

The Importance of Empathy in Nursing Essay

Empathy is a complex multi-dimensional principal consisting of suitable cognitive-emotive and behavioral components. The definition of empathy permits the understanding of not only another person's perspectives, values, and ideas but also the relevance that their position has for them and the feelings in question. According to Stein-Parbury, empathy is a term with the objective of emphasizing the comprehension and sharing of each other's way of thinking and know-how. In this case, the contents of the definition of empathy are associated with nurses as they often try to understand what a patient goes through with the objective of supporting them for a possible comprehensible outcome. Thus, some of the themes that often challenge me as a nurse are related to a patient based on his or her needs without any complaints. From the definition of empathy, it is apparent that the paper aims at enumerating the contents of empathy in nursing and its relevance when utilized by a nurse during the interaction with patients.

The introductory part has adequately defined the contents of empathy in nursing, which is an indication that this term is utilized in nursing to counter problems associated with the nurses' interaction with their patients. The concept of mastering communication in nursing is significant as it helps in understanding and solving the issues that surround nurses and patients in general. Empathy is essential to a nurse as it enables her to capture the patient's attention effectively by fostering trust and respect in her patient. The aspect of respect and attracting attention is often attained by a nurse as she can interact with patients and listen to them (Stein-Parbury 163-165). The outcome is that the parties involved understand each other because the nurse opts to hear the patient's story to fit in their feelings. As a result, a nurse can help the patient feel better based on the approach taken in sharing information.

Furthermore, compassion is significant as well since a nurse can inspire the patients to appreciate their health through understanding and guidance. By working with the patients, a nurse can help them become compliant, improve their adherence to nurses' requests, and fully follow the prescribed treatment plan. Fundamentally, a nurse's objective of assisting a patient to react is among the primary strategies that are attained through using the empathy in nursing. The contents of compassion and heart are often accomplished by nurses with the objective of assisting both patients and nurses in understanding each other. Consequently, a nurse can help the patient feel what he or she goes through as a patient (Stein-Parbury 12-17). Thus, empathy is an appropriate trait in nursing as it is meant to generate significant results for both patients and nurses.

Summing up, the paper entails that empathy in nursing is the capability to put oneself in another individual's place with the objective of understanding what he or she goes through. Being compassionate is significant since compassion is utilized in nursing to gain trust in patients. The outcome of understanding and experiencing what a patient goes through by a nurse is appropriate as it is aimed at generating significant results in health care. Some of the primary outcomes are to ensure that the patient follows the prescribed treatment plan because there is a nurse somewhere who understands the patient's feelings. Moreover, empathy assists a nurse in asking the right questions to evade misunderstandings that might

cause negative perceptions by a patient towards a nurse. Therefore, it is significant to utilize empathy in nursing as it brings positive results for the nurses and patients respectively.

Works Cited

Stein-Parbury, Jane. *Patient and Person: Interpersonal Skills in Nursing*. Chatswood: Churchill Livingstone Elsevier , 2009. Print. Source: <https://catalogue.nla.gov.au/Record/4533632>