

# Mastering Communication Skills for Your Nursing Degree: Critical Study Skills for Success

Effective communication is a cornerstone of success in the nursing profession. Nurses constantly interact with patients, families, colleagues, and healthcare providers, and the ability to communicate clearly, empathetically, and professionally is essential for providing safe and compassionate care. This article explores the critical communication skills required for a successful nursing degree, providing strategies and tips to enhance your communication abilities and excel in your studies.

## Verbal Communication Skills

### 1. Active Listening



## Communication Skills for your Nursing Degree (Critical Study Skills) by Jane Bottomley

★★★★☆ 4.7 out of 5

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Active listening involves paying full attention to what others are saying, both verbally and nonverbally. It means being engaged in the conversation,

asking clarifying questions, and reflecting on what is being said. By demonstrating active listening, nurses can build rapport with patients, understand their concerns, and provide more effective care.



## **2. Clear and Concise Language**

Nurses must be able to communicate clearly and concisely, using language that is easily understood by patients and colleagues. This includes using appropriate medical terminology, avoiding jargon, and organizing thoughts logically. Clear communication ensures that messages are understood accurately and promotes collaboration within the healthcare team.



### 3. Empathy

Empathy is the ability to understand and share the feelings of others. In nursing, empathy is crucial for building therapeutic relationships with patients and providing compassionate care. Nurses who demonstrate empathy can establish trust, alleviate anxiety, and empower patients in their healthcare journey.



#### **4. Cultural Sensitivity**

Cultural sensitivity involves understanding and respecting the diverse cultural backgrounds of patients. Nurses must be aware of the potential cultural differences in communication styles, beliefs, and values. By being culturally sensitive, nurses can provide care that is tailored to individual needs and promote equity in healthcare.



## **Nonverbal Communication Skills**

### **5. Body Language**

Body language plays a significant role in communication, conveying emotions, attitudes, and intentions. Nurses should be aware of their body language and strive to project a professional and approachable demeanor. Maintaining eye contact, using appropriate gestures, and adopting a relaxed posture can enhance communication effectiveness.



## 6. Facial Expressions

Facial expressions communicate emotions and can influence interactions. Nurses should be mindful of their facial expressions and ensure that they reflect empathy, warmth, and professionalism. A genuine smile can create a welcoming atmosphere and put patients at ease.



## 7. Proxemics

Proxemics refers to the use of space in communication. Understanding and respecting the personal space of others is essential in nursing. Nurses should be aware of their physical proximity to patients and adjust their distance accordingly to promote comfort and maintain boundaries.



## **Written Communication Skills**

### **8. Documentation**

Accurate and complete documentation is vital in nursing. Nurses must be proficient in writing clear, concise, and objective reports that accurately reflect patient care. Proper documentation is essential for effective communication among healthcare professionals and ensures continuity of care.





## 9. Care Plans

Care plans are written documents that outline the goals, interventions, and outcomes for patient care. Nurses must be able to develop and write effective care plans that are individualized to each patient's needs. Clear and well-written care plans facilitate collaboration and improve patient outcomes.

### NURSING CARE PLAN

ASSESSMENT	DIAGNOSIS	INFERENCE	PLANNING
<p><b>SUBJECTIVE:</b>                      "Babal kaya madalas ako mahilo?" (My dad always feel dizzy?) as verbalized by the patient.</p> <p><b>OBJECTIVE:</b></p> <ul style="list-style-type: none"> <li>Request for information.</li> <li>Agitated behavior</li> <li>Inaccurate follow through of instructions.</li> <li>V/S taken as follows:                      T: 37.2                      P: 84                      R: 18                      BP: 180/110</li> </ul>	<ul style="list-style-type: none"> <li>Risk for prone behavior related to lack of knowledge about the disease</li> </ul>	<ul style="list-style-type: none"> <li>High blood pressure (HBP) or hypertension means high pressure (tension) in the arteries. Arteries are vessels that carry blood from the pumping heart to all the tissues and organs of the body. High blood pressure does not mean excessive emotional tension, although emotional tension and stress can temporarily increase blood pressure. Normal blood pressure is below 120/80; blood pressure between 120/80 and 139/89 is called "pre-hypertension".</li> </ul>	<ul style="list-style-type: none"> <li>After 8 hours of nursing interventions, the patient will verbalize understanding of the disease process and treatment regimen.</li> </ul>

## 10. Discharge Instructions

When patients are discharged from the hospital or healthcare facility, nurses must provide clear and comprehensive written instructions. These instructions should include information on medications, dietary restrictions, activity limitations, and follow-up appointments. Proper discharge instructions ensure patient safety and promote continuity of care.

# 6 SIMPLE STEPS TO COMPLETE SAFE PATIENT DISCHARGE

Make patient safety a priority!



1

## VERIFY THE DISCHARGE ORDER

The nurse should always validate that a discharge order is in the patient's chart before discharging the patient.



2

## REVIEW THE PATIENT'S RECORDS

the nurse should verify that the patient's information, the medical diagnosis, treatment plan, and referral services are accurate.



3

## REVIEW THE DISCHARGE INSTRUCTIONS

You have to verify the clinical information in the discharge summary and compare the information with the patient's admission summary.



4

## REVIEW THE MEDICATION RECONCILIATION

It is the nurse's responsibility to verify the medication list before completing the patient's disposition. Besides, the patient might not have the ability to identify unintentional mistakes.



5

## MANAGE THE MEDICAL DEVICES

As the nurse, you should remove the telemetry monitor and all other devices that the patient will no longer need.



6

## EDUCATE THE PATIENT

You have to educate the patient about home care and restrictions. The patient needs to know who and what number to call when they get home.

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## Critical Study Skills

In addition to communication skills, critical study skills are essential for success in a nursing degree program. These skills include:

### 1. Reading Comprehension

Nurses must be able to read and understand complex medical literature, textbooks, and research articles. Effective reading comprehension involves actively engaging with the text, identifying key ideas, and applying knowledge to practice.

## **2. Note-Taking**

Effective note-taking allows nurses to retain important information from lectures, readings, and clinical experiences. By developing efficient note-taking strategies, nurses can improve their learning and recall abilities.

## **3. Critical Thinking**

Critical thinking is essential for solving problems, making decisions, and providing safe and effective care. Nurses should develop the ability to analyze information, identify patterns, and make sound judgments.

## **4. Time Management**

Nursing programs are rigorous and demanding, requiring effective time management skills. Nurses must be able to prioritize tasks, plan their study schedules, and balance academic and personal commitments.

## **Tips for Enhancing Communication Skills**

\* Practice active listening by giving your full attention and asking clarifying questions. \* Use clear and concise language, avoiding jargon and medical abbreviations. \* Demonstrate empathy by showing concern, understanding, and support. \* Be aware of your body language and facial expressions, and strive to project a professional demeanor. \* Respect personal space and adjust your physical proximity accordingly. \* Develop strong documentation

and writing skills, ensuring accuracy, clarity, and objectivity. \* Engage in critical reading, note-taking, and critical thinking exercises to improve your study skills. \* Seek feedback from professors, clinical instructors, and peers to identify areas for improvement.

Effective communication and critical study skills are indispensable for success in a nursing degree program. By developing strong communication abilities and enhancing your study habits, you can excel in your studies, provide safe and compassionate patient care, and contribute to positive patient outcomes. Remember to practice these skills consistently, seek feedback, and continuously strive for improvement.

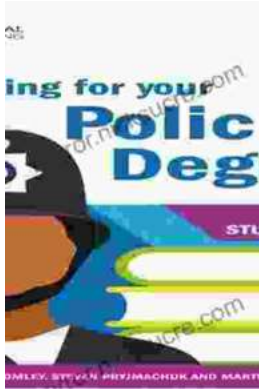


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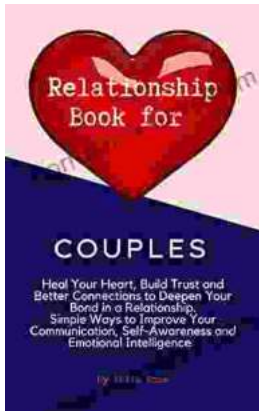
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## **Studying for Your Policing Degree: Critical Study Skills You Need to Succeed**

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## **Heal Your Heart, Build Trust, & Better Connections To Deepen Your Bond**

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