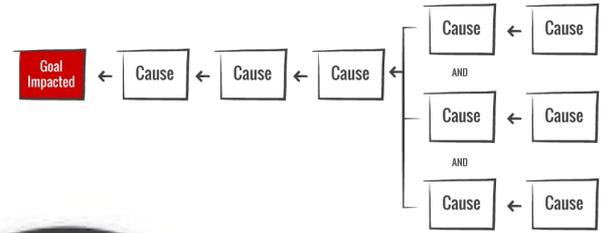
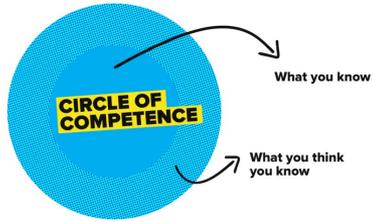


# USING MENTAL MODELS TO MAKE IMPORTANT CHANGE.

April Prunty PhD, RN, NPD-BC  
2022 MMCGME Quality Forum

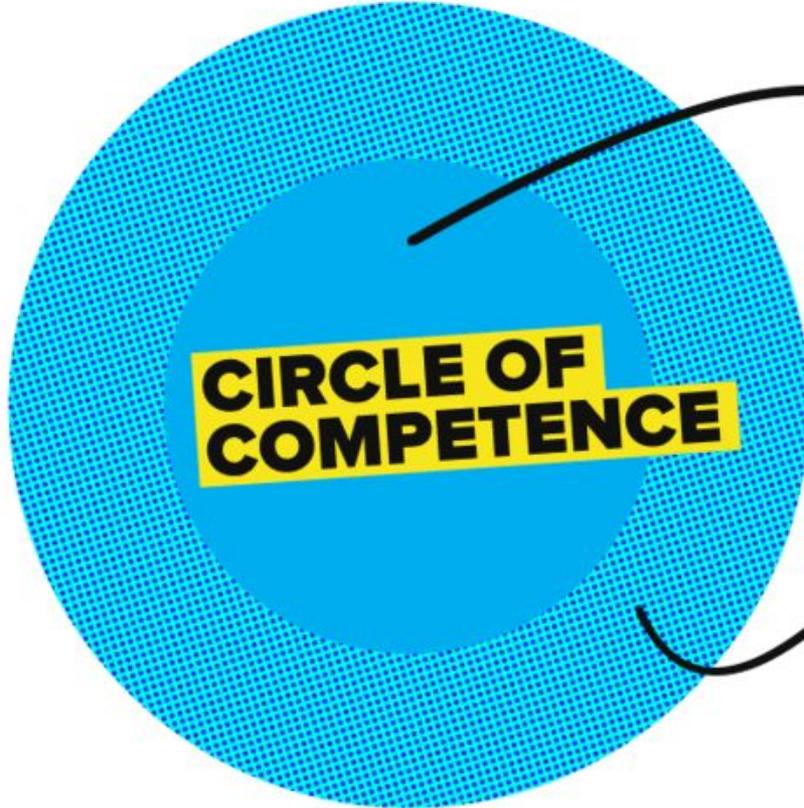


MENTAL MODELS | READING TIME: 10 MINUTES

### First Principles: The Building Blocks of True Knowledge

First-principles thinking is one of the best ways to reverse-engineer complicated problems and unleash creative possibility. Sometimes called "reasoning from first principles," the idea is to break down complicated problems into basic elements and then reassemble them from the ground up. It's one of the best ways to learn to think for yourself, unlock your creative potential, and move from linear to non-linear results.

**Nonlinear development is often the key difference between 20 years of experience, and 1 year repeated 20 times.**



**CIRCLE OF  
COMPETENCE**

**What you know**

**What you think  
you know**

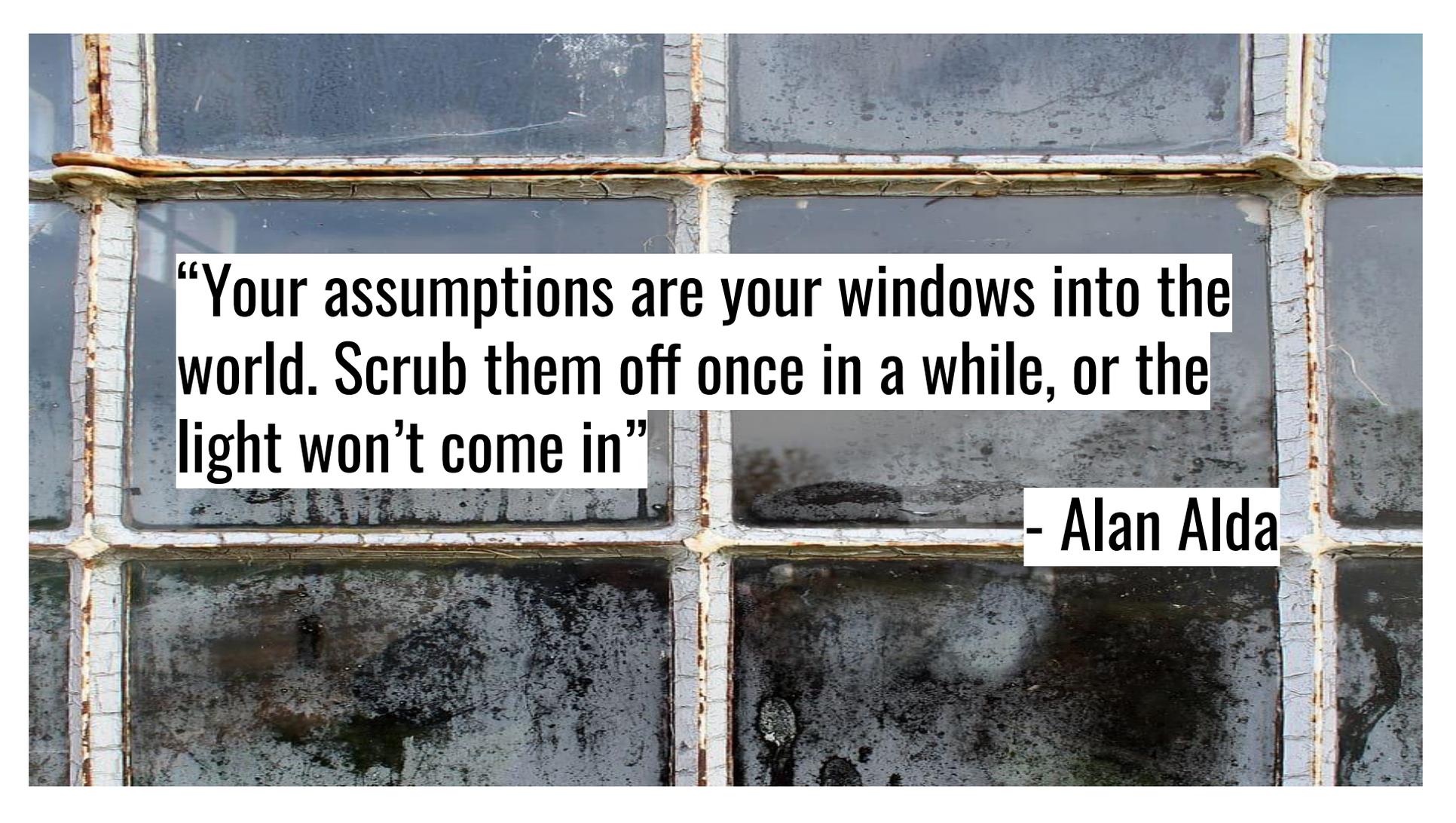


**“If you want to improve your odds of success in life and business, then define the perimeter of your circle of competence, and operate inside. Over time, work to expand that circle but never fool yourself about where it stands today, and never be afraid to say ‘I don’t know’” - Charlie Munger**

To expand your circle of competence, you must **embrace learning, monitor progress, and solicit feedback.**

**First Principles** can help clarify understanding, challenge assumptions, and reach new solutions to complex problems.





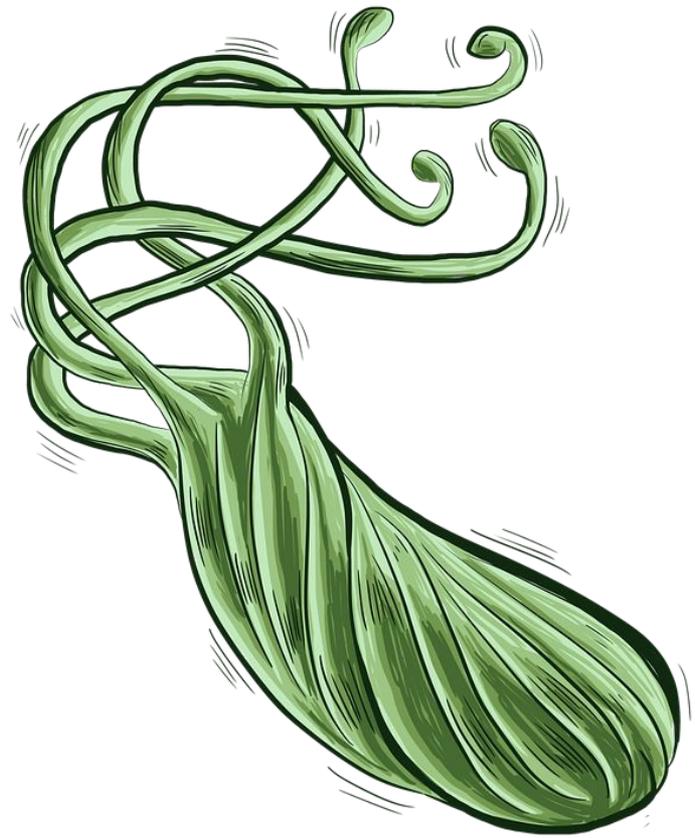
**“Your assumptions are your windows into the world. Scrub them off once in a while, or the light won’t come in”**

**- Alan Alda**

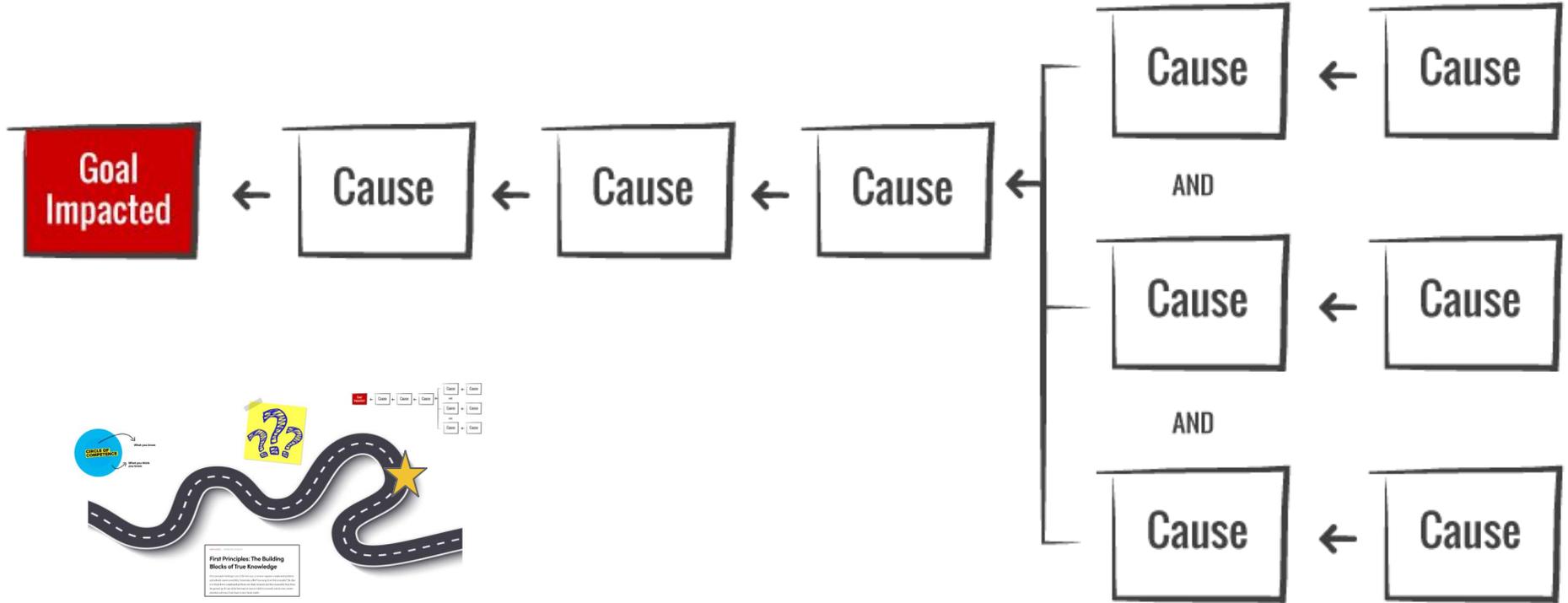
# ESTABLISH FIRST PRINCIPLES THROUGH SOCRATIC QUESTIONING.

1. Clarify thinking and explain the origins of your idea(s).
2. Challenge assumptions.
3. Look for evidence.
4. Consider alternative perspectives or explanations.
5. Examine consequences and implications.
6. Questioning the original question.





# “Because I said so” doesn’t cut it.



**When our biases and assumptions drive decision making, we are more likely to get it wrong.**

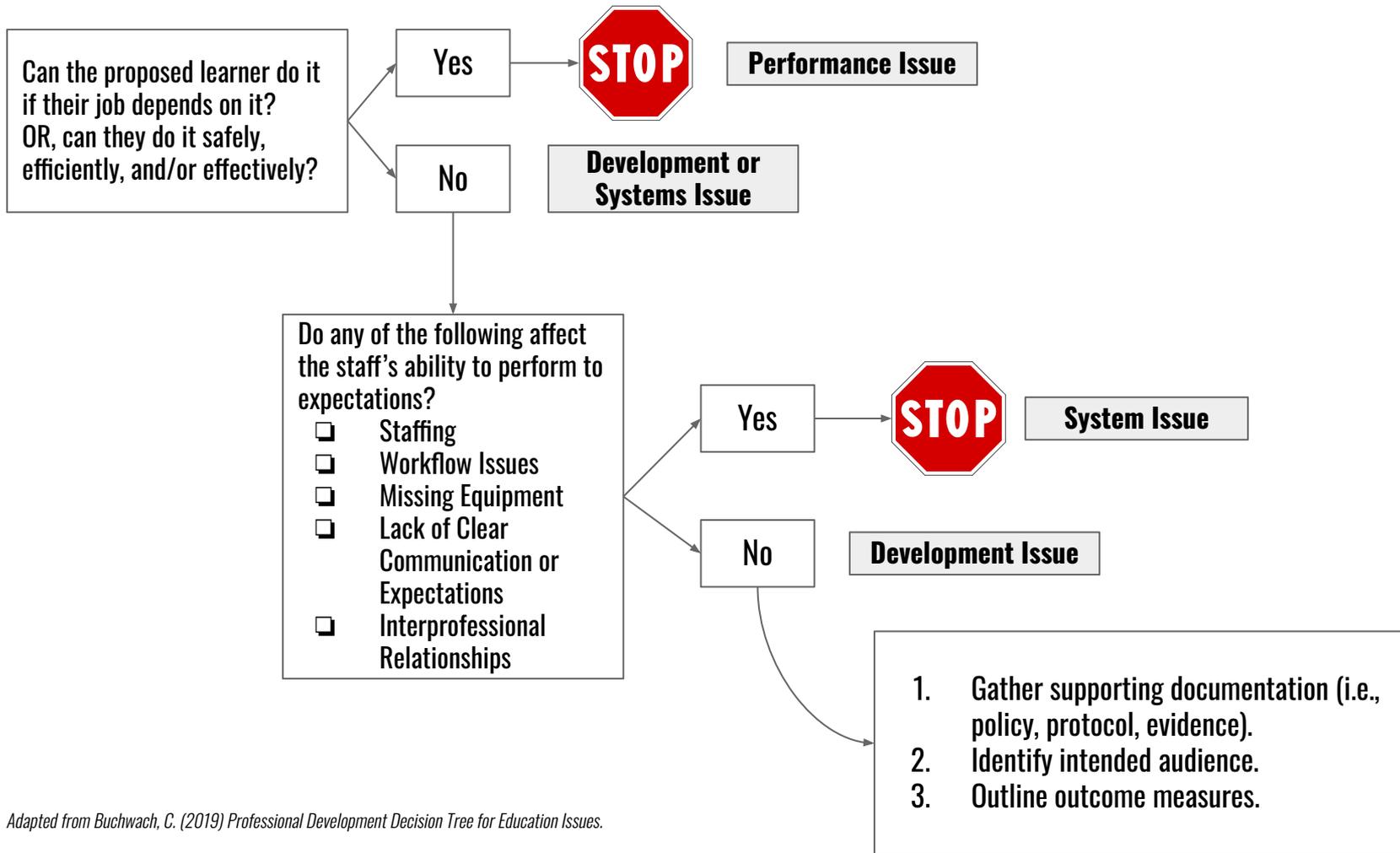


**“As to methods, there may be a million and then some, but principles are few. The [person] who grasps principles can successfully select [their] own methods. The [person] who tries methods, ignoring principles, is sure to have trouble”**

**- Harrington Emerson**

Using first principles in healthcare can lead to improved outcomes for staff, patients, & the system.





**Thank you!**

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