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EFFECTIVENESS OF INDIVIDUALIZED NURSING CARE PLANS IN ENHANCING CLINICAL REASONING AND DECISION-MAKING SKILLS AMONG NURSING STUDENTS: A SYSTEMATIC REVIEW

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ABSTRACT

Background: *Providing proper care to patients depends on a nurse's ability to develop key skills which is the core focus of nursing education. Nurses rely heavily on clinical reasoning and decision-making to analyze patients' health information, notice any health issues, act on the problems they notice and assess the effects of their work.*

Materials and Method: *This review used a structured literature review method to explore how individualized nursing care plans affect nursing students' clinical reasoning and decision-making. Peer-reviewed articles from the past five years were sourced from PubMed, CINAHL, ScienceDirect, and Google Scholar using Boolean operators and relevant keywords to ensure focused and credible results.*

Results: *The review revealed that Individualized Nursing Care Plans (INCPs) significantly enhance nursing students' clinical reasoning and decision-making skills. INCPs promote critical thinking, patient-centered care, and practical application of theoretical knowledge. Students using INCPs showed improved confidence, ethical awareness, and ability to assess, plan, and evaluate patient care effectively in clinical settings.*

Conclusion: *Using Individualized Nursing Care Plans (INCPs) in nursing education has proved to be a valuable approach for improving nursing students' clinical reasoning and decision-making. This review shows that INCP-led education encourages students to use individualized methods, consider their own experiences and draw conclusions from scientific evidence.*

Keywords: *Women Empowerment; Facebook; Hum TV; Aurat March: Effectiveness, Nursing Care Plans, Clinical Reasoning, Decision Making, Nursing Students.*

INTRODUCTION

Providing proper care to patients depends on a nurse's ability to develop key skills which is the core focus of nursing education. Nurses rely heavily on clinical reasoning and decision-making to analyze patients' health information, notice any health issues, act on the problems they notice and assess the effects of their work. Using Individualized Nursing Care Plans (INCPs) is one of the best ways to help nursing students develop these abilities. Since these tools use the five stages of the nursing process, you can use them easily to teach clinical judgment in any setting [1].

Individualized planning in nursing education prompts students to focus on analysis instead of only memorizing facts from books. Through assessing patients' requirements, choosing the

best nursing diagnoses, setting individual goals and designing proper actions, students practice critical thinking about all aspects of caring for others. In this approach, students gain clinical reasoning skills by looking at all the information received and deciding the most suitable way to act. Furthermore, by observing how patients respond to the care they receive, students are encouraged to make better choices and help their skills develop further [2].

Nowadays, modern healthcare needs mean nurses require more than just technical knowledge and abilities. They should be able to make prompt and responsible choices using available facts and understanding the ethics, social aspects and cultural environment for patients. Thanks to INCPs, students experience situations that call for them to carefully review and rank several illnesses. By handling these cases, students improve their clinical abilities and can respond well to emergencies that can happen unexpectedly in a doctor's practice [3].

Evidence suggests that participating in their own care plans helps students feel surer about their future as nurses, see things from a critical perspective and adopt a patient-centered mindset. Through INCP, students enhance their clinical skills and recall knowledge gained from pharmacology, pathophysiology and nursing ethics [4]. Also, in simulation- and case-based learning, students have the opportunity to engage in exercises that help them practice planning care for patients in a safe and lifelike environment. This method allows students to grasp information better and improve their careers in the future [5].

In addition to their benefits in practice and research, personalized plans help shape nursing students' values and their way of thinking. When making these plans, you should take into account each patient's family situation, cultural beliefs, history and values. Because of this, students learn to view their patients as unique individuals and not only as medical cases. Being empathic improves students' ability to communicate, care for their own ethics and respect those they care for [6].

Overall, using individualized care plans in nursing courses mainly improves students' clinical thinking and ability to decide on proper care. Such plans join theory and practice, support critical thinking and encourage ethical care and kindness [7]. Preparing nursing students to confront the challenges found in today's medical settings is another benefit of using e-learning [8]. Besides, using individualized care plans gives extra support to training that focuses on graduates being practice-ready [9]. Nursing educators should include INCPs in their lessons, as this develops a stronger sense of empathy and ability in the nursing field [10].

So, it is very important to study how individualized nursing care plans help nursing students build their clinical reasoning skills and skills in making decisions.

Methodology:

In this review, a methodology for literature review was used to collect, examine and combine information on how individualized nursing care plans influence clinical reasoning and decision-making among nursing students. A specific plan was designed for searching to discover important studies on the relevant subject, focusing only on those published in the last five years.

During the literature search, I searched in PubMed, CINAHL, ScienceDirect and Google Scholar, since these databases have vast holdings of information about nursing, education in healthcare and practice in clinical settings. Boolean operators were used to improve how the searches were combined. The key terms I used were: "Individualized Nursing Care Plans," "Nursing Students," "Clinical Reasoning," "Decision-Making," "Nursing Process," "Care Plan Education," "Competency Development," and "Critical Thinking in Nursing." For example, using PubMed, I created a search string that included: (individualized nursing care plan OR nursing care planning) AND (nursing students OR student nurses) AND (clinical reasoning OR decision-making skills OR critical thinking).

To ensure the study was accurate, we chose to use peer-reviewed and English-language papers published in that five-year span. Studies were chosen if they were full-text articles focused on nursing students' education and care planning, clinical reasoning or related outcomes. This study did not include articles that discussed non-educational topics in nursing, editorial or opinion papers, conference posters and studies that only involved practicing nurses.

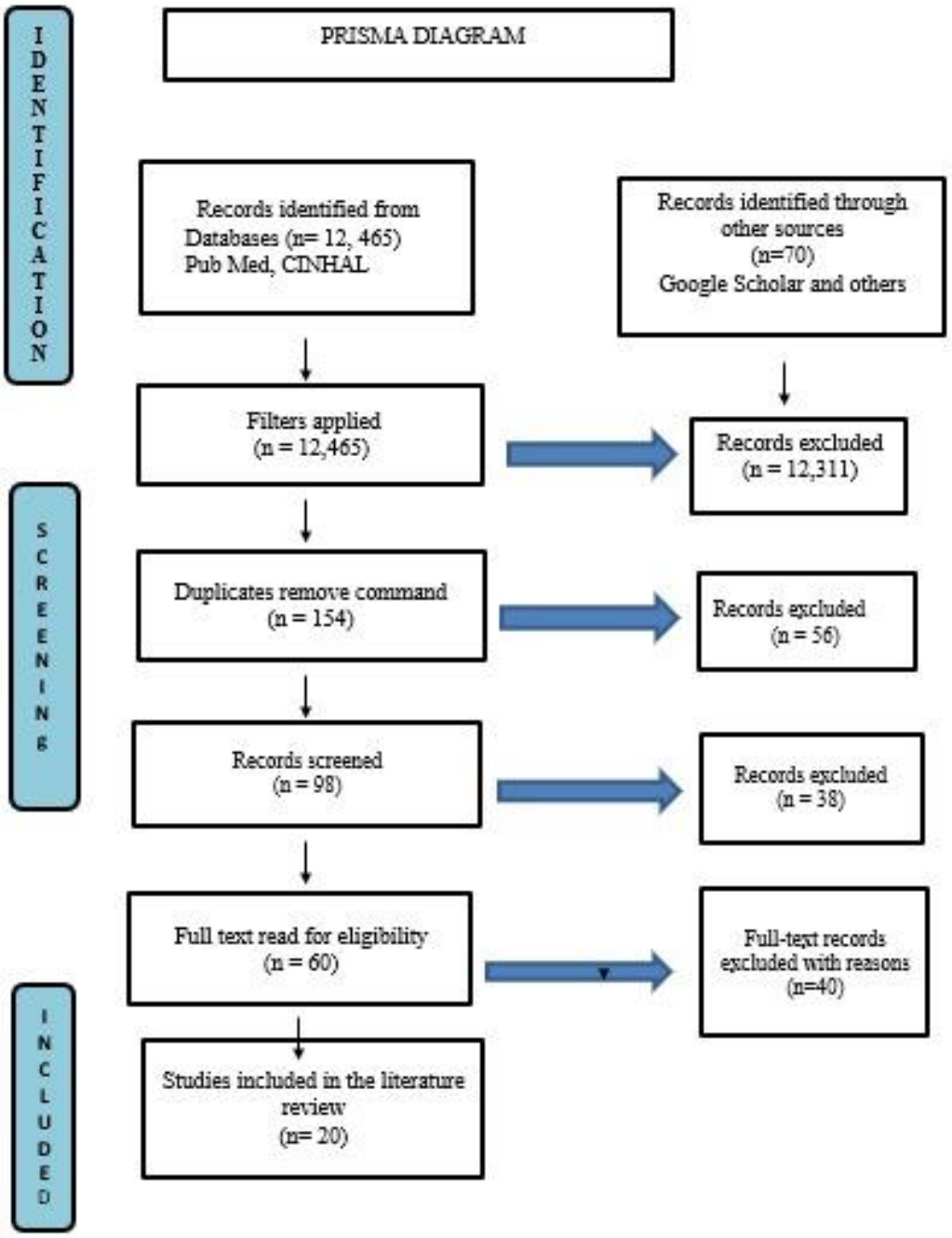
There were 12,465 search results after searching the initial database. Only 9,172 unique records

were left after the duplicates had been eliminated. Based on the eligibility criteria, 213 articles were selected for review after going through the title and abstract. After examining the studies carefully, this review selected 20 studies that were of high quality.

Variables such as the design of the study, the characteristics of the sample, the chosen educational procedure, how care planning was assessed, the outcome of clinical reasoning and the skills gained in making decisions were all included when arranging the data. Quantitative and quasi-experimental approaches, qualitative ones and mixed-methods were all employed in the studies to cover different kinds of results.

Thanks to this approach, we were able to examine fully how creating individualized nursing care plans benefits a nursing student's abilities. It brings relevant findings that can be used to enhance the curriculum, develop teaching techniques and perform additional research focusing on nursing students' clinical competence.

Figure 1: Prisma Chart



Literature Review on the Effectiveness of Individualized Nursing Care Plans in Enhancing Clinical Reasoning and Decision-Making Skills Among Nursing Students

Setting up Individualized Nursing Care Plans (INCPs) is now considered an effective way for students to practice crucial nursing concepts. As nursing educators adapt to newer teaching methods, INCPs have become recognized for helping students practice what they learn. Students use care plans to manage the nursing process, making it easy for them to gain the essential skills useful for 21st-century nursing care. INCPs encourage students to excel academically and be ready for the many changes and demands they can face in a healthcare environment (11).

Optimizing Clinical Reasoning using Individual Care Plans

Clinical reasoning forms the basis and is essential in nursing practice. Providing the right care includes observing patients, managing their data, understanding hints, putting together facts and arriving at sound judgments. USA clinical skills courses generally tend to fail in letting students develop this skill well, since they are mostly based on artificial learning scenarios that overlook the complexity of patients (12). In addition, INCPs urge students to address each person's health in full, including the body, mind, community and personal beliefs. It improves our ability to analyze information and also develops our abilities to reflect (13).

Studies have proven that INCPs improve a student's ability to choose key issues, estimate complications and make achievable and measurable goals for how they care for patients. A study conducted last year in Australia, following a quasi-experimental approach, pointed out that students practicing individualized care planning performed better in understanding patterns and formulating clinical hypotheses (14). Regular practice using INCPs allows students to critique their results, adapt their plans and explain their choices with evidence and up-to-date guidelines (15).

The process of continuous care planning in hospitals is similar to what registered nurses do on the job. Since care plans have to change with the patient, students train their minds to think through and judge new patient symptoms. Continuing to assess and evaluate results is important, as it helps nurses reach a high level of professionalism (16).

Developing Skills in Making Decisions

The purpose of nursing education is to develop good clinical decision-making skills. The approach calls for choosing and applying interventions that fit the health concern and the personal beliefs of the patient. Through INCPs, students are encouraged to see the patient as a whole being. When deciding on the right care strategy, students need to consider patient preferences, cultural and family circumstances, ethical issues and other such factors (17).

The review states that nursing students who regularly participated in making personal care plans for patients were more confident in making decisions during clinical work. In high-pressure situations at work, they could identify important tasks and make decisions sooner than others (18). It is especially essential for studying students to be emotionally and intellectually ready, especially when they begin working in hospitals or clinics. When students are prompted to assess their care plans, INCPs are encouraging them to pay closer attention to their own thought and learning processes. Consequently, this helps lawyers to be responsible, regulate their work and continue developing their skills (19).

In addition, INCPs make sure that students are given the chance to act responsibly. Needed, confirmation of care decisions with solid reasons prepares students to improve their clinical skills. Working with case scenarios helps students form an ethical identity as professionals who advocate for patients and always seek to better understand issues (20).

Gap Analysis:

Though existing studies show that using INCPs helps nursing students develop better reasoning and decision-making skills, some problems still need to be addressed for a more complete use of this approach. Researchers need to address the issue of not using strong measurement tools and reliable data to evaluate skills such as reasoning accuracy, the ability to prioritize cases and findings. Because few longitudinal studies have been conducted, people are concerned about how well INCP-taught skills will be seated in the students as they leave the classroom. Almost all

INCP studies happen in wealthy nations with well-equipped training sites, but the impact of related factors, like budget shortages, diverse students, few faculty and high student-to-instructor numbers, is currently unclear in low- and middle-income nations. Even though students are greatly focused on, the research typically does not discuss how important it is to have well-prepared and trained teachers, as well as how difficult it is to properly add INCPs given all the other tasks in the curriculum. There is also a need to explore how to incorporate interprofessional teams, ethical practices and cultural sensitivity into individualized care for patients. This is critical in today's nursing field but is not well examined yet.

There is a lack of research into how electronic health records, simulation programs and artificial intelligence tools support or advance the development and administration of INCP. If these gaps are ignored, INCPs cannot fully benefit from teaching critical skills and training nurses who know how to help patients, so research should be thorough and modern.

Conclusion

Using Individualized Nursing Care Plans (INCPs) in nursing education has proved to be a valuable approach for improving nursing students' clinical reasoning and decision-making. This review shows that INCP-led education encourages students to use individualized methods, consider their own experiences and draw conclusions from scientific evidence. Because of these care plans, students gain a clearer view of various illnesses and learn to apply the concepts they study in practice. In spite of the problems found in conventional teaching, INCPs support students by helping them understand what they need to apply both in class and in work. Nonetheless, implementation can only be successful if there is regular help from faculty, regular feedback is provided and the institution offers support. While the research demonstrates INCPs are beneficial, their success depends on various surrounding factors such as resourcing, faculty members' abilities, the curriculum itself and technological help. Besides, the fact that studies are limited in scope and to certain locations proves that more research is required. In brief, INCPs have an educational value and should be appreciated for making nursing students more capable of using their judgment. If nursing schools achieve their full potential, this could help nursing students be more prepared for their tasks and provide better care to those they serve in healthcare facilities.

Recommendations

1. **Faculty Training and Support Systems**

Programs for ongoing professional development that teach nursing educators how to integrate, supervise, and evaluate INCPs effectively should be funded by institutions. This will guarantee uniformity in use and allow teachers to provide pupils immediate, helpful feedback.

2. Standardization and Integration of the Curriculum

INCPs must be incorporated into nursing courses as a fundamental element in all stages of clinical learning. To ensure consistency in evaluating student performance, a systematic framework for creating, recording, and evaluating care plans should be implemented.

3. Implementation Supported by Technology

INCPs can be made more accessible and useful by utilizing digital platforms including clinical decision support systems, simulation software, and electronic health records (EHRs). These technologies can help with teacher evaluation, self-assessment, and real-time documentation.

4. Contextual and Inclusive Research

Future studies should examine how well INCPs work in various institutional, cultural, and economic situations, particularly in low- and middle-income nations. In order to determine therapeutic impact and long-term skill retention, studies should also incorporate longitudinal assessments.

5. An emphasis on ethics and interdisciplinary

To replicate real-world difficulties and encourage the development of holistic competencies, INCP-based teaching should be extended to incorporate situations involving ethical quandaries, team-based care, and interprofessional communication.

6. Student-Centered Assessment Techniques

Formative and summative evaluation techniques that use INCPs to gauge students' clinical reasoning and decision-making skills should be used by educational institutions. These assessments can be improved by systematic clinical exams, reflective journaling, and peer reviews

7. Infrastructure Development and Institutional Policy

By setting out time in clinical schedules, developing documentation templates, and providing specialized supervision resources, nursing schools must establish institutional rules that facilitate the integration of INCPs.

8. Encouragement of Reflective Practice

After finishing INCPs, encourage students to participate in self-reflection tasks that will strengthen their lifetime learning habits by fostering critical insight into their clinical judgments, communication techniques, and intervention outcomes.

9. Cooperation Between Practice and Academic Environments

Enhance collaborations between clinical settings and nursing schools to better educate students for real-world clinical settings by bringing academic INCP practices into line with workplace standards.

10. Advocacy for Policies and International Knowledge Sharing

Encourage educational policies that acknowledge and support the creation and use of INCPs as common teaching resources in nursing education around the world. Encourage research cooperation and worldwide platforms to exchange successful strategies and success stories..

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