

# Psychiatrist, Geriatric Psychiatry and Counseling Psychology

December 08-09, 2016 San Antonio, USA

## The role of Emotional Intelligence in health care

Souma Sachdeva<sup>1</sup>, Rohit Kapoor<sup>2</sup> and Sarthak Sachdeva<sup>3</sup><sup>1</sup>Vardhman Mahavir Medical College and Safdarjang Hospital, New Delhi, India<sup>2</sup>Saint John Providence Hospital, Detroit, Michigan, USA<sup>3</sup>Maulana Azad Medical College, New Delhi

**I**ntroduction-Successful patient care requires a range of inter and intra personal capabilities. Being a caring physician requires not just academic skills but also the capability to develop trusting physician patient relationships and the ability to foster positive patient experiences. The earliest physician to recognize the concept of social or multiple intelligences was Dr. Howard Gardner, professor of education at Harvard University. He proposed 10 different kinds of intelligence and ridiculed the idea of intelligence being a single entity. Aims and Objectives and Methodology- To present a review on different theories of emotional intelligence, the incorporation of personality traits in assessing emotional intelligence and the methods to incorporate it into our daily life. A PubMed search was carried out to look for success rates of applicability of emotional intelligence for healthcare professionals. Discussion and Conclusion - Emotional Intelligence is defined as the ability to monitor one's own and other's feelings, to discriminate among them and to use this information to guide one's thinking and actions'. There are three major views of EI as proposed by Mayer et al (2008), Bar-On (2000) and Goleman (1995). An understanding of the relevance of emotional intelligence is very useful to each and every physician for improving the effectiveness of patient care and patient compliance.

## Biography

Soumya Sachdeva has completed her MBBS (Bachelors of Medicine and Surgery) at the age of 24 years from Vardhman Mahavir Medical College and Safdarjang Hospital, New Delhi, India. She is an ECFMG Certified physician. She is very passionate about medical research and has 7 publications in PubMed and 2 others in peer reviewed journals.

soumyasachd@gmail.com

## Notes: