

Mind mapped care plan in enhancing critical thinking

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Abstract: The nursing process is a methodical approach that guides the nurse and patient as they work together to complete the following: (1) Evaluate the patient to establish the requirement for nursing care; (2) identify nursing diagnoses for current and anticipated health issues; (3) specify expected outcomes and plan the course of action; (4) carry out the plan of action; and (5) assess the outcomes.

Key Words: Mind mapped care plan, Critical thinking, Nursing.

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1. INTRODUCTION ABOUT MIND MAP :

One of the jobs with the most demand nowadays is nurse. However, because of their excessive workload, they occasionally fail to include certain elements in their work. They are able to comprehensively organise new concepts as a result of mind mapping.

You have a lot of theories and concepts to memorise as a nursing student. In addition to your nursing books and lessons, there are numerous other lessons to study. You can remember your lectures and topics by using mind maps.

2. DEFINITION :

A mind map is a visual representation of words, concepts, tasks, or other items that are related to and organised around a single, important concept or word. Mind maps can be used for brainstorming, visualising, categorising, and organising ideas as well as for organisation, problem-solving, decision-making, and writing.

A mind map stimulates the brain by using words, lines, logic, colours, images, and even noises.

Four key aspects of mind mapping are:

- ❖ The subject is represented by a core image;
- ❖ The subject's primary themes radiate from the central image as main branches.
- ❖ Minor themes are interconnected with the major topics.
- ❖ The branches are all joined together to form a nodal structure.

3. TNCP vs. MMCP

TNCP	MMCP
It is organised in a columnar or table manner to promote applying the nursing process phases.	The tool's web-based nursing application procedure is graphically shown.
Nature of the tool's linearity	stimulates critical thought
It prevents use of critical reasoning	Encouraging a holistic approach to the patient.
Restrict the patient's holistic perspective. Promotes solitary left-brained thinking. (analysis, sequential logic, lines of reasoning, mathematics, language, rationality, and reason)	It promotes right-brained activities including synthesis, association, and fuzzy logic. Left-brained thinking, imagery, intuition, and circles.

4. ADVANTAGE OF MIND MAP :

- ❖ Mind Maps mimic how the brain functions. The layout of a mind map corresponds to the way your brain arranges concepts.
- ❖ Memory is associative rather than linear by nature. There are potentially thousands of connections between any two ideas. With the aid of mind maps, associations and connections can be noted and strengthened.
- ❖ Try to recall just one line from memory. The mind remembers significant words and imagery, not sentences. With simply key words and key visuals, mind maps may fit a lot more information on a single page.
- ❖ Mind Maps are significantly simpler to remember than linear notes since they are more visually appealing and show connections between important words.
- ❖ Mind Maps are simple to evaluate. Repetition helps to strengthen memory.

5. DISADVANTAGES OF TRADITIONAL LINEAR NOTES:

- ❖ Time and effort lost writing down pointless words. While taking down one concept, more information could be overlooked.
- ❖ Spend more time reading and reviewing.
- ❖ Less obvious associations and linkages between important terms and concepts.
- ❖ The mind is prone to wandering.
- ❖ Color blindness and other visual impairment

6. MIND MAP VS CONCEPT MAP

MIND MAP	CONCEPT MAP
It is a nursing model where the patient is given priority.	An illness serves as the main emphasis in this medical model.
It is based on tree topologies and radial hierarchies.	It is based on how ideas are related to one another.
Its quickness and spontaneity.	Think in terms of a system or collection of concepts.

6.1 BENEFITS

- ❖ Enhance your organizational abilities so that you may convey material in an orderly and understandable manner rather to penning numerous pages of notes.
- ❖ Mind Maps provide a visual (nonlinear) structure to help you identify and comprehend a project, adhere to a format, and unleash the full power of your brain's ability to think.
- ❖ Refresh your thinking – the single page style helps you to quickly acquire insight into the big picture of any project – Your problems Mind Maps are a good approach to organise and structure projects, presentations, writing, and other business tasks. - Develops a comprehensive understanding of patients - Boosts creativity & critical thinking
- ❖ Improves memory because a Mind Map's framework helps you recall more; Facilitates problem-solving since all relevant information is on one page
- ❖ Saves time because Mind Maps can be used to practically any task and increase productivity
- ❖ Versatility - Mind maps are so adaptable that they may be used for practically any task, both within and outside of the office. An excellent and practical technique for bringing order to chaotic situations.

6.2 LAWS OF MAKING MIND MAP

- ❖ **Take a sheet of A4 or larger, blank paper.**
 In contrast to pre-drawn lines, blank paper gives you complete flexibility to express the full range of your cerebral abilities.
- ❖ **Use landscape mode when using the paper.**
 In the direction we write, words and images are given greater room.
- ❖ **Begin in the middle**
 The centre of our mental universe is where thoughts begin. Make a central image that represents the topic about which you are writing /thinking

There are a thousand words in a picture. It stimulates associations, concentrates the mind, is enjoyable, and improves memory.

Colors may attract and maintain someone's attention while also stimulating the appropriate cerebral activity of creativity. This size provides lots of room for the remaining portions of your mind map.

It stands out and is more delightful because of its unusual shape.

❖ **The primary ideas that surround the focal point resemble the chapter titles of a book.**

The key themes allow their relative importance to be seen because they are related to the core image on the main branches.

Cursive writing and printing enable the brain to capture the image, making them easier to read and more easily remembered.

Line length is equivalent to word length. Curved lines provide visual variation and rhythm, making them simpler to recall. The relative importance is shown by thicker centre lines. Since the brain uses associations rather than distinct, discontinuous lines, it is connected to the image.

❖ **Add a second layer of thought as you start. These ideas or words have a connection to the primary branch that first sparked them.**

Your opening phrases and pictures encourage associations. Whenever a word or image is activated, attach it. The size and style of the letters convey extra information about the significance and meaning of the word/image, demonstrating the level of importance as from a branch to a twig.

❖ **As ideas occur, add a third or fourth level of data. As much as possible, use pictures in place of or in addition to words.**

A "radiant hierarchy" with ideas radiating from your primary themes and main branches should emerge as the structure.

Your brain functions like a multi-handed ball catcher for thoughts. The mind map enables you to catch and retain any "thought ball" that your brain tosses.

❖ **Expand the scope of your mind map. Boxes give the word or image more depth.**

To emphasise a few crucial points

❖ **Include coloured outlines around the branches of a mind map occasionally.**

The outlines will produce distinct shapes similar to those found in clouds and will improve your memory because they offer instantaneous visual association.

Using the same colour as the outline, they can also demonstrate how two branches are connected.

❖ **Add a little more detail to each Mind Map: (Beautiful, Artistic, Colourful, Imaginative, Dimensional)**

Your Mind Map will catch your attention with your eyes and brain.

It will be simpler to recall and more appealing to you (and to others as well)

❖ **A wonderful time! Your brain will relish in obtaining the most use and satisfaction out of this process and will learn faster, recall information more efficiently, and think more clearly as a result.**

Add a little humour, exaggeration, or absurdity wherever you can.

7. CRITICAL THINKING

He has really effectively explained. Finding the right answer or conclusion requires logically assessing and evaluating a situation. This is critical thinking. This forces the mind to think outside of its typical framework and consider a topic or problem from all angles before passing judgement.

Definition of Critical Thinking

- Active, structured cognitive process that is utilised to carefully analyse one's own and other people's thinking.
- Self-monitoring, self-corrective, self-directed, and self-disciplined thinking.

7.1 CRITICAL THINKING SKILL IN NURSING

Since nursing is a demanding, complicated, and culturally varied hands-on profession that necessitates astute clinical judgement, decision-making, and problem-solving skills in nursing practise, it is imperative that learners enhance their critical thinking abilities.

7.2 CRITICAL THINKING AND NURSING PROCESS

- ❖ It is a methodical, problem-solving strategy used to recognise, avoid, and treat current or future health issues while fostering wellness.
- ❖ The nursing process offers a framework within which nurses can exhibit human caring using their

- knowledge, skills, attitudes, and beliefs.
- ❖ The nursing process is a cognitive process that calls for applying critical and creative thinking abilities when making decisions and addressing problems.
 - ❖ Nurses collect patient data by applying their nursing expertise logically and methodically through the application of critical thinking.
 - ❖ Critical thinking empowers the nurse to interpret the data and design nursing interventions that will be effective.
 - ❖ To be safe, competent, and skilled practitioners, nurses need critical thinking abilities and attitudes.

7.3 CRITICAL THINKING SKILLS

To be safe, competent, and skilled practitioners, nurses need to possess critical thinking abilities and attitudes. According to Ignatavicius [2001], bedside nursing care requires the use of six critical thinking skills, which are illustrated by the nursing process.

- ❖ Inductive reasoning advances from specific examples (premises) to a generalised conclusion while analysing problems, objective and subjective data, and potential courses of action connected to the patient's treatment. Deductive reasoning involves moving from a broad premise to a narrow conclusion.
- ❖ Interpretation is Problem interpretation, classification of objective and subjective data from common information sources connected to patient care.
- ❖ Inference is Questioning assertions, evaluating arguments (recognising flawed reasoning), and coming to decisions that are acceptable for the patient's treatment; [distinguishing between facts (actual) and opinions (beliefs)]
- ❖ Explanation is clearly articulating and defending the thought processes behind decisions made in relation to the patient's medical care; (justifying procedures,)
- ❖ Evaluation information to determine its likely reliability and applicability to specific patient care scenarios is known as evaluation.
- ❖ Self-regulation is the continuous observation of one's own thoughts using universal standards. For instance, in the context of patient care, clarity, precision, accuracy, consistency, logicalness, significance, etc., and correcting oneself as necessary.

8. SUMMARY:

One of the key competencies in the nursing sector is critical thinking ability. It takes critical thinking skills for nurses to analyse difficult situations, offer alternatives, take into account other perspectives, and ultimately come to a decision. Additionally, they must rethink their choice, assess it, accept responsibility for it, and develop fresh thinking. Additionally, critical thinking abilities will help nurses deliver the best intervention possible, improving the standard of care. Additionally, it is crucial for nurses to self-correct and base their decisions on facts rather than their own preferences or views. Critical thinking abilities are essential for nurses. Through treatments like MMCP, which educators may teach, mind maps, one of the learning techniques, have the potential to improve this capacity.

EVALUATION : By giving exercise with case scenario

SCENARIO

Mr. Smith, 55, was taken to the ICU after being transported to the hospital with a sudden onset of chest discomfort that was assessed at 9 on the pain scale and was not eased by rest. He described the discomfort as "crushing," extending down his left arm, and feeling if a vehicle had run over my chest. His vital signs were as follows: BP = 200/110 mm Hg, temp = 100.5 °F, pulse = 106 /min, RR = 30 / min, dyspneic. He has an acute MI diagnosis.

HIS DATA REVEALED AS FOLLOWS

- ❖ Alcoholism and a daily pack of cigarettes for the past ten years.
- ❖ Has had high blood pressure for ten years.
- ❖ He is obese and hardly ever exercises
- ❖ He's uneasy and restless.
- ❖ He has pale complexion and is dehydrated.
- ❖ He says he feels sick to his stomach and nauseous. Atrial fibrillation, ST-elevated ECG, elevated cardiac enzyme, and cholesterol levels of 350 mg/dl are all detected by the cardiac monitor.

- ❖ His wife is seated, visibly shaken and terrified.

TREATMENT GIVEN

Oxygen at 2 litres per minute, VS every hour, bed rest, and a low-sodium, low-cholesterol diet are all recommended.

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