Chapter II: Nursing Process

Lecture Outlines:

- Define terms.
- Nursing process.
- Characteristics of nursing process.
- Step of nursing process.
- Critical thinking.

Learning Objectives

At the end of this chapter, the student should be able to:

1. Define Nursing Process.
2. Describe the characteristics of nursing process.
3. Identify the step of nursing process.
4. Discuss the components for each stage of nursing process.
5. Identify the components of critical thinking.
6. Discuss the Stages of Critical Thinking Process.
7. Identify the qualities of critical thinker nurse.

Nursing Process

The nursing process is a modified method. Nursing practice was first described as a four stage nursing process by Ida Jean Orlando in 1958. It should not be confused with nursing theories or Health informatics. The diagnosis phase was added later.

The nursing process is goal-oriented method of caring that provides a framework to nursing care. It involves six major steps:

- **A** - Assess (what data is collected?).
- **D** - Diagnose (what is the problem?).
- **O** - Outcome Identification - (Was originally a part of the Planning phase, but has recently been added as a new step in the complete process).
- **P** - Plan (how to manage the problem).
- **I** - Implement (putting plan into action).
- **E** - Evaluate (did the plan work?).
Characteristics of the Nursing Process

The nursing process is a *cyclical* and *ongoing* process that can end at any stage if the problem is solved.

1. Cyclic and dynamic.
2. Goal directed and client centered.
3. Interpersonal and collaborative.
4. Universally applicable.
5. Systematic.
6. Entire process is recorded or documented in order to inform all members of the health care team.

The PIE method is a system for documenting actions, especially in the field of nursing. The name comes from the acronym PIE meaning Problem, Intervention, Evaluation.

Steps of the Nursing Process

**Assessment**
- Conduct the health history.
- Perform the physical assessment.
- Interview the patient's family or significant others.
- Study the health record.
- Organize, analyze, synthesize, and summarize the collected data.

**Nursing Diagnosis**
- Identify the patient's nursing problems.
- Identify the defining characteristics of the nursing problems.
- Identify the etiology of the nursing problems.
- State nursing diagnoses concisely and precisely.

**Collaborative Problems**
- Identify potential problems or complications that require collaborative interventions.
- Identify health team members with whom collaboration is essential.

**Planning**
• Assign priority to the nursing diagnoses.
• Specify the goals. (immediate, intermediate, and long-term goals).
• Identify nursing interventions appropriate for goal attainment.
• Establish expected outcomes.
• Develop the written plan of nursing care.

Implementation

• Put the plan of nursing care into action.
• Coordinate the activities of the patient, family or significant others, nursing team members, and other health team members.
• Record the patient's responses to the nursing actions.

Evaluation

- Collect data.

- Compare the patient's actual outcomes with the expected outcomes. Determine the extent to which the expected outcomes were achieved.

- Identify alterations that need to be made in the nursing procedure.

Critical Thinking

Definition

Critical thinking is a multidimensional skill, a cognitive or mental process or set of procedures. It involves:

• Reasoning and purposeful,
• Systematic,
• Reflective, rational,
• Outcome-directed thinking based on a body of knowledge,
• As well as examination and analysis of all available information and ideas.

Although many definitions of critical thinking have been offered in various disciplines, some consistent themes within those definitions are.

1. A strong formal and informal foundation of knowledge;

2. Willingness to pursue or ask questions; and,

3. Ability to develop solutions that are new, even those that do not fit the standard or current state of knowledge or attitudes.
Nurses need critical thinking skills and attitudes to be safe, competent, skillful practitioners. It is a critical analysis of the factors associated with a problem.

Stages of Critical Thinking Process.
1. Preparation: The creative thinker gathers information related to the problem or concern.
2. Incubation: The creative thinker unconsciously considers and consciously works on possible solutions or decisions.
3. Insight: Appropriate solutions emerge and are developed, and the solution believed to be most appropriate is implemented.
4. Verification: Finally during the verification stage, the implemented solution is evaluated for its effectiveness.

COMPONENTS OF CRITICAL THINKING

1. Mental Operations

Mental operations include activities such as decision making and reasoning that are used to find or create meaning. Nurses engage in such activities whenever they search for solutions based on rationale and develop outcomes accordingly.

2. Knowledge

Critical thinking calls for a knowledge base that includes declarative knowledge, which is specific facts or information, and operative knowledge, which is an understanding of the nature of that knowledge. Nursing curricula assist the student in learning specific facts about nursing and the delivery of quality care.

3. Attitudes

Certain attitudes enhance a person’s ability to think critically. One of the most important attitudes needed by a critical thinker is a sense of curiosity that allows the person to question assumptions upon which decisions are based. Analysis of basic assumptions allows the person to plan and act in a rational manner rather than out of habit or routine.

Some attitudes demonstrated by critical thinkers are:

- Tolerance, open-mindedness, nonjudgmental mind-set
- Curiosity.
- Persistence, intellectual courage.
- Respect for others’ perspectives.
- Comfort dealing with ambiguity, uncertainty.
- Intellectual humility (knowing that one does not have all the answers).
- Self-confidence (belief in own ability to think things through and make appropriate decisions).
- Flexibility, and
- Organization.

Following are some specific strategies that promote the development and application of critical thinking:

- Identify goals.
- Determine what knowledge is required.
- Assess the margin for error.
- Determine the amount of time available for decision making.
- Identify available resources.
- Recognize factors (i.e., biases, fatigue) that may influence decision making.