

The importance of critical thinking within HSC

- ▶ Student name: Cristina Catalina Coca
- ▶ ID: 2437584
- ▶ LCHS4009 – Professional Development within health and social
- ▶ care



What is critical thinking?

Critical thinking represents a great skill. It stands in analyzing information carefully, firstly looking at all circumstances before rushing into decision, and none the less by keeping an open mind for considering other solutions. It is defined as more of a set of criteria rather than just one ongoing skill.



HOW DOES CRITICAL THINKING FIT INTO HSC?

BEST EXAMPLES FOR CRITICAL THINKING WITHIN HSC ARE NURSES. AT TIMES, NURSES MUST GET CRITICAL ABOUT SOLVING A PATIENTS LIFE. THEY OFTEN HAVE TO SHOW GREAT SKILL IN UNDER-PRESSURE DECISION MAKING SITUATIONS, AS HOSPITALS CAN SHOW GREAT RANGE OF ILLNESSES AND DISORDERS. ASWELL AS PEOPLE CAN RESPOND DIFFERENT TO DIFFERENT MEDICATIONS, IT FALLS UPON THE PERSON IN CHARGE OF THE PATIENT TO THINK OF HOW TO GET THE BEST POSSIBLE OUTCOME.

(NIH, 2014)

assessing risk
factors

facts

Critical thinking

Other
evidence

conclusions

informants



Different perspectives!



- ▶ A great example said by National Library of Medicine(2014) is that human nature is naturally pulling on helping ourselves. As the patient would look towards an outcome with a higher quality of life, the nurse would look towards prolongating it as its not only by duty, but social care.
- ▶ This example represents critical thinking at its best. In this circumstance both parties are looking at a different outcome, but they must be critical about their decision, take in all the facts, judgements, other evidence etc. to come, eventually, to the best outcome for both.

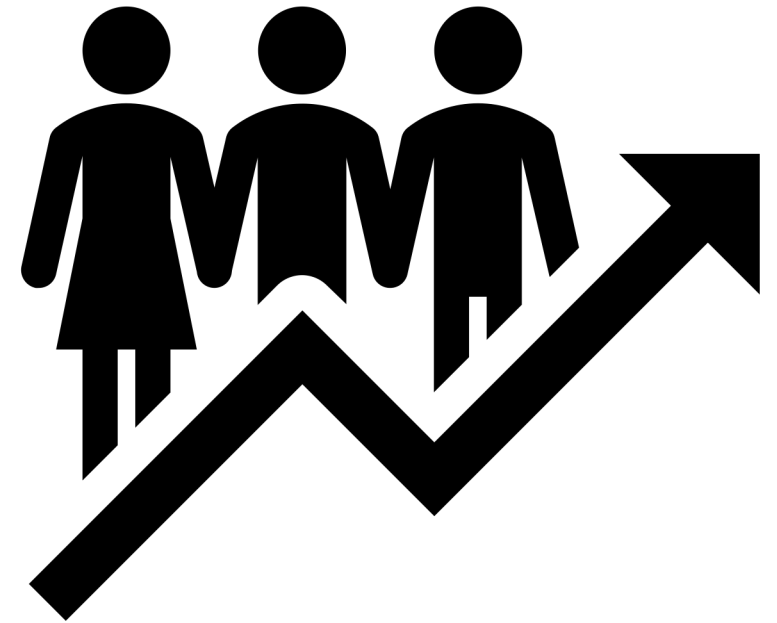
Practical example - critical thinking in midwifery

- ▶ If as a midwife, I may encounter a situation where a woman is experiencing complications during labour, such as signs of fetal distress. I would use critical thinking by immediately starting to monitor the baby's heartrate, assessing the mother's condition, gather more evidence, as finally I would speak to the healthcare team. As based on all the facts gathered, I would join in deciding if there is an emergency and a caesarean section is required for protecting both mother and baby. I would also think about many other possibilities that would be like: administrating IV fluids, position changes, etc. With some modern medicine, it does fall upon the mother to consent to a c-section, and if consent would not be given, we can sure find another way to help the mother and her unborn. In such cases as a midwife, you have to put both the baby and the mom first.

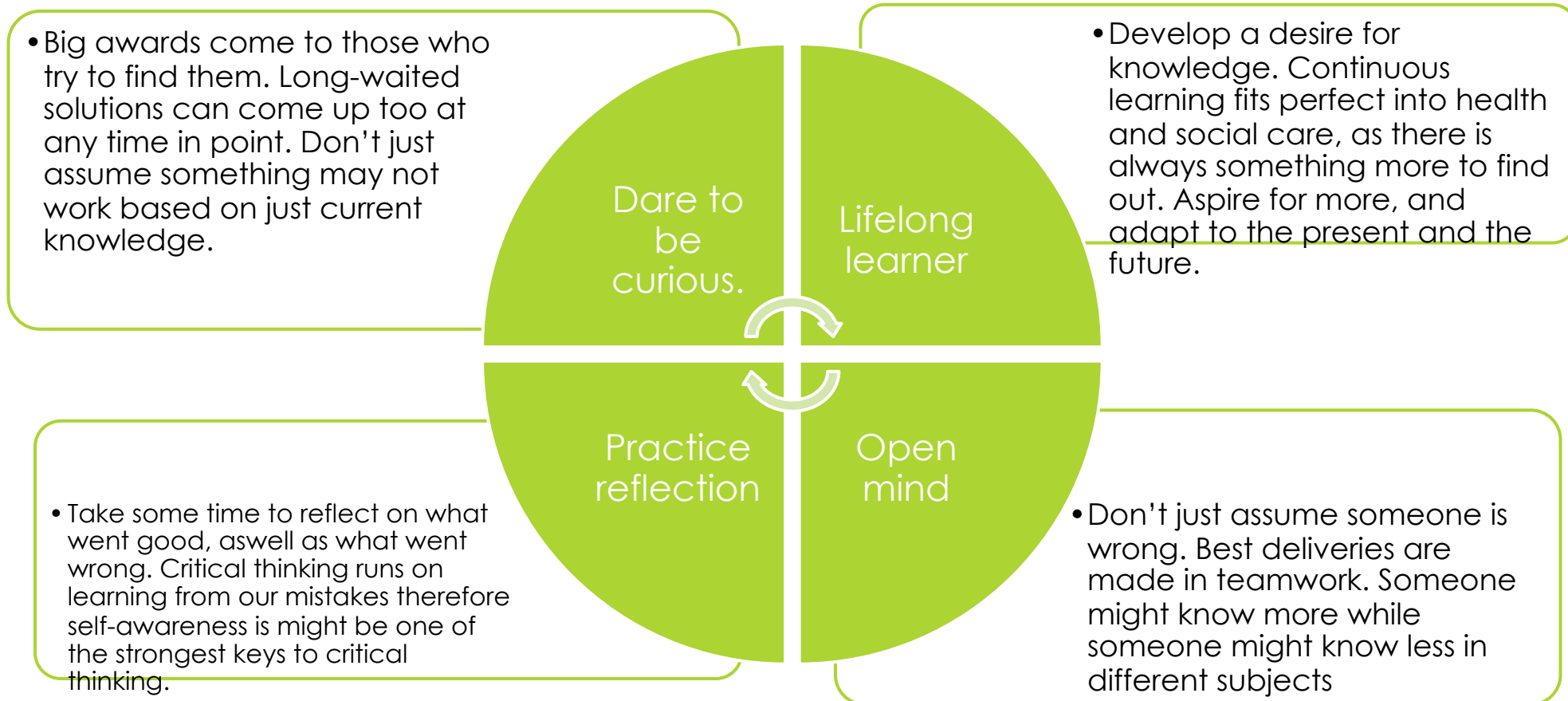
(Cleveland
Clinic, 2026)



- ▶ A critical thinker remains open-minded and considers different points of view before reaching a conclusion, therefore in health and social care is important because professionals get to work with different people from different backgrounds and with different needs. What they DON'T do is: rush decisions, tell someone's idea off (they perceive the idea as a different opinion, could later on come in handy), think in the box, rather than outside of it.



How to develop critical thinking!



References



National Library of Medicine, National Center for biotechnology Information – *Critical thinking: The Development of an Essential skill for Nursing students* (2014), available at:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4216424/>

Cleveland Clinic (Last updated: April, 2026) – Fetus Distress (accessed 20 June 26'), available at:

<https://my.clevelandclinic.org/health/diseases/23971-fetal-distress>

American Nurses Association (2024) – *Critical Thinking in Nursing: Tips to develop the Skill*, available at:

<https://www.nursingworld.org/content-hub/resources/nursing-leadership/critical-thinking-nursing/>