Table 2. Examples of Continuums of Systems Thinking for QSEN Domains

QSEN Competency	Personal Effort/ Individual Care			Systems Thinking/ System Care
Patient-Centered Care	Document the presence and extent of my patients' pain	Use common definitions, terms and rating scales in documenting my patients' pain	Formulate pain management plans with my patients, their families, and other health care professionals	Participate in medical record reviews of our unit's pain management documentation
Evidence-Based Practice	Differentiate clinical opinion from research and evidence summaries	Discuss conflicting evidence in the literature with my colleagues	Question the rationale for routine care approaches on my unit that are not evidence based	Participate in writing unit-level standards of practice that area evidence based
Teamwork and Collaboration	Ensure that my patient is ready for discharge by making sure they have their prescriptions	Formulate discharge plan with my patients, their families, and other health care professionals	Solicit input from other team members to improve my team performance	Participate in improving the discharge process through team meetings to structure communication during a patient's hospital stay
Safety	Wash my hands at the appropriate times in the care of my patients	Get patients and families to participate in the campaign to reduce infection by washing hands	Observe other nurse's hand washing technique and provide feedback	Study the workarounds on my unit and create a cause and effect diagram to summarize why nurses do not wash their hands
Quality Improvement	Ensure that I care for central lines using evidenced based practice	Have a peer watch my central line dressing change so that I can improve my performance	Review the data for our units central line infection rates	Participate in a quality improvement project to improve compliance with central line bundle on our unit
Informatics	Protect the confidentiality of my patients' protected health information in the electronic health record (EHR)	Attend in-service training updates to learn about new laws regarding health information protection	Help design patient information flyers describing the patients' and families' rights to confidentiality of information in the EHR	Participate in an agency-wide committee to update the agency EHR system