

Critical Thinking Cheat Sheet

Hey there, friend!

Isn't it annoying when you get to nursing school and everyone expects you to be a rock star at critical thinking...

Except, no one tells you what critical thinking *actually* is.

You always feel like you're missing something, and that everyone else knows the secret, except YOU!

Let's fix that once and for all...

In this cheat sheet, I'm walking you through EXACTLY how to critically think in nursing school.

Here's what's included:

1. The 2 parts of critical thinking you MUST know about
2. 9 critical thinking questions you need to ask to advance your critical thinking skills

I'm giving you the step-by-step breakdown on how to critically think, so you never have to second guess yourself again.

It doesn't get easier than this. :)

All my best,
Christina

p.s. Remember friend, you're doing better than you think you are. I know nursing school is really tough right now, but you are stronger than you realize.

Don't give up. God has AMAZING plans for you, more than you could ever dream possible.

So don't quit on yourself. You're going to be a great nurse!

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." - Galatians 6:9 (NIV)

[And if you need more help with critical thinking in nursing school, check out these videos here!](#)

Critical Thinking Cheat Sheet

2 PARTS OF CRITICAL THINKING IN NURSING:

1. Connecting the dots with everything you're learning

You need to be able to compare and contrast information (med-surg disorders and other things you're learning) and understand how they fit together and impact the patient.

2. Planning ahead

You need to plan ahead with everything that you do. Make sure you have the right supplies with you, that you're doing the correct intervention or giving the correct medication or are following the correct plan of care (you didn't get your patient's mixed up!)

9 CRITICAL THINKING QUESTIONS:

1. What do I need to assess and look for with this disorder?
 - a. Including lab values and signs and symptoms
2. How does this disorder impact a patient without comorbidities?
 - a. This is the only health concern, disorder or disease they have.
3. How does this disorder impact a patient with comorbidities?
 - a. They have ANOTHER health concern, disease or disorder at the same time
4. What interventions are most likely to be ordered by the doctor?
 - a. Including medications and lab draws
5. What interventions are within my scope of practice as a nurse to do without an order?
 - a. Example: position changes and patient education
6. How do these interventions impact a patient without comorbidities?
7. How do these interventions impact a patient with co-morbidities?
8. What patient and family education needs to occur?
9. And what other disorders or problems are commonly associated with this disorder?