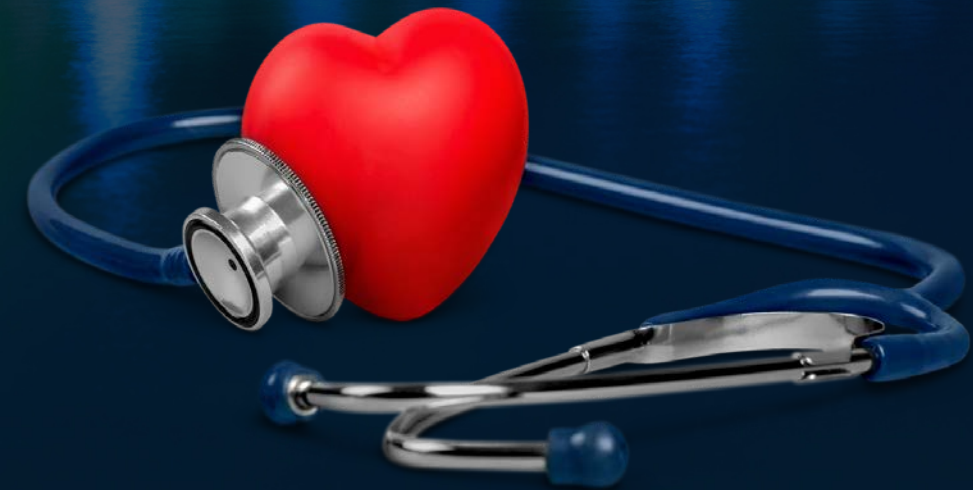




# Faculty of Nursing

## The Concept of Active Listening in Nursing: News Related to Exercise and Practice Lesson 2







News Anchor



News Paper



Field Reporter

# *The Concept of Active Listening in Nursing:*



## **News Related-Exercise and Practice**





## Learning Outcomes

Explain what active listening means in a nursing context.

Identify and describe the key components of active listening

Analyse a news audio segment to practice active listening techniques and reflect on how these skills can enhance patient care.





## Unlocking Difficulties

empathy

- ❖ ability to *understand* and share the feelings of another person.
- ❖ *In nursing, empathy is crucial for responding appropriately to patients' emotions.*



## Unlocking Difficulties

### Paraphrasing

- ❖ *restating* what someone has said in your own words to confirm understanding.
- ❖ *In nursing, this is a common active listening strategy nurses use to show they are truly listening.*



## Unlocking Difficulties

### Clarification

- ❖ *asking questions* or requesting more information to ensure accurate understanding.
- ❖ *In nursing, nurses often clarify information to avoid errors in patient care.*



## Unlocking Difficulties

### Non-verbal cues

- ❖ communication through *body language, facial expressions, and tone of voice.*
- ❖ *In nursing, understanding non-verbal cues helps nurses interpret how patients truly feel.*





## Unlocking Difficulties

### Feedback

- ❖ a *listener's response* that confirms understanding or asks for more information.
- ❖ *In nursing, giving feedback during conversations helps nurses build trust with patients.*

## **Recall and Reflect**





## Active Listening



- ❖ Active listening means *fully focusing* on what the other person is saying and showing that you understand.
- ❖ Active Listening helps nurses *connect* with patients from the heart with passion and promotes better care.
- ❖ Active Listening is the process of *fully concentrating* on what is being said rather than just passively 'hearing' the message."



## Why is active listening in nursing important?



- ❖ **Reduces mistakes** and improves patient care
- ❖ **Building trust** between nurses and patients
- ❖ **Helps** nurses understand patient needs better

## How to practice active listening?

- ❖ Give **your focus** to the speaker with free from any distractions.
- ❖ Use **body language** such as nodding and making eye contact.
- ❖ Repeat what the patient says to show understanding.
- ❖ Ask **questions** to clarify



## Video Credit:

This video, "Bad Listening Skills", is produced and published by Pamela Palmersheim. © Pamela Palmersheim, [insert year if known]. This material is being used strictly for educational purposes only, intended solely for the academic learning of my university students through our Learning Management System (LMS). Available at:

<https://www.youtube.com/watch?v=DGH-E2E2xUI>





## Observable things from the video presented



- ❖ Interrupting the Speaker
- ❖ Appearing Distracted
- ❖ Lack of Eye Contact
- ❖ Not Acknowledging the Speaker's Emotions or Message
- ❖ Apologizing Repeatedly Without Changing Behavior



# What do you think are barriers to actively practicing Active listening in nursing?

- ❖ Noise or distractions
- ❖ Feeling stressed or busy
- ❖ Making quick judgments about the speaker







## **A healthy diet, a healthier world (WHO)**

Video Credit:

This video, "A Healthy Diet, A Healthier World", is produced and published by the World Health Organization (WHO). © World Health Organization, 2021. Used for educational purposes only. Available at:

<https://www.youtube.com/watch?v=XMcab1MFaLc>



## What is the health news about?



- ❖ The problem of undernutrition and obesity coexisting.
- ❖ Impact of unhealthy foods (high in sugars, salt, and unhealthy fats).
- ❖ Importance of nutrition for long-term health.
- ❖ The role of individuals, industries, and governments.

# News-related exercise and Practice. How does it relate to active listening in nursing?



## ❖ Simulates Real-Life Scenarios

- ☐ News stories often involve real events, crises, or health situations.
- ☐ Listening to and analyzing these helps nursing students practice focusing on essential details, just like when receiving patient information.



# News-related exercise and Practice. How does it relate to active listening in nursing?



## ❖ Improves Focus and Comprehension

- ❑ Nurses must listen carefully for symptoms, emotions, and instructions.
- ❑ News-based exercises require focused listening to extract key points, enhancing attention and comprehension skills.



## News-related exercise and Practice. How does it relate to active listening in nursing?



### ❖ Enhances Empathy and Critical Thinking

- ☐ Many news stories involve people's struggles, emotions, or public health concerns.
- ☐ This helps students connect emotionally and think critically, skills essential for empathetic nursing care

# News-related exercise and Practice. How does it relate to active listening in nursing?



## ❖ Builds Vocabulary and Medical Awareness

- ❑ Health-related news introduces relevant terms and current issues, helping students expand their medical vocabulary and stay informed, crucial for understanding patients and colleagues.



# News-related exercise and Practice. How does it relate to active listening in nursing?



## ❖ Encourages Reflective Listening Practice

- ❑ Through summaries, paraphrasing, and discussion of news clips, students practice reflecting on what they've heard, key elements of active listening used in patient-nurse interactions.



## *Activity\_01*

**What are the four significant information shared from the news report?**



The problem of undernutrition and obesity coexisting.



## *Activity\_02*

**How does diet  
affect health,  
according to  
the report?**





## *Activity\_03*

**How can  
nurses apply  
this  
information in  
patient  
education?**





## SUMMARY

- ❖ Active listening is a key skill in nursing.
- ❖ It helps nurses understand and support patients better.
- ❖ News-related exercises improve focus, empathy, and communication.



## Assessment Quiz



### Directions:

- ❖ From your LMS dashboard, please do your reflective assessment Quiz.
- ❖ Write your answer with all honesty
- ❖ Your answers reflect how you understood the concept.





*To listen well is as powerful a means of  
communication and influence as to talk  
well*

-John Marshall, Surgeon and Educator-

<https://youtu.be/3ExMxzklJIY>

**Thank you**