



# CLINICAL NURSING SKILLS: A LITERATURE REVIEW

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## Abstract

The abilities, which may be related to specialized medical knowledge or expert equipment usage, could be challenging. Additionally, they can be soft, which relates to managing chores and interacting with patients, doctors, and other people. In the clinical skills lab, students do the physical examination and record the patient's history, sharpening their clinical clerking skills and improving their capacity to rationally evaluate diagnoses.

**Keywords:** Clinical Nursing, Skills

## INTRODUCTION

The "knowledge, attitudes, and skills" that make up the basis of medical education can be learned through a variety of methods, including lectures, bedside instruction, demonstrations, video presentations, and role-playing. This programme is regarded as a crucial addition to other components of the undergraduate medical curriculum. An excellent medical practitioner is created through intensive clinical skills training at the start of a medical career. Clinical skills are acquired through executing various procedures under the direction of physicians or by setting up a number of cases and then repeating the same technique while being watched. Different medical schools throughout the world have their own clinical skills labs where undergraduate students receive training as part of their MBBS curriculum, enhancing their knowledge and comprehension for the future.



### **Clinical skill:**

Any activity carried out by a nursing student that includes direct patient care and has a measurably positive influence on clinical outcomes is referred to as clinical skills.

### **Clinical nursing skills?**

Clinical nurse skills are abilities that enable you to work in hospitals or clinics and give medical attention to patients. The skills can be hard, which can relate to specialized knowledge of health care or proficient use of equipment. They can also be soft, which can relate to interactions with patients and physicians and the management of tasks. Prospective employers may prefer candidates who have a combination of soft and hard skills that qualify them for clinical nursing roles.

### **Clinical skills during lab session**

An integrated component of the undergraduate curriculum might combine conventional bedside instruction with clinical skills lab sessions. Students undertake the physical examination and take the patient's history in the clinical skills lab, honing their clinical clerking abilities and enhancing their ability to interpret diagnoses logically. Since the clinical skills session makes use of manikins, simulators, simulated patients, and case studies, it helps the student develop the necessary concepts and perform more effectively on their own in a healthcare setting in any clinical scenario that should result in an early and accurate diagnosis and patient management.



**Five clinical competencies:**

One technique to remember to comprehend the patient's condition and illness experience is by using the FIFE approach.

**F** = FEELINGS - Concerning the sickness, particularly anxieties.

**I** = IDEAS, including cause-and-effect explanations.

**F** = FUNCTIONING, which measures how the illness affects day-to-day living.

**E** = EXPECTATIONS -- of the medical professional, the interaction, and the sickness.

**Advanced clinical skills:**

The ability to manage clinical care in collaboration with patients, families, and carers is embodied in advanced clinical practice. In order to enable creative solutions to improve results and people's experiences, it also involves the analysis and synthesis of complicated issues in a variety of situations.

**Communication**

- To build trust with their patients and work cooperatively with other members of medical teams, clinical nurses engage in effective communication practices.
- Nurses meet with patients when they arrive at the hospital for treatment to explain the meaning of the symptoms and the processes of medical treatments in a language the patients can comprehend.
- The nurses may inquire about the patient's medical and family history through interpersonal dialogue.
- As the healing process gets underway, they could also give patients' family and themselves words of encouragement. Clinical nurses frequently discuss symptoms they've seen in patients with doctors to aid in diagnosis.

**Critical thinking**

- Clinical nurses can choose the most effective way to deliver medical care by using critical thinking.
- When a patient explains why they are seeking medical attention, the nurse can think about the different sorts of symptoms and where they are coming from to decide on a course of action that will make the patient feel better.

- Nurses frequently keep a close eye on their patients, and critical thinking enables them to assess how well the patients have healed. They may be able to find a successful treatment strategy using their findings.
- For instance, a nurse may suggest a change posture if a patient is uncomfortable in a hospital bed and wants to alleviate discomfort and stabilise heart rate.

### **Preventing infection**

- An illustration of a technical competence for clinical nurses is infection control. It entails keeping a space tidy for medical team members to work in and for patients to get care. For instance, nurses are aware of the importance of routine hand washing to stop the transmission of germs within the hospital or clinic.
- To further safeguard patients and themselves from potential infections, medical professionals may wear gloves when handling medical equipment and dispose of materials correctly. With this ability, nurses can avoid sample contamination and effectively clean frequently handled objects and surfaces, such as stethoscopes and blood pressure monitors.

### **Medication administration**

Medication management is a further technical competence that clinical nurses use. The nurse may deliver medicine to a patient to aid with symptoms; this needs knowledge of the optimum amount and frequency. Additionally, clinical nurses are skilled in using medical equipment including clamps, sterile spikes, and valves to give fluids to patients in order to control pain.

### **How to Raise Clinical Nursing Competence**

The actions listed below show you how to improve your clinical nursing abilities:

- **Locate a mentor:** Your mentor, who may have substantial expertise in the healthcare industry, may assist you in determining your best traits and your room for growth. Asking a previous professor or boss to serve as your mentor will allow them to provide comments on your job performance and monitor your professional development.
- **Further your education:** In the areas that are crucial to your function as a clinical nurse, training opportunities can provide step-by-step instructions. You may receive training, for instance, on how to use a monitor to check a patient's blood pressure and how to interpret the findings to determine the patient's level of physical wellbeing.
- **Try to find chances for practise:** Your confidence in employing your talents, such as utilising medical equipment and considering patient symptoms, may increase as you put them through more

practise. Look for methods to put your mentor's advice into practise and push yourself to grow as a professional.

### Clinical nursing skills in the workplace

- **Develop a relationship with the patients and their family:** When you initially meet a patient, try to establish a rapport so that it will be simpler to ask about their medical history and get information about their symptoms or treatments. For instance, you can project a kind, upbeat attitude that helps them feel more at ease and gives them more reason to feel confident in entrusting you with their care.
- **Establish a routine:** As a clinical nurse, you can practice infection control by being diligent when you sterilize your work environment. For instance, you can aim to wash your hands after interacting with each patient and use new gloves every time you use medical instruments.
- **Create a list:** You may be in charge of keeping an eye on patients to see if they've improved over time. Consider making a list of warning indicators to watch out for to make it simpler for you to evaluate the patient's development.

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