



## BRAINSTORMING – AN ESSENTIAL TOOL IN NURSING

### Nursing

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### ABSTRACT

Brainstorming is a creative tool to make things possible and to improve the quality of process and procedures. It is a productive and implied way to yield ideas on a particular issue and then to decide and ascertain the correct and best solution. It gives all team members to participate. Brainstorming can assist a team to quickly generate ideas. Teams may use brainstorming to find out the possible causes of a problem or solutions. Brainstorming is designed to think creatively as a team. Ideas are spontaneously generated by group interaction in a setting that actively encourages creativity<sup>1</sup>.

### KEYWORDS

#### INTRODUCTION:

Brainstorming is also known as mind mapping, insight, or brain wave. It is an interactive group decision-making technique designed to generate many alternative ideas for solving a particular problem through team interaction.<sup>2</sup> It's a very valuable and necessary tool in nursing. While taking care of an individual, along with many treatments which one is the best, this method helps a nurse or healthcare worker to have a high marked idea to choose the appropriate one for the client/patient.

**Definition:** Brainstorming is a group problem-solving method that involves the spontaneous contribution of creative ideas and solutions. This technique requires intensive, freewheeling discussion in which every member of the group is encouraged to think aloud and suggest as many ideas as possible based on their diverse knowledge<sup>3</sup>.

**Brainstorming In Nursing:** Brainstorming is a crucial element of problem solving. You are brainstorming when you approach a problem by letting your mind free-associate, coming up with as many possible ideas, examples, or solutions as you can without immediately evaluating them as good or bad<sup>4</sup>. It is a group problem-solving method that involves the spontaneous contribution of creative ideas and solutions.

#### Types Of Brain Storming,<sup>5</sup>

1. Reverse Brainstorming.  
An innovative problem-solving technique in which the problem is turned around and examine from a different perspective to induce new and different solutions. In nursing entire team can use this technique to understand the health challenge of a client to find out the correct and appropriate nursing care.
2. Stop-and-Go Brainstorming  
A problem-solving technique in which a group alternately engages in brainstorming solutions without evaluation for ten minutes then engages in a short period of evaluation. The group continues alternating between brainstorming and evaluation.
3. Phillips 66 Brainstorming  
A problem-solving technique in which a group of six people brainstorms for six minutes and then a spokesman for each group presents either the best ideas or all ideas to the larger group.
4. Brainwriting.  
A problem-solving technique in which participants individually brainstorm ideas and document them, then share them with a group to further push their thinking.

#### Points For Effective Brainstorming<sup>6</sup>

- Brainstorming is a helpful technique in getting beyond standard ways of thinking, but make sure to write down everything you think - you can always rule things out later.
- Try to see the issue you are tackling through the eyes of others - it may allow you to see different solutions.
- When thinking in this way, give yourself time and space. You may have to physically remove yourself from your usual working environment, but this will allow to think more creatively

#### Benefits Of Brainstorming<sup>7</sup>

- ❖ It encourages all group members to participate.
- ❖ It allows participant to fetch on another ideas.
- ❖ It has high transmission capacity. Many ideas can be spawn in short period of time.
- ❖ The results indicate several possible solutions to regardless any problem is posed.
- ❖ It encourages newfangled thinking; the thinking has no limits by normal control.

#### ROLE OF BRAINSTORMING IN NURSING CARE, NURSING EDUCATION, NURSING ADMINISTRATION

##### Brainstorming In Nursing Care<sup>8</sup>

Brainstorming can be helpful but is most effective when it is structured. Especially while providing care to patient/client, get agree on what you want to achieve and write down every possible solution that comes to mind. Set yourself a goal - for example, come up with 30 new ideas in 10 minutes. Don't worry about the quality, just list them, and later ponder over and based on evaluation opt for the best one.

It encourages health care team or shift nurse to think creatively, to get the right and needed care or procedures for the respective client/patient.

##### Brainstorming In Nursing Education<sup>9</sup>

In Nursing Education, it is a problem-solving activity where Nursing students build on or develop higher order thinking skills. Encourages creative thought. Brainstorming encourages students to think creatively (out of the box), encouraging all students to share their ideas, no matter how far "out there" they may seem.

Brainstorming is a strategy used to generate several ideas to help solve a particular problem. The technique has been around for over 70 years and is still used today to engage students in solving a range of problems.

It's a practical learning activity in nurse education.<sup>10</sup>

##### Brainstorming In Nursing Administration

Thinking creatively can result in innovative ways of improving services and outcomes, says Helen Dickinson

Brainstorming brings creative ideas to bring quality in work, and workplace. An administrator can use it as a power tool to improve quality and to solve the working place issues and challenges.

#### CONCLUSION

Brainstorming and brain writing are the approach of solving problems. Process of identifying and solving of problem is method of improving knowledge, attitude, and practice of Health care departments. In nursing, brainstorming is of much value as it enhances the critical thinking ability of nurses and hep them become problem solvers as it is the need of an hour in this challenging health scenario<sup>11</sup>.

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