

Pearl of the Week: Reduce extraneous cognitive load



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Pearl of the week

A lack of organization and the way information is presented to you can lead to an extraneous cognitive load. One big contributor is lack of standardization—for example, having your clinical rooms organized differently every time. Another source is split attention—when you are interrupted during a task, it takes time to reorient back to what you were doing.

Organize your workflow and develop strategies to reduce this cognitive load and preserve your attention.



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