

Communication Paper

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Therapeutic communication is an interaction between healthcare providers and patients aimed for a positive nursing and patient relationship, promoting patient well-being, and effective care. In nursing, therapeutic communication plays a crucial role in establishing trust, gathering important information of the patient, which is great for assessing patient needs and delivering appropriate care. An ideal environment for therapeutic communication includes privacy and a supportive atmosphere. A privacy environment encourages patients to speak freely about their concerns, while a supportive environment includes respectful and empathetic interactions that makes them feel understood and valued. Both factors are important for creating a space where the patients can communicate openly, allowing for better care outcomes. Understanding the role of therapeutic communication and how to apply it in the nursing environment is the key to providing patient-centered care. Upcoming sections will explore verbal and non-verbal techniques, strengths and weaknesses in effective communication, barriers to communication, and how to improve communication skills as a future nurse.

Analysis of Therapeutic Techniques

Therapeutic communication involves both verbal and non-verbal types of communication that help build a trusting and effective nurse-patient relationship. Two important verbal communication techniques include active listening and open-ended communication. Active listening involves giving full attention to the patient's verbal and non-verbal signs, demonstrating empathy and understanding. This technique encourages patients to share more openly and helps nurses gather information for better care. I chose active listening because it builds trust and creates a safe space for patients to express their concerns. It's very useful in situations where patients might feel anxious or overwhelmed, such as during a cancer diagnosis discussion. The second verbal technique, open-ended questions, encourages patients to communicate on their thoughts,

improving a better understanding of their experiences. For examples, during an admission interview, asking “Can you tell more about the pain that you have been feeling recently?” allow patients to provide detailed information about their pain. I chose this technique because it helps nurses avoid limiting patient’s responses, leading to a better care.

Language barriers show a significant challenge to effective communication. When patients and nurses don’t share the same language, important information may be misunderstood or lost, potentially leading to errors in care. This barrier can prevent or slow down accurate assessments, treatments, and patient satisfaction. Use interpreters or translation services can help with this gap, but cultural misunderstandings may persist. Preventing a good nurse and patient interactions.

Non-verbal communication also plays an important role in improving nurse and patient interactions. Eye contact help with verbal communication by showing that the nurse is attentive and engaged, which reassures the patients that they are being heard. On the other hand, avoiding eye contact might lead patients to feel ignored. Another non-verbal technique, therapeutic touch, can offer comfort and support. A touch on the shoulder, for example, can show empathy and calm a distressed patient. Both techniques, when used appropriately, improve the verbal messages nurses convey, build an empathetic approach to patient care.

Reflection

Effective communication is important in nursing, and understanding both strengths and weaknesses is crucial for improvement. One of my strengths in verbal communication is to engage in active listening, which allows me to understand patients’ concerns and make them feel heard. This technique helps build trust and help with more openly communication between me

and the patient. In non-verbal communication, my strength is positive body language such as maintaining eye contact and nodding to show my present. However, a weakness I recognize in my verbal communication is relying too much on closed-ended question, which can limit the information patients provide. In non-verbal communication, I sometimes struggle with maintaining neutral facial expressions during conversations, which would potentially cause discomfort to the patients.

To improve my interpersonal communication skills, I will be working on using open-ended question to encourage patients to share more detailed information. This will help me gain more information about their emotional and physical states. I will focus on developing cultural competence by learning more about different culture communication styles, ensuring that I can engage with patients from diverse backgrounds. One challenge I anticipate is language barriers, as these can hinder communication with patients who don't speak English fluently. I will work around this by using interpreter services to help with the communication gap to make sure the patients fully understand their care plans.

The skills I have learned will make a difference in my nursing care by allowing me to establish stronger relationship with my patients. Effective communication allows for more comprehensive understanding of patients needs, leading to better patients' outcomes. I will be able to provide more patient-centered care, where the patients' concerns and values are the most important.

Conclusion

Therapeutic communication is an important part of nursing that helps build trust and understanding between nurses and patients. This paper discusses key verbal techniques, like

active listening and therapeutic touch. Overcoming barrier, like language and cultural differences, is important for effective care. Reflecting on my strengths and areas for improvement will help me provide a better patient-centered care. Effective communication is not just a skill but an important foundation aspect of nursing that impacts the quality of care and the well-being of patients.