

NR 351 Week 3 Discussion: Building Communication and Collaboration Skills (Graded)

Building self-awareness of our verbal and non-verbal communication allows us to grow in our communication skills. What resources do you use to improve your awareness of your communication skills in the professional setting?

Interprofessional collaboration to improve patient outcomes depends on our professional communication skills. What are the most effective communication skills that nurses bring to collaborative interactions? Why are those so important in your own practice?

Answer:

Excellent communication skills are essential to being a nurse. It is imperative to keep in mind the verbal and nonverbal cues and signals you are sending. Body language speaks so much louder than your words, one way to improve upon your body language is to assess yourself in front of a mirror check your posture and practice making eye contact, assess your facial expression (Ultimate Medical Academy, 2015). Poor posture can unknowingly indicate uncertainty, or