**Emotional Intelligence: Insights and Applications for Nursing**

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In the book, *Emotional Intelligence: For a Better Life, Success at Work, and Happier Relationships,* Brandon Goleman emphasizes the importance of emotional intelligence (EI) in both personal and professional contexts. As a nursing student in the rigorous University of Texas Arlington’s nursing program, the insights on self-regulation and empathy felt especially relevant. Goleman’s concepts of EI, particularly in handling stress and enhancing patient care, present invaluable strategies for those in healthcare. This review explores two impactful topics, corroborates the book’s ideas with nursing literature, and reflects on how these skills apply to nursing practice.

**Part I: Why I Choose the Book: Emotional Intelligence**

The choice to review *Emotional Intelligence* stems from its relevance to nursing, where effective communication and emotional stability are critical. In nursing, we often encounter emotionally charged situations that demand composure and understanding, qualities that EI can help develop. Goleman’s book offers a foundation for mastering these skills, aligning with my goal to become a competent and compassionate nurse.

**Part II: Topics of Interest**

**Self-Regulation**

Self-regulation, as described by Goleman, involves managing impulsive reactions and staying calm under pressure. For nursing students, the capacity for self-regulation is vital in high-stakes situations. Reflecting on a recent clinical rotation, I remember the stress of managing a patient’s care plan and unexpected complications. At that moment, self-regulation was crucial in controlling my stress, focusing on patient needs, and maintaining a professional demeanour.

According to Goleman, self-regulation can be nurtured through techniques like mindfulness and setting personal values (Goleman, 2019). In practice, this approach allowed me to handle patient care without projecting my stress. Additionally, Goleman’s suggestion to set long-term goals resonated, as the ambition to excel in nursing is a powerful motivator. His ideas confirm the value of self-regulation in nursing, where calmness and control not only affect patient care but also contribute to a healthier workplace environment.

**Empathy**

Empathy, another core aspect of EI, plays a fundamental role in patient-centered care. Goleman differentiates empathy from sympathy, emphasizing the former as understanding and sharing another’s feelings. Empathy has had a profound impact on my interactions with patients during rotations, allowing me to connect meaningfully with them and understand their experiences. For instance, I cared for a patient struggling with a terminal diagnosis who expressed feelings of loneliness and fear. By actively listening and validating his emotions, I noticed an improvement in his comfort and trust in my care.

Goleman discusses empathy as an integral EI component for managing relationships and understanding others’ emotions, a skill highly applicable to nursing (Goleman, 2019). His view aligns with research showing that empathetic nurses provide higher quality care and foster stronger patient relationships (Browning, 2020). Practicing empathy not only benefits patients but also strengthens the nurse’s ability to work effectively in diverse, emotionally charged environments.

**Part III: Corroboration/Contradiction**

Supporting Goleman’s perspective, a recent study in the *Nurse Leader* journal highlights that emotionally intelligent nurses can improve patient safety, team communication, and resilience in healthcare settings (Browning, 2020). This study corroborates Goleman’s argument by underscoring how EI’s benefits, particularly empathy and self-regulation, contribute to a supportive and effective nursing environment. This research reinforces the notion that EI skills are essential for patient care and nurse well-being, validating its importance in nursing education.

**Part IV: Practice Application**

Reading *Emotional Intelligence* has redefined my approach to nursing. The skills of self-regulation and empathy are not only theoretical concepts but essential tools in managing the demands of patient care and communication. For example, incorporating mindfulness practices before clinical rotations has helped me remain composed, positively impacting my interactions with patients. In addition, viewing empathy as a skill to develop, rather than a trait, has encouraged me to actively engage with patients’ emotional needs, promoting a holistic approach to care.

By applying Goleman’s techniques, I can foresee improved resilience and the ability to handle the emotional demands of nursing. This foundation in EI will enhance my interactions, helping me provide more compassionate, patient-centered care and contribute to a positive healthcare environment.

*Emotional Intelligence* by Brandon Goleman offers valuable insights into managing emotions and understanding others, skills that are essential in nursing. Goleman’s discussions on self-regulation and empathy are directly applicable to healthcare, where patient-centered care and emotional stability are paramount. By integrating these EI skills, nursing students and professionals alike can foster better patient outcomes and a healthier work environment. This book has not only impacted my perspective on patient care but also provided practical skills that will shape my future practice.

**References**

Browning, M. (2020). Emotional intelligence in nursing leadership: The importance of EI in healthcare settings. *Nurse Leader,* 18(1), 56-61.

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