

Effective communication is essential for successful teamwork and the safe delivery of patient care. To enhance communication in teams, professionals should be explicit in their requests, utilize both verbal and nonverbal cues, ensure clarity in roles and actions, and foster an environment where they can speak up assertively while respecting others' views. Tools like SBAR (Situation, Background, Assessment, Recommendation) can support clear and assertive communication, guiding professionals to share relevant information efficiently. There are different forms, including written, verbal, and nonverbal communication, with face-to-face interactions being the most effective for expressing concerns and resolving conflicts. Human factors science reveals that memory limitations, stress, fatigue, and distractions can lead to mistakes even among experienced providers. Clear communication methods help to establish a well-understood plan of care, thereby reducing errors and patient harm. Challenges to effective communication often arise from internal (personal barriers such as language and culture) and external barriers (like noise and distractions).