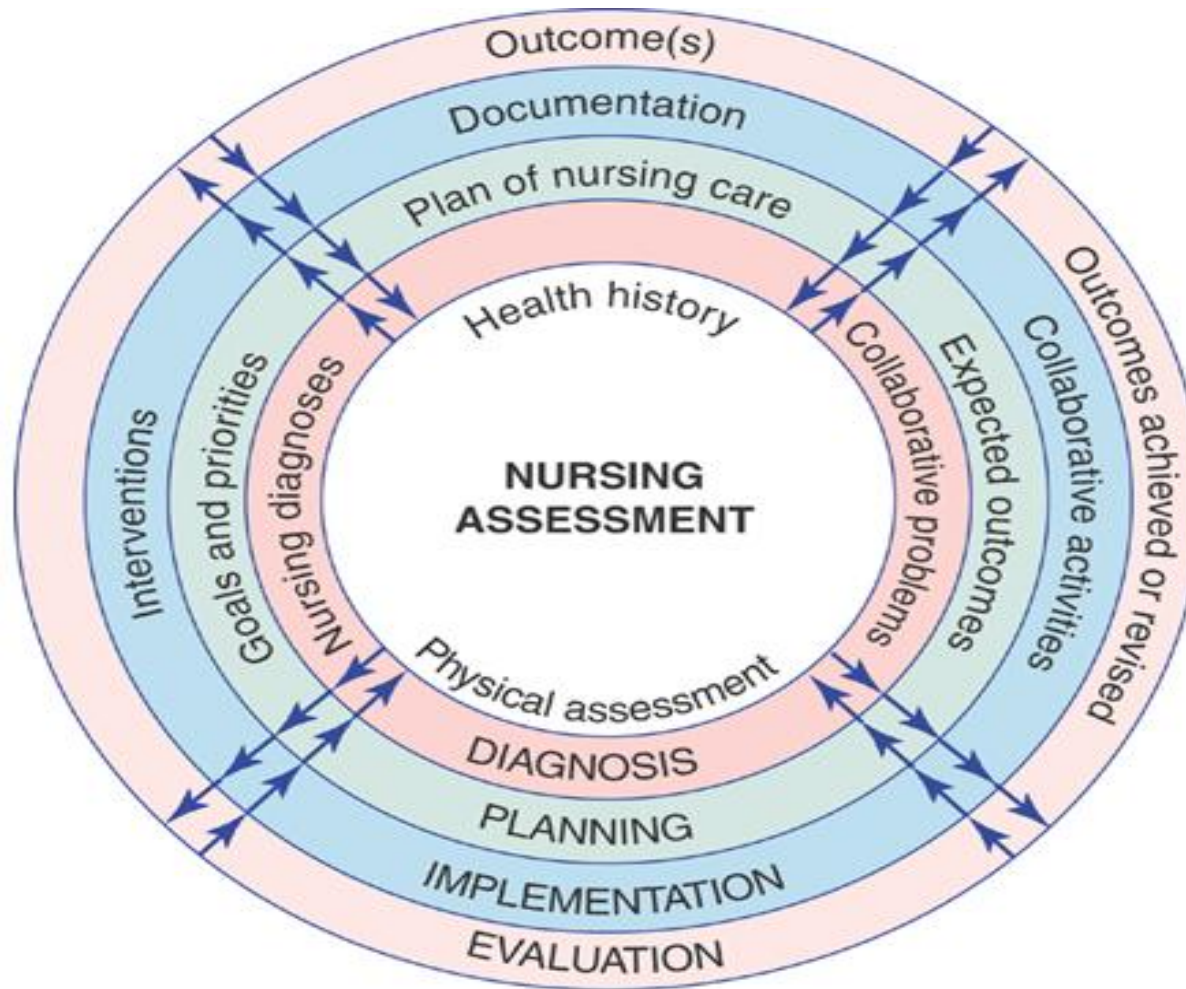
- **Critical thinking**
  - Learned skill
  - Vital tool
- **Nurses need to have a questioning attitude in every phase of the nursing process.**

# Components of the Nursing Process

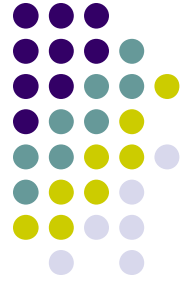


# Using the Nursing Process

page 30 Brunner and Suddarth



# Step 1: Assessment



- Data collection
- Validation of data
- Organization of data
- Pattern identification
- Initial inferences
- Recording or reporting data (Health History and Physical Assessment)

# Step 2: Diagnosis/Problem Identification



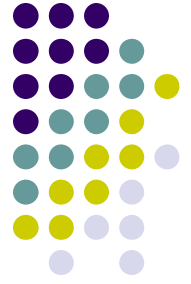
- Analysis and synthesis of data—determine the pt.'s need for nursing care.
- Formulation of nursing diagnoses—from an accepted list approved by NANDA (North American Nursing Diagnosis Association)
  - Actual problems
  - Potential problems

Collaborative problems—require collaborative interventions with MD and other members of the health care team. (B&S pg. 40 Figure 3-2)

## Step 3: Planning Outcome/Goal and Planning Interventions



- Prioritize nursing diagnoses.
- Identify and write outcomes and goals.
- Develop specific interventions.
- Record plan.
- Communicate to other members of health care team

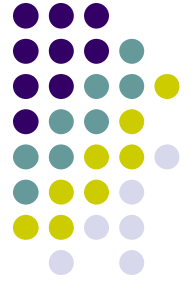


## Step 4: Implementation

- Executing/carry out the plan
- Necessary skills
  - Continual assessment
  - Psychomotor
  - Interpersonal
  - Critical thinking
  - Communication: writing, reporting, revising

**ALL interventions are pt.-focused and outcome-directed. They should be carried out with compassion, confidence, and a willingness to accept and understand the pt.'s responses.**

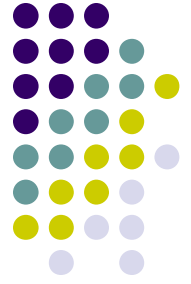
# Step 5: Evaluation



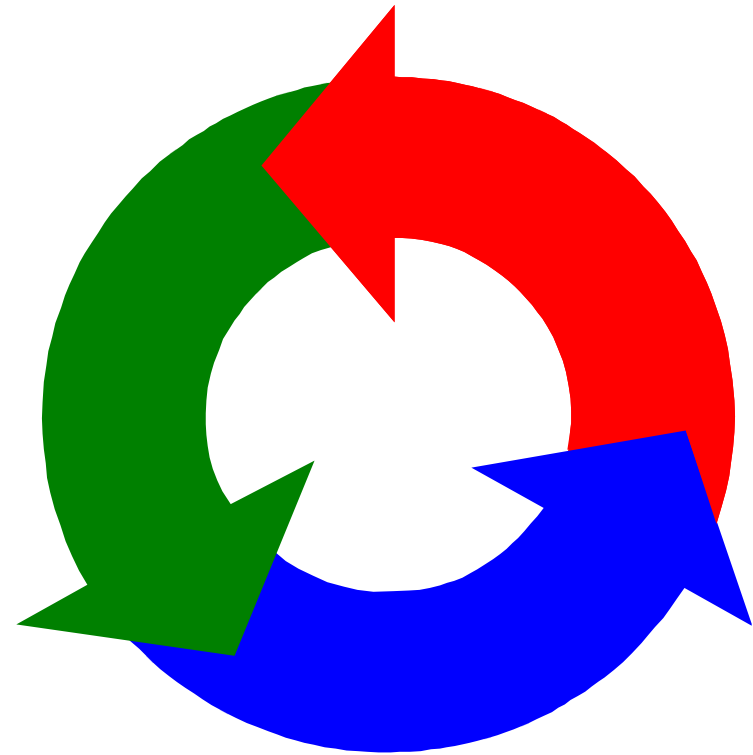
- Evaluate the goals.
  - Met?
  - Not met?
  - Partially met?
- Reassess.
- Make necessary changes.
- Evaluation is a continual process.



# Nursing Process



- Relationship to Nursing – steps interrelated but separate.
- Background – 1955, 1<sup>st</sup> described nursing as a process...evolved to what it is today
- Purpose – basis of nursing practice, guides care to clients



# Organization: The Steps of the Nursing Process



- **A**ssessment - Getting the Facts
- **D**iagnosis - What is the problem?
- **P**lanning Interventions and Goal Writing/Outcome Identification - What do you want to happen? How can you make it happen?
- **I**mplementation - Doing, Delegating, Documenting
- **E**valuation- Did it work?

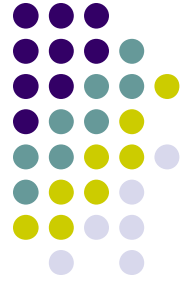
# Benefits of the Nursing Process



- **Client**

- continuity of care
- prevention of omission and duplication
- individualized care
- increased client participation

# Benefits of the Nursing Process



- **Nurse**

- Job satisfaction
- continual learning
- increased self-confidence
- staffing assignments
- standards of practice

- **Profession**

- promotes collaboration
- helps people to understand what nurses do

# Sample Test Question



**The RN has been assigned a 66-year old female patient. Her diagnosis is congestive heart failure. Her blood pressure during the previous shift was in the normal range. The UAP reports a very high blood pressure reading. Which of the following demonstrates the use of critical-thinking skills:**

- A. RN checks her blood pressure and considers possible causes if it remains elevated.
- B. RN has the UAP record the blood pressure and he plans to discuss the case with his charge nurse later in the shift.
- C. RN calls the doctor immediately to report these findings.
- D. RN instructs the UAP to check the blood pressure in an hour and to notify him immediately if it remains elevated.

# Rationale



- Critical thinkers are inquisitive about information and facts. They wonder “WHY?” The patient had a normal BP and it is now elevated. Critical thinkers validate facts. RN wishes to validate the UAP’s data to be certain it is correct before trying to figure out causes for the problem. The RN wondered, “Why is the BP elevated? Is the reading accurate? Or is something wrong?” Only in (A) does the nurse demonstrate these skills. Response (D) might have been a second choice. If the UAP took the BP an hour later and it had returned to normal there might be no cause for concern. If the BP was extremely high though, the RN would not want to wait another hour to be certain nothing was wrong. (B) and (C) are wrong.