

### **Week 3 Discussion: Reflection on Careful Nursing**

With Responses

Catherine McAuley's philosophy of careful nursing was applicable in pre-Nightingale times and is still applicable today. Select one of the 10 key concepts of careful nursing. Reflect on how that concept might have been applied in McAuley's time and how it is applied in your professional nursing practice today.

#### **Answer**

For this week's discussion I have chosen to look at Catherine McAuley's concept of contagious calm. While during the time of McAuley it was believed that one should not only provide physical care, but the patient would also need emotional care as well. McAuley believed that the nurse should speak in a soft, calm manner and provide extra care so not to cause any undue embarrassment or extra stress that could delay healing. They possibly also providing some spiritual care as well during this time. (Meehan, 2003) Today nurses strive to provide a calm, healing environment even when the severity of the patient increases. As nurses today we still believe for us place our patients in the best place to heal it is to focus on not only the physical needs of the patient but the emotional/mental health needs as well in a compassionate manner.

#### Reference

T Meehan TC. Careful nursing: a model for contemporary nursing practice. *J Adv Nurs*. 2003 Oct;44(1):99-107. doi: 10.1046/j.1365-2648.2003.02772.x. PMID: 12956674.