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1.1 Introduction

The chosen role for this report is nursing, a profession that plays a vital role within the healthcare system. This role has been selected due to a strong personal interest in supporting individuals and contributing to their overall health and well-being. Nurses are essential in delivering patient-centred care, promoting recovery, and improving public health outcomes.

This report aims to explore the key responsibilities, skills, and qualifications required to become a nurse. It will also evaluate the importance of these skills in practice, discuss challenges within the profession, and identify strategies for professional development.

The report is structured into key sections, including an overview of the role, evaluation of required skills, strategies for improvement, and a conclusion, providing a comprehensive understanding of the nursing profession.

1.2 Description and Background of the Nurse Role in Healthcare

Nurses are a fundamental part of the health and social care system, providing care to individuals who are ill, injured, or require additional support. They work across a range of settings, including hospitals, community services, and care homes, supporting patients throughout all stages of life.

Key responsibilities of nurses include monitoring patient conditions, administering medication, assisting with personal care, recording symptoms, and preparing patients for procedures. In addition, nurses provide health education, promote healthy lifestyles, and offer emotional support to both patients and their families (NHS, n.d.).

A core aspect of nursing is ensuring patient safety through the delivery of safe, effective, and compassionate care. This involves accurate medication administration, infection control, and responding appropriately in emergency situations.

Furthermore, nursing requires strong organisational skills, as professionals must manage multiple tasks efficiently. Critical thinking and decision-making are also essential, as nurses must assess patient needs and respond quickly to changes in condition. Personal qualities such as empathy, compassion, and emotional resilience are crucial for delivering person-centred care.

Effective communication is central to nursing practice. However, barriers such as language differences, emotional distress, or time pressures can affect communication, making it important for nurses to develop strategies to overcome these challenges (Tulane University, 2021).

1.3 Evaluation of Skills Needed for the Nurse Role

Time Management

Time management is a critical skill in nursing, as it enables professionals to prioritise tasks and deliver care efficiently. Nurses often work in fast-paced and unpredictable environments, requiring them to organise their workload effectively. Poor time management can lead to increased stress and reduced quality of care, whereas strong organisational skills improve patient outcomes and team efficiency (McElhaney, 2020).

Adaptability

Adaptability is essential due to the dynamic nature of healthcare settings. Nurses must respond to a variety of situations, including emergencies, patient needs, and changes in workload. Being adaptable allows nurses to remain calm under pressure and deliver consistent, high-quality care. This skill also supports teamwork, as nurses must adjust to different roles and responsibilities when required.

Communication

Communication is one of the most important skills in nursing. Nurses must communicate clearly with patients, families, and multidisciplinary teams. Active listening helps nurses understand patient concerns, while clear verbal communication ensures accurate information sharing.

Non-verbal communication, such as body language and facial expressions, also plays a significant role in building trust. Effective communication has been shown to improve patient satisfaction and increase adherence to treatment plans (Nursing Education Staff, 2024).

Overall, these skills are interconnected and essential for delivering safe, effective, and person-centred care.

1.4 Strategies to Improve Skills for the Nurse Role

One effective strategy to improve communication is the use of open-ended questions, which encourage patients to express their concerns more freely. For example, asking “Is there anything else you would like to discuss?” allows patients to share additional information that may be important.

The BATHE technique is another valuable communication tool used in healthcare:

- Background – understanding the patient’s situation
- Affect – exploring their emotions
- Trouble – identifying main concerns
- Handling – assessing how they are coping
- Empathy – showing understanding

This approach supports patient-centred care and strengthens the nurse–patient relationship.

Another important strategy is developing positive self-talk, which can improve confidence and emotional resilience. According to Dispenza (2012), thoughts influence behaviour and performance. Replacing negative thoughts with constructive ones can help nurses manage stress and perform effectively in challenging situations.

Additionally, planning and organisation are essential for improving time management. Using tools such as digital calendars can help nurses structure their workload and maintain a balance between professional and personal responsibilities.

Cognitive Behavioural Therapy (CBT) techniques can also support personal development by helping individuals recognise and change negative thinking patterns, leading to improved mental well-being and professional performance.

These strategies collectively enhance communication, adaptability, and confidence, contributing to improved patient care and professional growth.

1.5 Conclusion

In conclusion, nursing is a highly demanding yet rewarding profession that requires a combination of technical knowledge and personal skills. Key skills such as communication, time management, and adaptability are essential for delivering high-quality care.

Despite challenges such as heavy workloads and stressful environments, these can be effectively managed through strategies including structured planning, communication techniques like BATHE, and developing self-awareness.

By continuously improving these skills, nurses can enhance patient outcomes, build stronger professional relationships, and maintain their own well-being, ensuring long-term success within the healthcare profession.

1.6 Reference List (Harvard Style)

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