

3rd International Nursing Conference

November 7-9, 2018 Tokyo, Japan

Emotional Intelligence: Key Factor to an Effective Nursing Leadership

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What makes a good nursing leader? Education, intelligence, smartness or just ambition? There have been many studies about the characteristics of a great leader and one that catches my attention is the “Emotional Intelligence” which is very much applicable to nursing leaders because of the nature of their work environment. It is important to nurses especially in leadership role how they control and manage their emotions. Extensive researches revealed that, emotional competence has been found to matter twice as much as intelligence quotient and technical skill combined in producing superior managerial job performance. Also, nursing literature shows widespread support for Emotional Intelligence as central to nursing practice.

A range of databases in several subject areas were searched to identify documents discussing EI and nursing care. This study draws on published literature to inform a critical discussion of the subject. Initial searches employed several databases, including Medline, Cinahl and Psych Info, using the term ‘emotional intelligence’. Reference lists from identified papers were also hand-searched to identify any further literature which had not been identified in the initial searches. The searches were repeated at two points (July 2015 and July 2016) to ensure any newly published studies had been included.

Nursing leaders should be able to convey to their subordinates how to regulate their own emotions for the sake of their patients. They should create a supportive and positive work environment and help nurses to alleviate their stress in managing their own and others emotions at the same time. Having these qualities, nursing leaders can be very effective in their role to manage, supervise, advocate, guide and motivate their staff in performing their job in providing safe and quality care to their patients.

Biography:

Dr. Maria Dolores B. Mangubat is a licensed Registered Nurse and Clinical Nurse Specialist in NY State, and an Associate Professor at St. Joseph's College in NY City. She received her Doctor of Education degree from Columbia University, NY and has garnered prestigious awards including a Biomedical Informatics Fellowship from NIH's National Library of Medicine and a Scholarship Grant from the British Council on Genetic Counseling. She recently published an article on Emotional Intelligence in Nursing2017, July edition, and made several presentations on the topic, both local and international. She maintains certifications as Clinical Nurse Specialist-Adult Gerontology from ANCC, and CCRN from AACN.