The Concept of Caring

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I have neither given nor received help on this work, nor am I aware of any infraction of the Honor Code.

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#  Nursing is unlike any other profession. There are many factors that contribute into becoming not only a successful nurse, but also a benevolent and devoted nurse. Such qualities include, but are not limited to respect, empathy, compassion, patience, self-awareness, precision, adaptability, and hard-working. Throughout this paper I will discuss a nursing theory in which I identify with and how I see my future career as a nurse in relation to the theory I chose.

**Who I Identify With**

# While all nursing theories are important in the profession of nursing, there is one theorist that particularly stands out to me. With that being said, I have chosen Jean Watson as the theorist of who I identity most with my belief of nursing. Dr. Watson’s theory is known as the Theory of Human Caring which will be later discussed. For now, I believe caring is one of the most important qualities a nurse can hold. It is in fact a caring profession. I am fortunate enough to have already had experience in the health care field in which I have witnessed firsthand the impact that the quality of caring has had on patients. Those experiences have aided me to form my own belief of nursing and what it means to me to be a nurse.

**Jean Watson’s Theory of Human Caring**

The Theory of Human Caring is considered an ethical foundation for professional nursing (Watson, 2019). It is described as “the caring among nurse, environment, and client,” which is “essential to healing” (Cherry & Jacob, 2017, p.85). It is composed of three major categories including ontological, anthropological, and ethical. To elaborate, ontological is the “caring as a manifestation of being in the world,” anthropological is the “meaning of being a caring person,” and ethical is “the obligative nature of caring” (Smith & Watson, 2002, para.8). The foundation of this theory includes transpersonal caring which is the caring between the individual, others, the community, the world, planet earth, and the universe (Watson, 2019). It also includes ten caritas factors. Those being sustaining humanistic-altruistic values, being authentically present, being sensitive to self and others, developing positive relationships, allowing one to open up, problem solving, teaching, creating a healing environment, healing with basic needs, and allowing existential-phenomenological forces (Watson, 2019). When nurses use the ten caritas, the patient will experience balance thus encouraging them to heal. Essentially, this theory is all about caring and being there for the patient in personal, physical, mental, and spiritual ways (Watson, 2019).

**My Future Career**

As a future nurse, I know this theory will come in use every day. I hope to work in the hospital setting as a cardiac nurse practitioner. As this type of nurse, I will be expected to do

rounds, ordering, performing, supervising and interpreting laboratory and imaging studies along with performing histories and physicals, diagnosing, prescribing, medication, performing procedures and making appropriate referrals…patient and family education and counseling for health promotion, disease prevention and disease management along with discharge planning (Madgic et al., 2016, para.9).

Although, an advanced practice nurse differs from a registered nurse in terms of what they are allowed to do, both still have the same common foundation. It is through this theory that I plan to build my foundation off of. When I first walk into a patient’s room I will always introduce myself. I will ask open ended questions allowing my patients the opportunity to share their thoughts. I will be attentive. I will show empathy. I will teach them and have them teach me back. I will be present to their needs and wishes. I will be caring. Rather than being in and out of the room in a matter of minutes, I will take the time to build a trusting and positive relationship. This will allow them to feel as if they are a part of their care and at ease thus allowing them to heal. As a future cardiac nurse practitioner, I will have a lot of my plate. I will be bouncing back and forth between patients. Having this theory as the center of my care, I will be able to focus on important aspects that will not only help my patient, but also help myself. Caring goes both ways. In order me to care for others, I need to care for myself. Some even more specific ways I can utilize this theory in practice is taking the time to explain a procedure or medication I ordered and why to the patient. This will allow the patient to directly ask me questions further building a trusting and positive relationship. I see myself as the nurse that will sit down with my patient, hold their hand, and have a trusting and honest conversation with them. I say that not only because I hope to become that nurse one day, but also because I have done that as a certified nursing assistant. I noticed how it made a difference in the patient’s demeaner and mine as well.

**Conclusion**

 I believe nursing is so much more than what it seems on the outside. Nursing is a caring profession. It is something that we will always need. People need others. Through implementing Dr. Watson’s Theory of Human Caring in my future nursing practice with the patient, the environment, and myself, I know my patients will feel safe, listened to, and cared for. These patients are already at their worst. If I, as a future nurse can do the things that seem like they do not even need to be said, then my patient will feel better whether that be mentally, physically, or any other way. Again, everybody needs someone in their life to care for them whether that be listening, supporting, or even just grabbing them a glass of water when they just had hip surgery and cannot walk. I am excited for my future and to see how I can implement Jean Watson’s Theory of Human Caring in to my everyday practice.

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