

Relation between Metacognition and Decision Making Abilities among Head Nurses

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Background: Metacognition is one of the basic leadership capacities and significant factor in decision making for head nurses. It allows them to be aware of the decision making process, know what factors may influence their decisions, and monitor, regulate, adjust and revise their decisions, even before obtaining feedback.

Aim: Assess relation between metacognition and decision making abilities among head nurses.

Design: A descriptive correlational design was used.

Setting: All medical and surgical units at Benha University Hospital.

Subjects: Consisted of convenient sample of head nurses and their assistants (100) who working at the

above mentioned setting at the time of the study and accepted to participate in the

study. **Tools of data collection:** Two tools were utilized; **I)** Metacognitive

Awareness Inventory. **II)** Decision Making Abilities Scale. **Result:** Clarified that

(83.3%) of Head nurses and their assistants had high level of metacognition, (84.3%)

of them had high level of decision making abilities. **Conclusion:** There was

statistically positive significant correlation between metacognition and decision

making abilities among head nurses. Metacognition affect decision making abilities

positively. **The study recommended:** Introduce metacognition into educational

curriculum for nursing students and focus on its importance in different aspects of

nursing profession. Encourage periodic staff meetings by head nurses to allow them

to express their feelings, seeking opinions, exchange their experiences during

different situations and getting feedback and support.

Key words: Decision making abilities- Head nurses- Metacognition.
