

Conceptual Model on Jean Watson's Theory of Caring

NRS 430V Professional Dynamics

Grand Canyon University

Jean Watson's Theory of Caring – Overview of Key Points

- ❖ Carative Factors
 - ❖ Treating each patient as a whole person – mind, body, and spirit
 - ❖ Showing respect to each patient as a person beyond their illness
 - ❖ Acceptance of both positive and negative feelings
- ❖ Transpersonal Caring Relationship
 - ❖ transpersonal caring relationships moves beyond ego self and comes from the spirit
 - ❖ By being in the moment, one seeks to connect with the other's spirit through the process of genuine care
- ❖ Caring Moment/Caring Occasion
 - ❖ A moment in time in which a nurse and patient connect with each of their life histories and impact each other in a deep and meaningful way
 - ❖ This transcends time and space and creates a healing environment for both parties

Incorporating the 4 Metaparadigm Concepts

- ❖ Watson defines three of the four metaparadigm concepts in nursing including person or human being, health, and nursing.
- ❖ Human being is defined as “A person of value to be cared for, understood, nurtured and respected.”
- ❖
- ❖ Health is defined as “Unity and harmony of mind, body and soul associated with congruence between perceived and experienced self.”

Continued...

- ❖ Nursing is defined as “A science of persons and health-illness experience that are mediated by professional, personal, scientific, and ethical care interactions.”
- ❖ The last metaparadigm concept, which is environment, contrived ten nursing needs particular curative variables basic to the nursing human experience that should be tended to by medical caretakers with their patients when in a nursing part.

Categorization of nursing models and theories

❖ Evolutionary models and theories:

Emphasize processes of development, evolution and growth, identify existing and potential problems of evolution, outline interventions stimulating evolution and growth of individuals and environment.).

❖ Models and theories of systems:

Emphasize examining of systems, their elements and relations in time and environment, identify existing and potential problems preventing systems from functioning, outline interventions meant to maximize effective functioning of systems.

Categorization of nursing models and theories (Cont.)

❖ Interactive models and theories

Emphasize social processes and human relations, identify existing and potential problems in social relations, outline interventions supporting the process of socialization. The models and theories understand human beings as creatures defining and classifying situations and behaving accordingly, social life gives one a language, a self-conception and brings gradual development of ability to accept roles and other skills.

❖ Models and theories of needs

Concentrate on assessing patients/clients from the viewpoint of hierarchy of needs and of nurses' function.

❖ Models and theories of results

Concentrate on results of nursing care and their evaluation; nurses decide to fulfill needs and evaluate results in nursing process.

❖ Humanistic models and theories

Are based on the principles of humanism, on respect to human rights and rights of patients; characteristic features: empathy, compassion, respect, acceptance of autonomy and freedom of human beings.

❖ Models and theories of energy fields

Are based on the concept of energy applied to the context of individuals in a certain environment. Models based on the character of nursing practice in relation to patients/clients.

❖ Models of intervention

Emphasize nursing interventions (professional decisions and interventions of nurses), patients/clients are objects of nursing, nurses are in control of care and work with selected variables of individuals or with environment to achieve.

❖ Models and theories of substitution

Concentrate on substitution of lost or inactive abilities of patients/clients, behavior depends on a patient's/client's decision (on his/her will and control).

❖ Models and theories of conservation

Concentrate on sustaining positive aspects of a patient's/client's situation which are threatened by illness or by existing or potential problems; behavior depends on a nurse's decisions, nurses secure conservation of existing abilities of a patient/client

❖ Models and theories of support

Concentrate on assisting ill individuals to cope with health damage, nursing interventions focus on supporting patients/clients and on creating psychological and physiological mechanisms of coping with the situation.

❖ Models and theories of strengthening

Concentrate on improving quality of life of patients/clients by strengthening everything which is weakened by illness.

Using the model to improve practice

- ❖ Caring for others, and providing the most compassionate care. Seeing your patient as more than a patient, to allow yourself to go above and beyond to meet their health needs.
- ❖ Be a resource of knowledge and wellness to patients and families. Build rapport with the patient and family to promote a support group system and improving the healing process.
- ❖ Have confidence in your knowledge, skills and education. Allow yourself, the nurse, to take time for yourself, to relax. Allowing yourself to refocus on what is most important.

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