Analysis on the Effective Ways of Strengthening the Cultivation of Communication Ability Between Nurses and Patients in Higher Vocational Nursing Education

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Abstract

Nowadays, under the condition of the lack of nursing staff, the state began to cultivate nursing students vigorously, and higher vocational nursing education has gradually become one of the most important majors in many full-time colleges and universities. The students who are trained in professional nursing, after several years of study, they will be gradually distributed to various regions, excellent students will even be sent to hospitals with better conditions and higher medical level. In fact, the nursing work is not as easy as people know. Nursing workers not only need to directly face different patients, but also need to have certain nursing technology and ability of adjusting to changing circumstances. Cultivating the nursing ability and ability of communicating well with patients of these students is the main purpose of higher vocational nursing education.

Key words: communication between nurses and patients; higher vocational nursing; cultivation of ability

1. INTRODUCTION

Higher vocational colleges are different from ordinary undergraduate schools, the different place is mainly that higher vocational college is ordinary higher vocational and technical college, its aim is to cultivate students' applied technical ability and practical operation level. However, in vocational and technical schools, nursing is a more popular professional. In simple terms, higher vocational nursing is a kind of higher technical college, which is related to nursing, and specially cultivate nurse talents.

At present, in our country, medical staff is still relatively scarce. The category of doctor can attract some students to pursue advanced studies, due to the category of nursing is relatively painstaking, the students of this part are less and less. Aiming at this situation, when giving a certain degree of preferential treatment to nursing students, relevant colleges also should strengthen the cultivation of ability to this part of students, strive to cultivate high quality talents to meet the needs of social development in the limited resources.

2. Communication Between Nurses and Patients is The Guarantee to Ensure the Smooth Progress of Medical Treatment

2. 1 Circumstances of Current Nurses and Patients Needs

With the evolution of the times, our living standard has been greatly improved, while our nation's education system and the medical level is also constantly developing and improving, meanwhile, more people aspire to a higher standard of living conditions, for example, they no longer content with children

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only learning in school, but actively send their children to remedial class or employ tutor. There is also a higher demand for medical treatment, a small number of people will employ private doctor, solve the difficult problem of seeking medical advice. From the current medical standards, patients pay more and more attention to nursing work, no longer confined to the exquisite nursing technology and operational skills, but also need nursing workers have good attitude of service and moral cultivation. The primary task of a Nursing worker is not the same as that of a doctor. Doctors mainly take healing the wounded and rescuing the dying as duty and responsibility, although nursing does not need to have superb medical skill, but it needs to have the skilled nursing ability, so as to help patients recover faster and better. At present more and more patients not only face physical pain, but also have spiritual torture, the day of falling ill in bed is very tough, if health care provider do not pay attention to this, may cause very deep psychic injury to patients. At this time, strengthening the quality education of nursing staff and improving communication skills, completely eradicating conflicts between doctors and patients, has become a major problem for nursing students to overcome.

2. 2 Lack of Communication Ability Between Nurses and Patients

In recent years, the level of national health care has been continuously improved and developed towards a good development trend, but there are still many problems in the communication between nurses and patients. For example, some young workers are domineering, makes the impression of patients to the hospital greatly reduced, this has adverse effects on the development of the hospital. And in terms of the current employment situation, many senior vocational schools, even ordinary universities, all have formed the problem of obtaining employment is difficult for graduates, this requires the graduates to have a certain level of professional ability, in addition, they also need to have the appropriate oral communication ability. In addition to the written examination, many employment units also set up the segment of interview, to choose their favorite talent. Related higher vocational nursing schools still slightly lacking of cultivation on this aspect for students. On the one hand, because the number of students is many, hardware and software facilities of some schools are not perfect, schools have no way to cultivate students' communication ability one by one, this is one reason of the constrained condition; On the other hand, students lack of understanding to the importance of communication, many young students have a consciousness of can't put the face down, don't want to communicate with experienced professional nursing staff and learn from them, their conversations with patients are few and few, therefore, lack of the awareness of painstaking research by themselves, improving communication ability. In recent years, disputes between doctor and patient constantly appear, the reason is not just the improvement of medical level, the area of contacting with people becomes wide, many patients have their own psychological problems; More reason is the lack of communication between medical staff and patients, many patients who go to hospital for medical treatment, on the one hand, they have to worry about the problem of registration, on the other hand, they also have to endure impatient staff, in such an environment, let patients have a smile is unlikely, this makes some simple problems become complicated, derive more troublesome problems.

2. 3 Difficulties in Communication Between Nurses and Patients

In addition to the above two reasons, part of the reason is the teacher's negligence. First, school leaders and teachers do not understand the importance of communication between nurses and patients. Because most people pay more and more attention to their own health, the number of patients in various hospitals gradually increased, without relatively perfect processing mechanism, hospitals could easily cause some problems, in addition, some hospital leaders have bad habits of receiving red envelopes to open the back
door or intending to make patients to spend more money, this makes more and more patients misunderstand the hospital, disputes between doctors and patients, quarrels between nurses and patients, and other problems is often seen. However, if the school think that this is the problem of hospital management, it is completely mistaken. Sometimes, good communication can make things easier. So how to communicate? This requires schools to strengthen educational strength in this aspect. Before employment, nursing students can establish a consciousness of communication with patients, can care patients, are really responsible for the profession of nursing.

Second, in the process of teaching, there are many problems of emphasizing ideas and despising practice. In fact, talk about stratagems on paper is one of the problems faced by many colleges and universities, fresh graduates are difficult to choose job by themselves, this has great relevance with such teaching system. At present, most higher vocational nursing colleges all have opened the practice teaching of contact patients, but in fact, under the constraints of the facilities, students are rarely able to directly contact patients, teachers is also not able to really achieve teaching by precept and example, in the process of grope, students inevitably can't get what they want, coupled with the complicated work and examination in internship process, the students are too busy, ignore this segment will more difficult to improve their ability in this aspect.

Third, lacking of language skills training. If the students can do as their wishes to contact the patients, then the time of communication is also very scarce, because in this process, students put more energy on the knack of nursing work, rarely communicate with patients. In some hospitals, doctors will allow students to contact patients, but this part of the students pay little attention to the patient's inner feelings, make some patients' attitude is relatively cold when see the trainee.

Fourth, students do not have enough understanding on the importance of communication. Because under the premise of the new century, many students are all the only child, and loved by their families at home, in the process of communicating with others, they can't lay down their face, can't throw off their airs, can't talk with people sincerely. In addition, with the rapid development of society, more and more students pay more attention to the purpose and value of things, may feel "not willing to do things beyond the scope of work", that's because they don't fully realize that communicating with patients to understand their psychological state and inner aspirations is also a very important part of nursing work.

To sum up, a good medical staff should not only have excellent nursing skills, but also need to have good communication skills, so as to ensure the formation of a good communication between nurses and patients in the healing process. But at present, for the cultivation of this ability, higher vocational nursing colleges need to improve.

3. How to Cultivate Communication Between Nurses and Patients
3. 1 The Aspect of School

Teachers and school leaders should pay attention to the situation of employment, try to grasp some requirements of current medical conditions to nursing staff, then train the students better, ensure that fewer problems arise after employment. Society is changing, only see clearly the situation, when conducting professional training on students, teachers can keep up with the pace of the times, cultivate talents who can meet the demand of current market. In addition, the school responsible person also should change the traditional and rigid educational concept and educational mode, set up the course of communication between nurses and patients, also need to set up a number of competitions about ability of communication,
students simulate and practice communication between nurses and patients, cultivate the consciousness of communication of nursing staff start from the basics.

3. 2 The Aspect of Students

Students should establish the consciousness of communication between nurses and patients by themselves, in practice teaching, students should try their best to train and practice, maintain a high degree of learning enthusiasm and patient communication attitude. In the process of nursing practice, students should pay attention to the combination of theory and practice, and the fusion of nursing ability and communication ability, listen to the patient's inner feelings patiently, promote the smooth progress of medical work, help patients better achieve a state of recovery, as nursing staff, they should be able to correctly handle the relationship with patients, this is particularly important.

3. 3 The Aspect of Teachers

Teachers should "set an example", take teaching as the primary coverage, and take training as supplement. Teachers should attract students' attention in class, let them have the interest of learning basic nursing knowledge, make them from passive learning into active learning. In class, the students are free to group, group members learn from each other, communicate freely, after the course, one person in each group turns to report their learning situation, this not only increases the chance for students to help each other, but also give them a platform to express themselves, this is also very helpful for the future communication between nurses and patients. In order to say goodbye to the state of high scores and low abilities of students, teachers should also allow each student to complete their own nursing work by themselves in practice class. The teacher should guarantee the teaching of one to one, make the students know the importance of communication between doctors and patients, cultivate students' consciousness of autonomous communication, enable students achieve "I want to say" and happy to say.

4. Internship Period is an Important Period of Cultivating the Ability of Communication Between Nurses and Patients

Nursing profession attaches great importance to practical ability, therefore, the clinical manifestation of trainee of nursing specialty during the internship period is especially critical for them. During the internship period, the ability of "deal with patient's condition urgently", becomes a key point of assessment, many trainees break their brains for this. This "clinical practice pressure" has become an important fuse, which can promote students to improve their own practical ability, stimulate the body in a state of tension and excitement to a certain extent, and then can promote students to learn. The ability of nursing students has been greatly improved suddenly, to be honest, this cannot be divorced from the pressure of clinical practice.

Internship represents students’ finally learning career, once the internship period is over, students will face the problem of obtaining employment immediately, no matter what profession of ordinary university, all attach great importance to the practice situation of students, and the practice of student led by the school generally more stringent, students need to follow the relevant professionals to observe and learn, or assist them in completing related work, the students who performed well during the internship, can also get some opportunities of actual work. After the internship period, higher vocational nursing students can better understand their own strengths and weaknesses by self-evaluation, work department evaluation and other ways, some internship experience will have a very profound impact on them. Some students find their goals in life through internship experience, stride towards the goal; However, because the pressure during
internship period is too great and other reasons, some students arise psychological shadows, even arise the problem of evading employment.

Relevant medical units that help nursing students successfully complete the internship, also need to help students grow better. When teachers talk about nursing points, it is best to pay attention to the cultivation of nursing students' language ability, tell students not only to be careful in the nursing process, but also need to treat patients sincerely and genially, the movement is softly, can listen to the heartfelt wishes of the patient, patiently enlighten them. In this way, students will be able to learn how to communicate well with patients in the practice process. In addition, internship units should arrange student's internship time reasonably, don't give their own work to the students, let the nursing students in the internship period have more time to study and reflect on themselves, encourage them to deal with the problem seriously, enable them to successfully complete the transition of the role from student to nursing workers.

5. Conclusion
Generally speaking, the ability of communication between nurses and patients is very important for nursing students, and it can also play a very important role in their future employment, including the students, they cannot ignore the cultivation of this ability. The cultivation of the ability of communication between nurses and patients not only depends on the students' autonomous learning ability, but also need teachers to give them some learning methods and guiding ideas, so as to ensure that in the future work, nursing students in the face of different patients can cope with all kinds of situations easily and positively, relieve physical and mental discomfort of patients, ease doctor-patient relationship, improve medical services, and make medical environment become better and better.

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Reference