



Unity Airways: Chris Watson (B)
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Overview of Watson's Caring Theories

Jean Watson believes that as a nurse we should promote and restore health as well as prevent illnesses. Each patient is a unique case and should be treated and cared for as such, including their body, mind, soul in a holistic healing place. This caring process can be demonstrated through the ten carative factors.

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Watson's **nursing** goals were to promote health, restore health, and prevent illness from reoccurring.

Caring

Jean Watson defines caring as "the ethical and moral idea of nursing that has interpersonal and humanistic qualities. It is a complex concept involving development of a range of knowledge and expertise encompassing holism, empathy, communication, clinical competence, technical proficiency, and interpersonal skills."



Environment

Extremely important in healing a person's mental, physical, social, emotional, spiritual, developmental, and protective supporting environment for a patient's health and well being.



Person

A person is unique and not predictable. They have certain needs that need to be valued, cared for, respected, nurtured, understood and assisted.

"We are not human beings having a spiritual experience. We are spiritual beings having a human experience."
~Jean Watson

Health

Defined as the unity and harmony within the body, mind and soul. It associates with the congruence between how we perceive ourselves and what we experience.

Watson views health and illness functioning simultaneously as a way to stabilize and balance ones life.



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Transpersonal

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is concerned with the inner life world and what we believe the meaning of another person is. It recognizes the power of love, faith, compassion, caring, consciousness and the access to deeper/higher energy source.

GOD is extremely important to healing !



Transpersonal Caring

This involves a human to human connectedness. The nurse and the patient are touched by the soul of the other.

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Transpersonal Caring-Healing

Involves a person to move beyond the ego self in order for the spiritual and cosmic concern and connections to help reach the healing possibilities and potentials.

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***Before Using the Carative
Factors... Keep in MIND what one
NEEDS to Care***

- Be aware and knowledgeable about one's need for care
- Have an intention to act by basing those actions on one's knowledge
- Positive changes due to caring judged on the basis of welfare of others
- Be genuine and sincere

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10 Carative Factors

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These are the nursing interventions that helps the patient attain/maintain health or at least dies a peaceful death

Formation of a Humanistic-Altruistic System of Values

The nurse has to treat a person without judgement. They attain these values at a young age by their parents. This portrays the selfless act of caring for others.

Example: Two patients came into the ER; one was a victim and the other was the guilty party. Both would need to receive the exact same treatment.

Cultivation of Sensitivity to Self and to Others

The nurse must have a sensitivity to the patient's individuality and to the needs of the patient. This is a key to the nurse's ability to provide care that is tailored to the patient's needs.

Instillation of Faith and Hope

The nurse uses the nursing intervention often science has nothing else to offer, but this will provide the patient with a sense of well-being.

Example: The nurse has a patient that is undergoing cancer. The patient is starting to give up, but the nurse reassures the patient that he/she still has hope in their recovery.

Development of a Helping Trust Relationship

The nurse has to communicate with the patient. Trust is the most important part of the relationship in nursing. Communication can be verbal, nonverbal or written.

Example: The patient is complaining of pain but nothing is being done. The nurse has to be assertive in asking the provider to do something about the pain.

Promotion and Acceptance of the Expression of Positive and Negative Feelings

The nurse has to support the patient's positive and negative feelings, emotions, and state of well being.

Example: The patient is extremely emotional. The nurse responds by calming the patient down by asking questions to stabilize their sense of well being.

Promotion of Interpersonal Teaching Learning

The nurse teaches that the nursing and teaching process are essential to the patient's growth. The nurse is a learner in order to be a teacher.

Example: The nurse has a patient that has a learning disability. The nurse has to be patient and teach the patient about the disease and the effects of the disease in order to ensure that the patient can have the best possible outcome.

Allowance for Existential-Phenomenological Forces

The nurse has to allow a patient's beliefs and values to influence the nursing process. The nurse is a learner in order to be a teacher.

Example: The patient wants to die. The nurse has to be patient and teach the patient about the disease and the effects of the disease in order to ensure that the patient can have the best possible outcome.

Carative Factors to Clinical Caritas Processes

All 10 carative factors perceived accurately will lead to a healthy relationship between the nurse and patient to the goal of promoting health, restoring health and preventing illness. This will help the patient to attain or maintain health or die a peaceful death.

Systematic Use of the Scientific Problem Solving Method for Decision Making

Based on the nurses knowledge of past experiences with similar scenarios and their current patients unique situation, the nurse can develop a plan carefully by structuring and tailoring the patients needs.

Example: Upon a patient losing their leg, a prosthetic leg is administered as well as utilizing therapy to fulfill the patients needs.

Assistance with Gratification of Human Needs

The nurse assists the patient in fulfilling their needs and desires. The nurse is a learner in order to be a teacher.

Example: A patient with a chronic illness is unable to perform activities of daily living. The nurse assists the patient in fulfilling their needs and desires.

Provision for Supportive, Protective and Corrective Mental, Physical, Sociocultural and Spiritual Environment

The nurse has to protect the patient's mental and physical environment by making the patient feel relaxed, comfortable and safe. In order for this to happen, the environment will sometimes be manipulated.

Example: A patient likes to be alone to be alone when she is changed. The nurse allows the patient to be alone when she is changed to provide the patient with privacy, safety and comfort.