

Session 6.6
Education Track

Abstract Title:

Report of an Experiment Which Used a Clinical Case to Encourage the Nurse's Clinical Judgment and Critical Thinking for Decision Making and Accuracy in Diagnoses, Interventions, and Outcomes (NNN)

Presenter:

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Intended Audiences:

Educators, Clinicians

Areas of Focus:

Critical Thinking, Use in Practice, Use in Education, Linking or Integrating Nursing Language

Research Format:

For Research Reports

PURPOSE: Both in practice and education there is an agreement among experts that the nursing process application allows for the foundation of critical thinking skills required for a safe and efficient professional life. Nurses are committed to the identification of accurate diagnoses as a basis for treatment planning. They work with the patient as a collaborator to promote healthy responses, and to identify and control problems and risk situations. The purpose of this study was to identify the main diagnoses and select the most relevant diagnosis, according to the study group, and also the nursing interventions and the nursing outcomes identified for an hypothetical clinical case, based on the NANDA, NIC, and the NOC during teaching activities by a nursing consultant in São Paulo, Brazil.

METHODOLOGY: A descriptive study, with a quantitative approach. Data from a 90 participant sample was collected in April and May, 2007.

FINDINGS: The following nursing diagnoses were identified: Ineffective Tissue perfusion: Cerebral; Nutrition, Imbalanced: Less than Body Requirements; Impaired Urinary Elimination; Diarrhea; Constipation; Impaired Physical Mobility; Ineffective Breathing pattern; Acute Confusion; Risk for Infection, and Ineffective Protection. Impaired Physical Mobility was the selected diagnosis because it was the only nursing diagnosis described with the highest percentage in all performed activities. The nursing interventions for this diagnosis were Exercise Therapy: Muscle Control; Exercise Therapy: Joint Mobility. The nursing activities next described are related to Exercise Therapy: Muscle Control. They include: to determine the patient's readiness to engage in an activity or exercise protocol; to consult with a physical therapist to determine an optimal patient position during exercise, and the number of repetitions for each movement pattern; to assess sensory functions; to explain the justification for each and every exercise, and the protocol for the patient/family; to begin pain control measures before the exercise/activity; to assist and maintain the stability of the proximal joints during motor activity; to reassess the need for regulatory mechanisms at regular intervals with the physical therapist and the occupational therapist; to assist the patient to sit/stand for exercise protocols; to assist the patient to develop an exercise protocol for strength, persistence, and flexibility; to assist the patient to set realistic and measurable goals; to utilize motor activities which require attention to both sides of the body and their use; to encourage the patient to practice exercises independently, as indicated; to monitor the emotional, cardiovascular, and functional responses to exercises; to evaluate the patient's progress toward the increase/recovery of movements and body functions. Mobility level was identified as the nursing outcome.

DISCUSSION: The identified indicators show that the patient is dependent/does not participate. The patient has a long-persisting condition due to her severe neuromuscular compromise.

CONCLUSIONS: The critical thinking process can be continually improved over time. It is also required for optimal effective and efficient nursing care, mainly for complex and long term health scenarios. This study allowed us to improve the scientific body of knowledge, and played its part for an individualized nursing care, based on the NANDA, NIC and NOC theoretical framework.

Citations:

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