The Critical Incident Technique (CIT) is a qualitative, systematic, open-ended technique for educating descriptive data from participants. It can be used as a primary source of data collection or as an evaluation technique to supplement the interview or questionnaire questions as well as provide data for triangulation. The CIT is a powerful methodological instrument that can foster reflection and promote personal expression. CITs can be used to assist nurses and healthcare professionals to gain a deeper and more personal understanding of clients, acquiring their perspectives and concerns as well as a more personal awareness of oneself. It can be developed to conform to any area of nursing and provide a more comprehensive awareness of what nurses do and the needs of our clients.

Read the entire article [here](#).