

# A Pragmatic View of Jean Watson's Caring Theory

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## Goals

Provide an overview of Dr. Jean Watson's caring theory to the nursing community.  
Facilitate the understanding of her work allowing nurses to readily apply this knowledge within their practice.

## Objectives

1. Describe the general aspects of Watson's caring theory.
2. Describe how Watson's caring theory can be applied to clinical practice.
3. Describe the person through Watson's caring lens.
4. Describe the person's health through Watson's caring lens.
5. Describe nursing through Watson's caring lens.

## Abstract

As most health care systems around the world are undergoing major administrative restructuring, we expose ourselves to the risk of dehumanizing patient care. If we are to consider caring as the core of nursing, nurses will have to make a conscious effort to preserve human caring within their clinical, administrative, educational, and/or research practice. Caring must not be allowed to simply wither away from our heritage.

To help preserve this heritage, caring theories such as those from Jean Watson, Madeleine Leininger, Simone Roach, and Anne Boykin are vital. Through this continuing education paper we will learn the essential elements of Watson's caring theory and explore an example of a clinical application of her work.

*Key Words:* Watson's caring theory, clinical Caritas processes, transpersonal caring relationships, caring occasion, clinical application of Watson's theory

## Introduction

The changes in the health care delivery systems around the world have intensified nurses' responsibilities and workloads. Nurses must now deal with patients' increased acuity and complexity in regard to their health care situation. Despite such hardships, nurses must find ways to preserve their caring practice and Jean Watson's caring theory can be seen as indispensable to this goal. Through this pragmatic continuing education paper, we will explore the essential elements of Watson's caring theory and, in a clinical application, illustrate how it can be applied in a practice setting.

Promoting and applying these caring values in our practice is not only essential to our own health, as nurses, but its significance is also fundamentally tributary to finding meaning in our work.

For a more comprehensive, philosophical, or conceptual perspective pertaining to Watson's Caring Theory, the readers can refer to the original work (Watson, 1979, 1988a, 1988b, 1989, 1990a, 1990b, 1990c, 1990d, 1994, 1997a, 1997b, 1999, 2000, 2001, 2002a, 2002b, 2002c; Watson & Smith, 2002d), as well other sources, such as McGraw (2002).

## Overview of Watson's Caring Theory

First, we begin with an introduction of Dr. Jean Watson. Dr. Watson is an American nursing scholar born in West Virginia and now living in Boulder, Colorado since 1962. From the University of Colorado, she earned her undergraduate degree in nursing and psychology, her master's degree in psychiatric-mental health nursing, and continued to earn her Ph.D. in educational psychology and counseling. She is currently a Distinguished Professor of Nursing and the Marchinson-Scoville Chair in Caring Science at the University of Colorado, School of Nursing and is the founder of the Center for Human Caring in Colorado. Dr. Watson is a Fellow in the American Academy of Nursing and has received several national and international honors, and honorary doctoral degrees. She has published numerous works describing her philosophy and theory of human caring, which are studied by nurses in various parts of the world. The following is a summary of the fundamentals of the caring theory.

According to Watson (2001), the major elements of her theory are (a) the carative factors, (b) the transpersonal caring relationship, and (c) the caring occasion/caring moment. These elements are described below, and will be exemplified in the clinical application that follows. Additionally,

Being informed by Watson's caring theory allows us to return to our deep professional roots and values; it represents the archetype of an ideal nurse. Caring endorses our professional identity within a context where humanistic values are constantly questioned and challenged (Daquette & Cara, 2000). Upholding these caring values in our daily practice helps transcend the nurse from a state where nursing is perceived as "just a job," to that of a gratifying profession. Upholding Watson's caring theory not only allows the nurse to practice the art of caring, to provide compassion to ease patients' and families' suffering, and to promote their healing and dignity but it can also contribute to expand the nurse's own actualization. In fact, Watson is one of the few nursing theorists who consider not only the cared-for but also the caregiver.

# A Pragmatic View Of Jean Watson S Caring Theory

**Joyce J. Fitzpatrick, Geraldine McCarthy**

## **A Pragmatic View Of Jean Watson S Caring Theory:**

Nurses Are from Heaven Christina Feist-Heilmeyer, 2008-09 This book carries a message of hope and life to nurses in a troubled and challenging profession It is the power boost every nurse needs today Readers experience the real reason behind the nurse s behavior Caring Why and how do we care Do we care enough How can we keep on caring Where is the Source of Caring Readers embark on this exciting journey through the life of the nurse her joys sorrows achievements and crosses They visit the nurse s mysterious dimension of faith They laugh and cry and become inspired and refreshed Some will be inspired to study Nursing others will try to be better nurses while yet others will decide to stay in Nursing even longer There is something for everyone a taste of what really matters in Nursing Caring Christina Feist Heilmeyer RN has spent thirty years in the healthcare world specializing in geriatric obstetrical and medical surgical Nursing She holds a Master of Science Degree in Nursing and has two honorable discharges from military service as a Commissioned Officer in the Indian Health Service and the United States Air Force She has worked in Nursing from sea to shining sea spanning from Alaska to the East Coast to Mexico and the Caribbean witnessing dramatic events throughout her work and travels She now translates her career experiences into learning experiences for her students as a faculty member at the College of Southern Maryland Nursing Department and the Staff Development Coordinator at St Mary s Nursing Center She has recently been called to serve in a new capacity as an author sharing her compelling thoughts in the writings contained within the covers of this book

**Theories Guiding Nursing Research and Practice** Joyce J. Fitzpatrick, Geraldine McCarthy, 2014-06-06 This book has its origins in courses taught by the editors and their collaborators for doctoral students It therefore addresses the need to focus on how theories can be applied in the real world of clinical practice and the research based on it Introductory and concluding sections make the case for the importance of theoretical frameworks when developing practice and research settings Eighteen chapters cover individual theoretical approaches While some such as the theory of human caring and transformational leadership theory will be familiar to many readers in the UK others cover new territory SCORE 4 5 stars John Adams honorary research associate Faculty of Nursing and Midwifery Royal College of Surgeons in Ireland Nursing Standard This is the first book to clearly and fully demonstrate the process of using theory to guide nursing research and professional practice It describes a step by step format for evaluating nursing theory s applicability to research a format that links theory both middle range and grand theory to research on a wide range of clinical populations and care delivery systems The book describes how theory analysis models are used to examine various nursing phenomena as they relate to nursing research and professional practice and provides key examples of how this is accomplished The book takes the reader through the process of using a theory to guide research from inception of a research question to evaluation of future research International experts in theory related nursing research describe twelve theories that have previously been applied to research and practice and six theories that can be applied to future research and practice Using a consistent analytic

framework each chapter applies a specific theory from either nursing psychology sociology or management to a particular clinical population or care delivery issue These encompass clinical administrative and educational nursing settings The consistent format facilitates ease of comparison across different theories Generous use of figures and tables further demonstrates the complex relationships between and among concepts embedded in the theories Key Features Demonstrates a systematic format for evaluating middle range and grand nursing theory s applicability to research Links theory to clinical practice at patient population and care delivery levels Provides a useful template for students of nursing disciplinary knowledge development Presents the scholarship of international researchers of theory related nursing Includes theories from nursing psychology sociology and management

**Nursing Diagnosis Handbook - E-Book** Betty J. Ackley,Gail B. Ladwig,2010-02-18 Use this convenient resource to formulate nursing diagnoses and create individualized care plans Updated with the most recent NANDA I approved nursing diagnoses Nursing Diagnosis Handbook An Evidence Based Guide to Planning Care 9th Edition shows you how to build customized care plans using a three step process assess diagnose and plan care It includes suggested nursing diagnoses for over 1 300 client symptoms medical and psychiatric diagnoses diagnostic procedures surgical interventions and clinical states Authors Elizabeth Ackley and Gail Ladwig use Nursing Outcomes Classification NOC and Nursing Interventions Classification NIC information to guide you in creating care plans that include desired outcomes interventions patient teaching and evidence based rationales Promotes evidence based interventions and rationales by including recent or classic research that supports the use of each intervention Unique Provides care plans for every NANDA I approved nursing diagnosis Includes step by step instructions on how to use the Guide to Nursing Diagnoses and Guide to Planning Care sections to create a unique individualized plan of care Includes pediatric geriatric multicultural and home care interventions as necessary for plans of care Includes examples of and suggested NIC interventions and NOC outcomes in each care plan Allows quick access to specific symptoms and nursing diagnoses with alphabetical thumb tabs Unique Includes a Care Plan Constructor on the companion Evolve website for hands on practice in creating customized plans of care Includes the new 2009 2011 NANDA I approved nursing diagnoses including 21 new and 8 revised diagnoses Illustrates the Problem Etiology Symptom format with an easy to follow colored coded box to help you in formulating diagnostic statements Explains the difference between the three types of nursing diagnoses Expands information explaining the difference between actual and potential problems in performing an assessment Adds detailed information on the multidisciplinary and collaborative aspect of nursing and how it affects care planning Shows how care planning is used in everyday nursing practice to provide effective nursing care

**Fast Facts About the Nursing Profession** Deborah Dolan Hunt,2017-05-28 Captures the essence of pivotal events and individuals in nursing history Replete with concise and easy to read information this resource captures the essence of pivotal events and individuals in nursing history who have driven the evolution of the nursing role from that of a handmaiden to a key health professional It

distills important historical information often neglected in today's nursing programs that fosters an understanding and appreciation of the issues that inform nursing practice today. Content is presented in an easy access format consisting of short summaries and Fast Facts in a Nutshell that identify key points throughout each chapter. An introductory chapter featuring an interview with a prominent nursing historian adds breadth and color to this review of nursing through the ages. Incorporating a global perspective each chapter highlights significant events during a particular era as they affected the status of the nursing profession and the nursing role. Beginning with the pre Nightingale period the book addresses the role of the nurse before the advent of formal training programs. It continues with the contributions of Florence Nightingale the early 1900s and new developments in nursing including public health nursing and the impact of both world wars. The bulk of the book comprises an in depth account of the tremendous growth and professional development in nursing during the past 100 years addressing nursing theories and leaders education research professional organizations and the future of nursing.

**Key Features:** Provides important historical content often neglected in today's nursing programs. Delivers concise easy to read information about important events and influential nursing luminaries. Describes how nurses have influenced health and wellness across the life span. Highlights key points with Fast Facts in a Nutshell boxes. Includes an interview with the president of the American Association for the History of Nursing a chapter on the relevance of nursing history by a noted nurse historian and a chapter on influential nurses in our history by a noted nursing leader and educator.

Transitioning From LPN/LVN to BSN Nancy Duphily, 2014-04-10. This book addresses competence in leadership and management critical thinking cultural intelligence information technology and professional writing as well as legal and ethical concerns. It focuses on the role of the RN within an inter professional team describes the experience of returning to an academic setting and the challenges of and strategies for accomplishing a successful role transition. Numerous reflective exercises case vignettes and online case studies reinforce the content. The Lamp Programs that address the transition from practical vocational nursing to Baccalaureate nursing were virtually nonexistent two years ago today there are 155 such programs a number that continues to increase. This is the first text to address the specific educational needs of students transitioning from LPN LVN to BSN and professional practice. Comprehensive and user friendly the text covers every aspect of role transition in the LPN LVN to BSN course. It is based on the recommendations of the Institute of Medicine's Future of Nursing and the BSN in 10 initiative. The book provides an overview of professional practice at the BSN level and examines the core role and skill competencies required for the Baccalaureate prepared nurse. The text addresses competence in leadership and management critical thinking cultural intelligence information technology and professional writing as well as legal and ethical concerns. It focuses on the role of the RN within an interdisciplinary team describes the experience of returning to an academic setting and the challenges of and strategies for accomplishing a successful role transition. Numerous reflective exercises case vignettes and online case studies reinforce content. Important practice concepts like QSEN and the Essentials of Baccalaureate Education.

for Professional Nursing Practice are woven throughout the text A robust ancillary package includes PowerPoints online quizzes reflective questions and case studies Key Features Comprises the first text to address the specific needs of rapidly growing LPN LVN to BSN programs Covers every aspect of role transition and defines the higher level skills required for BSNs Based on recommendations of the Institute of Medicine s Future of Nursing and the BSN in 10 initiative Designed for use in classroom online and hybrid courses Incorporates reflective exercises case studies PowerPoints and online quizzes to reinforce content

**Nursing Diagnosis Handbook** Betty J. Ackley,Gail B. Ladwig,2008 A reference to help nursing students and practising nurses select a nursing diagnosis and write plans of care with ease and confidence The book provides care plans for every NANDA diagnosis and provides a quick access index of appropriate nursing diagnoses for over 1200 clinical entities

**Contemporary Leadership Behavior** Eleanor C. Hein,M. Jean Nicholson,1994 The practice of leadership is the practice of every professional nurse The fourth edition of this text continues to focus on enhancing and using leadership behaviors in the practice setting The book contains black and white illustrations

**Caring Science, Mindful Practice** Kathleen Sitzman,Jean Watson,2018 This seminal work based on the philosophy of Watson s Human Caring Theory is designed to help students and practitioners of nursing to simplify Watson s complex teachings and integrate them into everyday practice The revised second edition includes an abundance of new micro practice examples for each of the 10 Caritas Processes practical exemplars from Dr Sitzman s research enabling readers to cultivate Caritas and mindfulness on a daily basis and new case studies demonstrating how others have implemented Human Caring Science into everyday life and work Drawing on the contemplative and mindfulness teachings of Thich Nhat Hanh the text offers an engaging entry into Human Caring Theory for newcomers and deepens understanding for current practitioners Clear and simple content supports foundational learning and promotes direct experience related to Watson s work The book features guided mindfulness activities and artistic practices for each of the 10 Caritas Processes plus case studies and guided procedures to facilitate learning and internalizing the method The text also serves as the foundational text for the WCSI online course that provides step by step instructions on how to integrate and ground the philosophy and abstracts of Human Caring Theory into practice Provided by publisher

**The Philosopher's Index** ,2009 Vols for 1969 include a section of abstracts

*Arts & Humanities Citation Index* ,1994

**Caring Science as Sacred Science** Jean Watson,2021-06-12 In this continuing work I have allowed myself to incorporate personal material for my own caring healing processes So in some ways writing about caring and sacred science may not be tolerated in academic circles and scholarly work but if there was ever a time to converge personal and professional authentic ethical efforts for living being doing becoming scholarly spirit filled and scientific it is NOW Jean Watson Written by the leading expert in Caring Science Dr Jean Watson this updated newly revised text offers a moral and philosophical foundation for all health professionals This moral ethical framework offers the reader a way to work and view life through a caring and healing lens The author discusses a new paradigm for mind body spirit

nursing medicine and healthcare You will gain core knowledge of caring as it relates to both education and the practice of compassionate professional human caring and healing This new edition includes Watson s most recent writings on the Seven Sacred Sutras as well as her 10 Caritas Processes R a foundational values based guide in which to base your life and work

**Current Index to Journals in Education** ,1994 Caring: A Passage to Heart Jean Watson,Marie Clayton,2020-10-11 This keepsake book contains a collection of lived out stories written by care givers revealing a personal or professional truth exemplars of the Watson 10 Caritas Processes R which is the core of the Theory of Human Caring I hope the caring moments described in this book will inspire and encourage readers as they travel their own unique caring paths Kathleen Sitzman PhD RN CNE ANEF FAAN These stories cross and transcend cultures roles professions borders and boundaries in locations around the world The Caritas stories and shared experiences unite us in our humanity across time and space congruent with an online virtual world of today whereby space connects rather than separates Jean Watson PhD RN AHN BC FAAN LL AAN The collection in this book originated from participants taking a free online course entitled Caring Science Mindful Practice facilitated by Kathleen Sitzman In 2015 when I offered the first Caring Science Mindful Practice Massive Open Online Course MOOC I didn t know if anyone would come or if anyone would want to share Caritas moments from their own experiences in a public forum Through the process of teaching this course I have learned that people in nursing allied health and beyond experience support companionship fulfillment validation encouragement and inspiration through sharing their own unique Caritas moments and reading those of others within this global caring community that continues to grow each time the course is offered I hope the caring moments described in this book will inspire and encourage readers as they travel their own unique caring paths Kathleen Sitzman PhD RN CNE ANEF FAAN Distinguished Watson Caring Science Scholar Professor East Carolina University College of Nursing Find out more at [www.watsoncaringscience.org](http://www.watsoncaringscience.org) **Watson's Caring Theory and Instrument Development** ... Margaret H. Stanfield,1991 **Caritas Coaching** Sara Horton- Deutsch,Jan Anderson,2018-03-15 Historically nurses have been the source of heart and healing in the healthcare system But today s care providers have little opportunity to make sense of their own experiences md let alone be fully present for others Nurses and other care providers are often ill prepared for the heavy toll of their day to day workload and find themselves at a crossroads accept things the way they are or search for a different way Through stories of caring moments transpersonal journeys and ongoing evolution Caritas Coaching provides nurses and other caregivers a deep intimate look at how to integrate Caring Science into their practice Caring Science offers a scientific and philosophical context to explore describe and research human healing ultimately providing a path for bringing care back into healthcare By integrating Caring Science into their practice nurses can balance information and technology with the human side of healthcare **Healing Through Communication** Carol Leppanen Montgomery,1993-05-05 Advancing caring as an intrinsic part of nursing the author of this volume offers a theory of caring that is grounded in both clinical practice and existing theory Author Carol Leppanen

Montgomery describes the qualities and behavioral manifestations the caregiver needs to communicate caring and the unique qualities of the health care system that shape the communication of caring She then lauds transformative effects of caring while admitting the emotional risks caregivers undertake Finally a model is presented that describes the support necessary to sustain this level of communication and to help caregivers cope with the emotional demands of caring Demonstrating the depth and complexity of caring communication Healing Through Communication is a valuable resource for caregivers in all the helping disciplines especially nursing allied health and social work This is an exceptional piece of writing I thoroughly enjoyed reading it and heartily recommend it Is a book on this topic needed Absolutely Too often we make assumptions about the nature of caring how it is learned expressed or enhanced The placement of caring within a framework of relational communications is an extremely helpful way to visualize teach and support this phenomenon The strengths of this text are many but briefly I most appreciate the conceptual focus and placing of caring as a tangible describable communications phenomenon the comprehensive treatment of the subject and the many detailed exemplars of caring from a variety of caregiver roles and settings Mary Aukerman Ph D R N Director of Nursing Education and Research Shadyside Hospital Pittsburgh Pennsylvania Healing Through Communication takes the concept of practice to a deeper level of understanding experiencing and living The unique focus of this work is the way Dr Montgomery places the caring healing relationship as central to nursing education and practice Jean Watson Ph D R N F A A N University of Colorado Health Sciences Center This fine qualitative research report presents information about an essential topic of interest to educators academicians and clinicians working in the helping professions The information presented would also be useful in assisting lay or volunteer helpers work with persons in need The book is an important work and adds significantly to the knowledge of caring I believe that this is a benchmark effort Sylvia A McSkimming Ph D R N Associate Director of Nursing Research and Education St Vincent Hospital Medical Center Portland Oregon **Caring Science, Mindful Practice, Second Edition** Kathleen Sitzman (PhD, RN, CNE, ANEF.),2018 *A Theory of Caring* Jean Watson,1997 *They Shall Not Hurt* Rodney Leon Taylor,Jean Watson,1989 **Development of the Caring Behaviors Assessment Based on Watson's Theory of Caring** Barbara Peterson Harrison,1988

## Decoding **A Pragmatic View Of Jean Watson S Caring Theory**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**A Pragmatic View Of Jean Watson S Caring Theory**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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### **A Pragmatic View Of Jean Watson S Caring Theory Introduction**

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