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REVISTA IBERO-AMERICANA DE SALUD Y ENVEJECIMIENTO

EDITORIAL

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DOI: http://dx.doi.org/10.60468/r.riase.2024.10(02).698.3-5

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VOL. 10 NO. 2 AUGUST 2024

In recent years, I have had the opportunity to deepen my knowledge of the dynamics of interpersonal relationships and the impact of workplace bullying. This research has not only broadened my understanding of the challenges we face as nursing professionals but has also led me to reflect on how these relationships can influence the quality of care provided. Each interaction, whether with a colleague, a patient, or a family member, carries a transformative potential that is fundamental to our practice.

Workplace bullying is a reality that many nursing professionals encounter and witness daily. This issue affects not only the mental and emotional health of nurses but also the quality of care provided to others. When interpersonal relationships are marked by tension, disrespect, or mistrust, it becomes difficult to maintain focus on the well-being of those who need our care. Anxiety, stress, and burnout resulting from a hostile environment not only impair a nurse's ability to provide adequate care but can also lead to errors that compromise patient safety.

That's why it's essential to create a work environment that promotes respect and empathy, not only among nurses but also toward patients and their families. When we feel respected and valued in our workplace, we are more willing to extend that same consideration to others.

Active listening, respect for differences, and empathy are tools that allow us to build bridges between healthcare professionals and patients. It is crucial that we promote healthy and constructive relationships that enable us to work together harmoniously and efficiently. Collaboration between multidisciplinary teams is essential to creating a holistic approach to care.

Investing in training that addresses communication, empathy, and conflict resolution can be an effective way of strengthening interpersonal relationships in our profession. Respect for others must be a priority, and this means creating a space where everyone feels safe to express their concerns and opinions. As healthcare professionals, we are agents of change and have a responsibility to cultivate a work environment that not only minimizes harassment but also promotes a climate of collaboration and mutual support. Clear and assertive communication is crucial to preventing misunderstandings and promoting more effective teamwork.

As we advance in our practice, it's essential to remember that we are all part of a team united by the common purpose of caring for others. By strengthening our interpersonal relationships, we not only improve the work environment but also elevate the quality of the care we provide. Nursing is both an art and a science, and it is in human relationships that we find the true essence of this profession. The interactions we establish with others often make the difference between an impersonal care experience and one that is genuinely human and compassionate.

Therefore, I invite all colleagues to reflect on the role each of us plays in building healthy interpersonal relationships. Let's work together to foster an environment of respect and dignity, where everyone feels valued. In doing so, we will not only be caring for each other but also ensuring that our patients receive the compassionate and excellent care they deserve. Change starts with us, and every small gesture of respect and empathy can have a profound impact on the lives of those around us.

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