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## **Mentoring in Nursing: Research & Applications in Clinical Settings - Essay Sample Essay**

### **Introduction**

**Find a recent RESEARCH article from a scholarly source on the concept of mentoring. Provide a summary and indicate how the research applies to the clinical setting in which you work.**

Mentoring is a process an individual with experience leads another person in the analysis and development of their own opinions. Communication is important in nursing to build a positive relationship. Leading and managing is crucial in nursing practice for developing and engaging constructive behaviors to influence patient care and organizational results in the ICU. Leaders in healthcare can manage their activities effectively by making effective decisions and creating change. Management links self-knowledge to constructive aspects of authority that is integral for professional practice, and it helps in developing strengths to apply organizational strategies in enhancing collaboration and care delivery in complex clinical settings (Yoder-Wise, 2019). Improving decision making through enlarging the view of the patient to involve organizational outcomes and social networks is essential for ICU effective delivery.

Simulation training and leadership improve team functioning to promote proper care delivery and result in improvements. Through management, in the ICU environment, people can perform their tasks effectively, and managers can position their employees in ICU to work well in healthcare. Through a pull system, it helps ICU managers to provide appropriate care for the critically ill and build relationships with other members of the staff. Team members require constant mentoring to deliver sustainable change and improvement in work practices.

***Identify a source of stress you experience and how you typically manage it. Do some introspection and decide if the method of stress management you utilize is effective or not.***

In the ICU, stress issues are many. In determining the life and death issues of patients, it causes stress and anxiety. Some patients tend to ask for nurses to let them die instead of staying for long in the ICU. Some family members always agree to this when they do not have enough finances to cover medical bills. Determining between death and life issues is challenging and causes stress in the long term. In managing this stress, meditation always assists. Meditation is important among various techniques as it helps to reverse stress responses. The heart and breathing rate slow down, and one feels relaxed. It normalizes the blood pressure and helps one to use oxygen sufficiently. Meditation is undertaken in under ten minutes, and it helps in reducing stress levels and anxiety. It enhances cardiovascular health and provides significant capacity for relaxation. It promotes self-awareness and lengthens the attention span. Meditation is useful in utilizing stress management as it helps to fight problems and addictions. It assists a person to have kindness and lower the age-related memory loss. Meditation allows one to focus on the present situation by forgetting the past (Buell, 2017). Through stress response, it enables one to survive medical threats and be strong in overcoming situations. It allows the body to increase the neurotransmitters of well-being and helps

# Mentoring Nursing Students Essay

**Tao Wei**



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## Adopting the Melody of Appearance: An Emotional Symphony within **Mentoring Nursing Students Essay**

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