Course: N141 – Fundamentals of Nursing  
Seminar: Critical Thinking Exercise  

Purpose: The purpose of this seminar is to help you understand and apply concepts of critical thinking to your nursing practice.

Preparation: Come to seminar having completed the following:  
1. Read  
   Potter & Perry Text - Fundamentals of Nursing  
   Chapter 15 - “Critical Thinking and Nursing Practice.”

Principles: Nursing requires not only learning facts and procedures but also the ability to evaluate each unique client situation.  
Decision-making is a skill that separates professional nurses from technical or ancillary personnel.  
The nursing process incorporates critical thinking that focuses on a client’s unique need.  
Critical thinking attitudes offer guidelines for how to approach a problem or decision-making situation.

Critical Thinking Attitudes – Potter & Perry Table 15-3 p. 200  
Confidence Perseverance  
Thinking independently Creativity  
Fairness Curiosity  
Responsibility and authority Integrity  
Discipline Humility  
Risk taking

Participation: 1. For the first 20-30 minutes of seminar discuss an experience that stimulated your thinking. For example…an interaction you had with your spouse, one of your children, an instructor or someone you were trying to help.  
In the allotted time answer the following:  
a) Describe as thoroughly as you can what happened.  
b) Describe your decision-making process.  
c) Describe what you would do differently.  
d) Describe your strengths and weakness in dealing with the situation.  
e) Identify your thoughts, perceptions and feelings.  

2. Be prepared to describe the experience you wrote about to the class.  

3. Listen as your peers describe their experiences. Identify at least one critical thinking attitude the speaker exhibited. How does this apply to the nursing practice?

4. Share your observations.