



Emotional intelligence

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Abstract

Background: Emotional intelligence has been widely accepted in the literature as part of nursing work, however the contribution of emotional intelligence in the nursing context requires further study.

Aim: This paper consider the value of emotional intelligence to nursing present an analysis of the emotional intelligence and descriptive correlational design with patients, nursing colleagues, and multidisciplinary team, and.

Method: A descriptive, observational and correlational study of nurses in there working area. Three variables were measured: emotional intelligence (Trait Meta-Mood Scale-24), coping styles (the Questionnaire for Dealing with Stress) and satisfaction with nurses own learning (Satisfaction and Self-Confidence in up to date knowledge and skills)

Results: Emotional intelligence plays an important part in forming successful human relationships. It's important in establishing therapeutic nurse-patient relationships but carries the risk of 'burnout' if prolonged or intense. To prevent this, nurses need to adopt strategies to protect their health. The potential value of emotional intelligence in this emotional work is an issue that still needs to be explored.

Conclusions: Analysis of the literature suggests that the modern demands of nursing draw on the skills of emotional intelligence to meet the needs of direct patient care and co operative negotiations with the multidisciplinary team. EI can be further understood as the aptitude to combine emotion with intelligence, utilizing emotions as a means to support problem solving and other stress management. The significance of this needs to be recognized in nurse education. Nonetheless, emotional intelligence cannot be developed quickly enough through interpersonal skills training and therefore it is essential that nurse educators create assessment strategies that will identify emotional intelligence at recruitment.

Biography

Mohammad Shaban is currently working as clinical educator and head of education department in Health Point Hospital- Abu Dhabi. As clinical educator she believes that nurses must keep updated with knowledge and skills because of the evolution in nursing science and researches, every day is good chance to develop our knowledge and skills by maintaining education for nurses in many ways, from open discussion with nurses, direct observations for nurses skills and knowledge test, cover the nurses gap analysis with unit managers, establish educational plans with nursing administration.



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