



Critical Thinking

CRITICAL THINKING IN HEALTH & SOCIAL CARE

**Module title – Professional Career Development
within Health and Social Care**

Assignment No – ASSIGNMENT 1

Module number - LCHS4009_LON

Lecturer - Amitave Banik

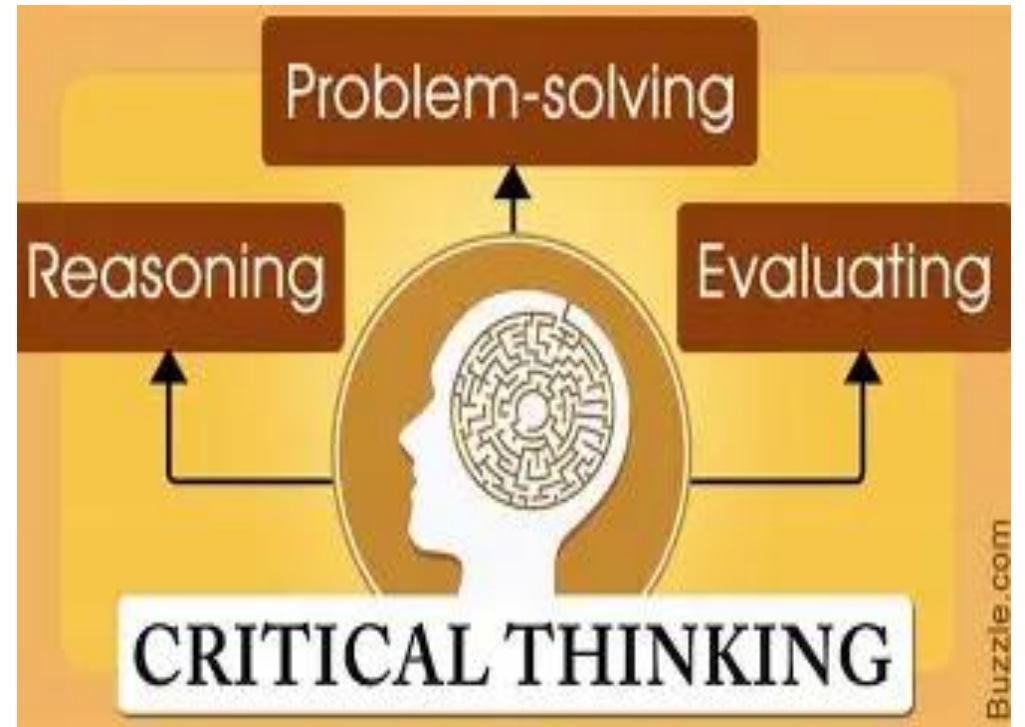
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ACKNOWLEDGEMENT OF THE USE OF AI

I confirm that I have not used any form of AI in my assignment. I
confirm I have copies of my drafts, notes and other resources
I have used to prepare my assignment.

INTRODUCTION

- What is critical thinking?
- Why is CT important and why is it relevant?
- Practical example
- Explaining DRC model



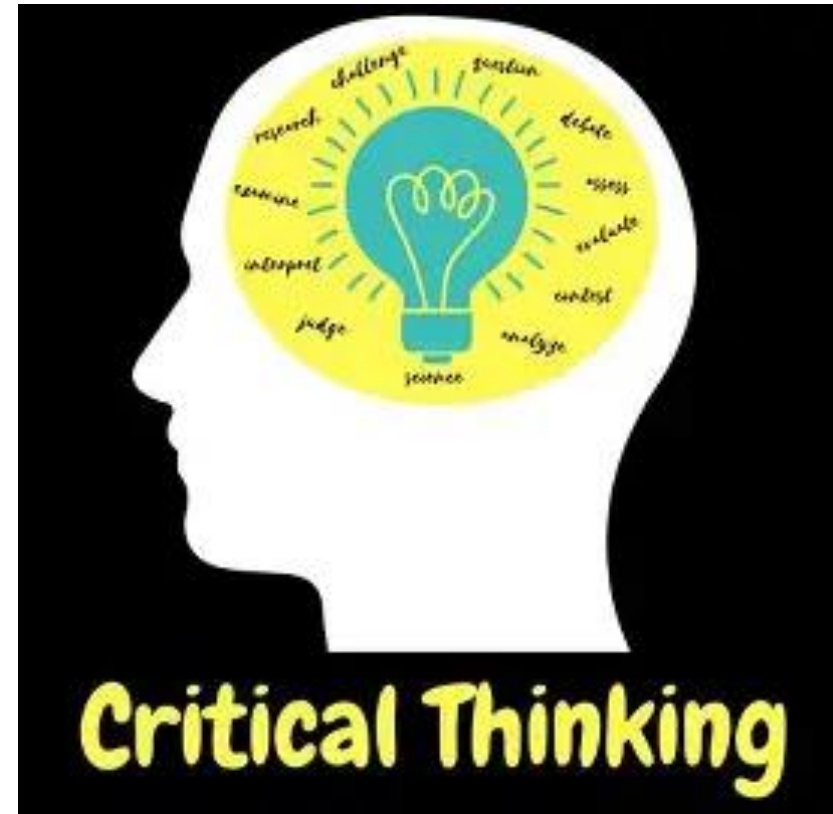
WHAT IS CRITICAL THINKING?

- CT is a cognitive process that involves thinking about one's own thinking (Martyn et al., 2013), having the capability to analyze statements, knowing limitations in health care, challenging habitual practice, and being willing to take appropriate action (Tanner, 2005).
- Looking at information carefully
- Focussing on keeping people safe
- Checking facts and evidence before making decisions
- Making clear reasoned decisions



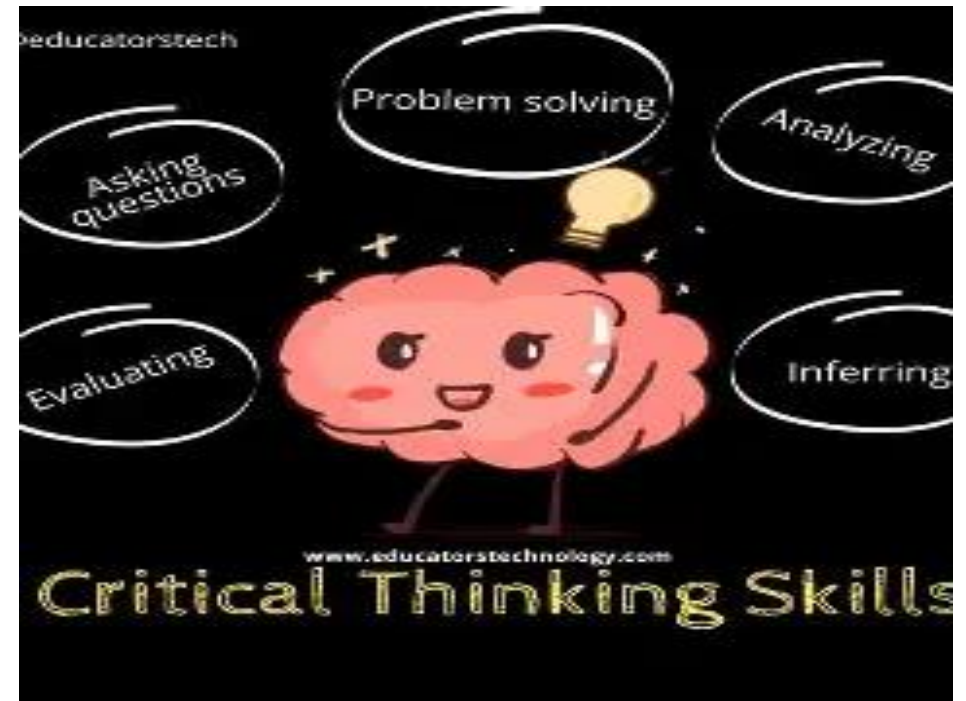
WHY IS IT IMPORTANT?

- Make safe and informed decisions
- Provide evidence-based care
- Reduce the risk of mistakes
- Adapt to difficult or changing situations



WHY IS CRITICAL THINKING RELEVANT IN H&SC?

- The key to success in school and work. Given our propensity to believe fake news, draw incorrect conclusions, and make decisions based on emotion rather than reason. (Haber, J., & MIT Press. (2020). *Critical thinking* (1st ed.). The MIT Press.)
- Helps health and social care workers make informed and safe decisions
- Health workers can spot risks early and prevent mistakes
- Stronger communication
- Team-work



PRACTICAL EXAMPLE

You are a GP and a patient comes in with unusual chest pain. The 1st thing you think is their age and sex, because this can change how serious the pain might be. For example, chest pain in an older person could be linked to heart problems, while in a younger person it might be something less serious, like muscle strain or anxiety.

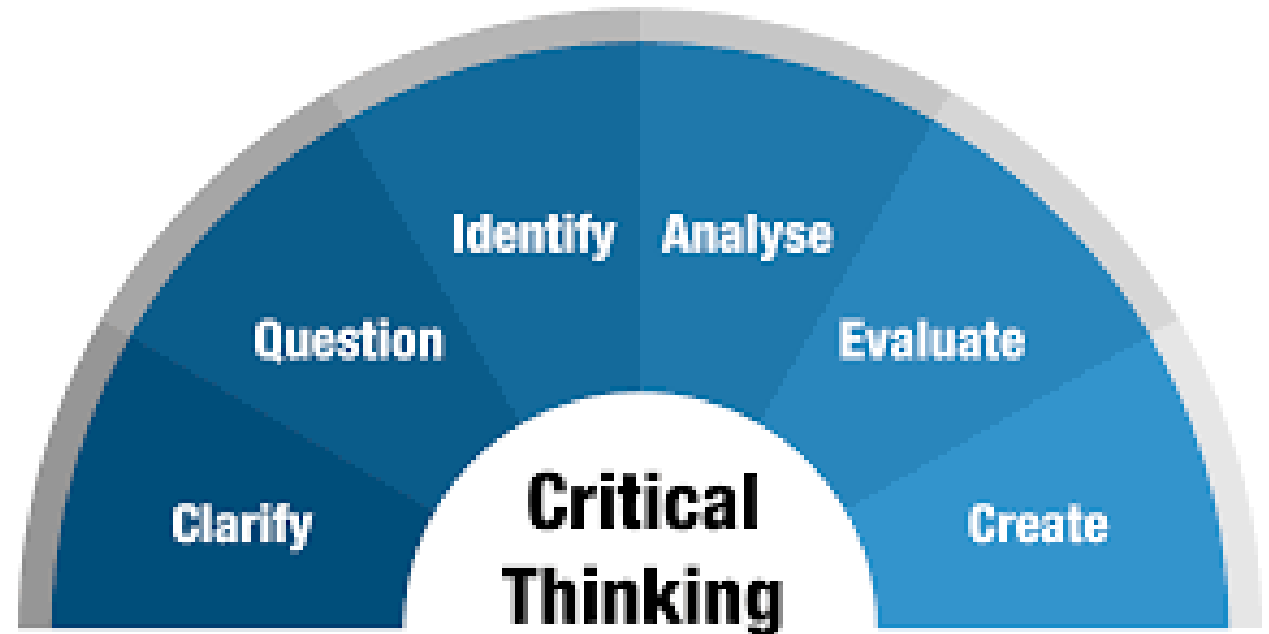
Critical thinking in healthcare and education | The BMJ



DRC CRITICAL THINKING MODEL

- **D: Definition/Description**
- **R: Reason/Rationale**
- **C: Connection**

How To Critically Think In Nursing
School (YOUR ULTIMATE GUIDE) -
Nursing School of Success



CONCLUSION

- Critical thinking is essential in healthcare
- It improves patient care and safety
- Supports problem-solving in real situations
- It improves communication and teamwork
- Overall, it leads to better outcomes





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