



THE CORRECTIONAL NURSE

Inspiring

Professional Correctional Nursing Practice

July 2022

I recently observed a Nursing Sick Call encounter and when it was completed, I asked the nurse a few questions about the patient's complaint and discussed her use of the nursing protocols and the patient education she provided. I noted that she did an excellent job using therapeutic communication with the patient, and it was clear, as a result, that the patient left the encounter feeling heard. She shared that she did not know the term "therapeutic communication," but that was the way she interacted with all her patients.

Therapeutic communication is defined as the face-to-face process of interaction that focuses on advancing the physical and emotional well-being of a patient. Nurses use therapeutic communication techniques to ascertain patient problems, determine the correct course of action, and provide patient education and patient support, while maintaining objectivity and professional distance. This is especially important in our clinical setting. I must admit that when I went to school, I remember the term being used in conjunction with mental health nursing, but clearly it is important in all areas of nursing practice.

There are a variety of techniques that may be used to engage in therapeutic communication with a patient, including the use of open-ended questions; acknowledgment and acceptance; using silence; asking for clarification; active listening; reflecting and summarizing. Not all techniques will be used in every encounter, but mastery and appropriate use of these will allow the correctional nurse to demonstrate professional nursing practice and caring for their patients.

I will not get into the nitty gritty of each skill here because I decided to write a blog post about the skills of therapeutic communication. It will be posted this month. What I will say is therapeutic communication is an important skill for correctional nurses and practicing the techniques does improve expertise. If you are using it already – great, continue to practice and hone your skill. If you are not, pick one or two techniques and use them in all your interactions where appropriate until you become proficient, then chose another to incorporate into your repertoire of therapeutic communication skills. Before you know it, you will be a master of all!

A clinical reminder as we enter the summer season, our patients taking some medications, especially psychotropics, beta blockers, antihistamines, diuretics and calcium channel blockers, are at significant risk for heat-related illness during these high temperature days. Be sure you know [the signs and symptoms of heat exhaustion and heat stroke](#), and what to do when you encounter a patient exhibiting those signs.

Newsworthy Notes

The [American Correctional Nurses Association](#) will be holding its member meeting in August. They are also getting ready to accept nominations for the Board of Directors upcoming election. Check out the website for more details.

[NCCHC](#) will hold its Correctional Mental Health Care Conference August 1st and 2nd in Denver, CO. It will also hold its Fall Conference in Las Vegas from October 22nd - 26th.

The [American Correctional Association](#) will hold its 152nd Congress August 4-7 in New Orleans, LA.

Remember that you can find our past Newsletters on the CorrectionalNurse.Net website in the Newsletter Archive.

Thanks for all you do, and Be Safe!!

CorrectionalNurse.Net

This month at [CorrectionalNurse.Net](#) our discussion will include the elderly population in corrections, headache and therapeutic communication.

As always, announcements for new blog posts will be posted on our FaceBook pages and on Instagram.

Please [FOLLOW US](#) and check back often to ensure that you get notification of new posts!

VISIT CORRECTIONALNURSE.NET NOW

Correctional Nurse Educator

Our 50% off featured class this month at [The Correctional Nurse Educator](#) is **Common Mental Health Disorders for the Correctional Nurse**. I hope that you enjoy it!

Remember that The Correctional Nurse will work with your group to provide accredited continuing education classes at a discounted and affordable cost.

VISIT THE CORRECTIONAL NURSE EDUCATOR NOW

Nursing Behind the Wall

This month at [Nursing Behind the Wall](#), you will meet Ms. Bradley, who has lightheadedness.

VISIT NURSING BEHIND THE WALL NOW

In closing, I appreciate you taking the time to read this newsletter, and I hope that you will find our sites interesting and educational. Our profession of Correctional Nursing is unique and sometimes challenging, but always very important to our patients. The impact we make is far-reaching, even if it is not always evident as we care for our patients. I have ALWAYS been proud to say that I am a Correctional Nurse – I hope that you are as well!

Lori

Inspiration

WITH THE REALIZATION
OF ONE'S OWN
POTENTIAL,
AND SELF-CONFIDENCE
IN ONE'S ABILITY,
ONE CAN BUILD A
BETTER WORLD.
-DALAI LAMA

THE CORRECTIONAL NURSE LLC

CorrectionalNurse.Net

Palm Beach Gardens
FL 33418 United States

[f](#) [f](#) [f](#) [p](#) [@](#)

CONTACT US

You received this email because you signed up on CorrectionalNurse.Net, Nursing Behind the Wall or The Correctional Nurse Educator. If you no longer wish to receive our emails, you may [UNSUBSCRIBE](#) below.

[Unsubscribe](#)