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## CORE COMPETENCIES REQUIRED IN NURSING EDUCATION

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### **ABSTRACT**

*Patient-centered care (PCC) has become a cornerstone of modern healthcare, placing patients at the heart of the decision-making process and emphasizing personalized, holistic care. Effective communication skills are essential for nurses to engage with patients and ensure the delivery of PCC. This article examines the role of communication skills in fostering patient-centered care in nursing education. Using a combination of literature review and case studies, this study explores the importance of teaching communication skills in nursing programs and their impact on patient outcomes. The results highlight that communication-focused training enhances nurse-patient relationships, leads to improved patient satisfaction, and better health outcomes.*

**Keywords:** *Patient-centered care, communication skills, nursing education, healthcare, patient outcomes, nurse-patient relationships.*

### **ANNOTATSIYA**

*Bemorga yo'naltirilgan yordam (PCC) zamonaviy sog'liqni saqlashning asosiga aylandi, bemorlarni qaror qabul qilish jarayonining markaziga joylashtirdi va shaxsiylashtirilgan, yaxlit parvarishni ta'kidlaydi. Samarali muloqot ko'nikmalari*

*hamshiralalar uchun bemorlar bilan muloqot qilish va PCC yetkazib berishni ta'minlash uchun zarurdir. Ushbu maqola hamshiralik ta'limida bemorga yo'naltirilgan yordamni rivojlantirishda muloqot qobiliyatlarining rolini o'rganadi. Adabiyotlarni ko'rib chiqish va amaliy tadqiqotlar kombinatsiyasidan foydalangan holda, ushbu tadqiqot hamshiralik dasturlarida muloqot ko'nikmalarini o'rgatishning ahamiyatini va ularning bemorning natijalariga ta'sirini o'rganadi. Natijalar shuni ko'rsatadiki, muloqotga yo'naltirilgan treninglar hamshira va bemor munosabatlarini yaxshilaydi, bemorning qoniqishini oshiradi va salomatlik natijalarini yaxshilaydi.*

**Kalit so'zlar:** *Bemorga yo'naltirilgan yordam, muloqot qobiliyatlari, hamshiralik ta'limi, sog'liqni saqlash, bemorning natijalari, hamshira va bemor munosabatlari.*

### **АННОТАЦИЯ**

*Уход, ориентированный на пациента (РСС), стал краеугольным камнем современного здравоохранения, помещая пациентов в центр процесса принятия решений и подчеркивая персонализированный, целостный уход. Эффективные навыки общения необходимы медсестрам для взаимодействия с пациентами и обеспечения предоставления РСС. В этой статье рассматривается роль навыков общения в содействии уходу, ориентированному на пациента, в сестринском образовании. Используя сочетание обзора литературы и тематических исследований, это исследование изучает важность обучения навыкам общения в программах сестринского ухода и их влияние на результаты лечения пациентов. Результаты подчеркивают, что обучение, ориентированное на общение, улучшает отношения медсестры и пациента, приводит к повышению удовлетворенности пациентов и лучшим результатам лечения.*

**Ключевые слова:** *уход, ориентированный на пациента, навыки общения, сестринское образование, здравоохранение, результаты лечения пациентов, отношения медсестры и пациента.*

## INTRODUCTION

Patient-centered care (PCC) emphasizes the importance of understanding and addressing individual patients' preferences, needs, and values in delivering healthcare. In the nursing profession, this approach fosters collaboration between nurses and patients to create a healthcare plan that is both efficient and respectful of the patient's wishes. Communication plays a crucial role in delivering PCC, as it enables nurses to engage with patients effectively, understand their concerns, and ensure they are active participants in their care.

Nursing education programs are tasked with equipping future nurses with not only clinical skills but also the interpersonal and communication skills needed to foster PCC. As healthcare becomes increasingly complex, the demand for nurses who can communicate effectively and provide personalized care has grown. This paper explores the integration of communication skills into nursing education and their impact on the quality of care provided.

## METHODOLOGY

The methodology for this study involved a literature review and qualitative analysis of case studies in nursing education. Several databases, including PubMed, CINAHL, and Google Scholar, were searched for peer-reviewed articles published between 2010 and 2023, focusing on communication skills and patient-centered care in nursing education. A total of 25 articles were selected based on their relevance to the topic. Additionally, case studies from nursing programs that have implemented PCC and communication training were analyzed to provide practical insights.

## RESULTS

The review and analysis revealed several key findings related to the teaching of communication skills in nursing education and their impact on PCC:

1. Improved Patient Outcomes: Studies indicate that nursing students who receive structured communication training are more capable of establishing trust and rapport with patients, leading to improved patient satisfaction, adherence to treatment plans, and better health outcomes.

2. **Increased Nurse Confidence:** Communication training builds confidence in nursing students, enabling them to handle complex conversations with patients, including those about sensitive topics such as terminal illness, palliative care, and mental health.

3. **Enhanced Critical Thinking:** Communication skills foster a deeper understanding of patient needs, helping nurses apply critical thinking when diagnosing and delivering care. Students trained in PCC communication are better equipped to assess patient concerns and address them in a holistic manner.

4. **Reduction in Medical Errors:** Effective communication between nurses and patients reduces misunderstandings, which can lead to medical errors. Nurses who actively listen to patients and clarify doubts ensure that care plans are correctly followed.

5. **Team Collaboration:** Strong communication skills also facilitate better teamwork within interdisciplinary healthcare teams, ensuring that the patient's preferences are communicated effectively across different healthcare providers.

## **ANALYSIS**

The integration of communication skills into nursing education is crucial in enhancing the overall quality of patient care. The review of existing literature underscores the direct correlation between communication competency and improved health outcomes. Training programs that emphasize listening, empathy, and patient engagement not only improve patient satisfaction but also reduce the likelihood of medical errors.

The analysis of case studies revealed that nursing schools which have adopted PCC-focused communication training see significant improvements in the clinical practice of their students. For example, simulation-based training, where students engage in role-playing with patients, allows for the development of real-time communication skills. These practical applications ensure that nursing students are prepared to handle complex patient interactions once they enter the workforce.

## DISCUSSION

The findings of this study emphasize the need for a more comprehensive approach to teaching communication skills in nursing education. The traditional focus on clinical competencies, while important, should be complemented by communication training that prepares nurses for the interpersonal aspects of patient care.

One of the key challenges in nursing education is finding a balance between technical training and the development of soft skills, such as communication. However, given the proven benefits of patient-centered communication, nursing programs must integrate these skills more fully into their curricula. For example, incorporating standardized patient interactions, simulation labs, and feedback from mentors can help students build the communication competencies necessary for PCC.

Moreover, communication skills should be treated as a continuous learning process rather than a one-time lesson. Nursing educators should encourage reflection and ongoing skill development throughout students' education and clinical practice. Given that healthcare environments are dynamic and patient needs vary widely, it is crucial that nurses adapt their communication approaches as they gain experience.

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