

# PHILOSOPHY & SCIENCE OF CARING IN PRACTICE

- ▶ Used to counteract barriers such as short hospital stays, increased acuity, and the impersonal factor of technology
- ▶ Relationship-based care developed from Watson's theory and provides nurses with the ability to model caring in their day-to-day nursing practice
- ▶ Urges all nurses to sign a proclamation dedicated to "creating world peace with caring, love and compassion" (Watson Caring Science Institute, n.d.)

Photo: (Watson Caring Science Institute, n.d.)



(Tomey & Alligood, 2006)

(Watson Caring Science Institute, n.d.)

# Nursing The Philosophy And Science Of Caring

**Madeleine M. Leininger**



## **Nursing The Philosophy And Science Of Caring:**

**Nursing** Jean Watson, 1985 In the evolution of the nursing profession the phrases nursing care therapeutic care caring for others and related expressions are used by nurses to describe their professional service to others Members of our society have different thoughts and role expectations about these phrases in relation to the kind of care they receive from nurses Furthermore these expressions hold different meanings for nurses in their various care giving roles such as to individual clients families and community groups they serve Care giving and care receiving roles of nurses have different sets of expectations and behaviors It is well there that members of the nursing profession begin systematically to clarify the diverse functions and cultural values related to the concepts of care caring and nursing care The concept of care is probably one of the least understood ideas used by professional and nonprofessional people yet it is probably one of the most important concepts to be understood by human groups It is a word with multiple social usages in the American culture and has other meanings in other world cultures The terms care caring and nursing care have both symbolic and functional meanings as they are used by caregivers and care recipients Nursing care also has a general special meaning to nurses and is often taken for granted in nurses thoughts and action patterns It is time that we study the implicit and explicit meanings associated with the concepts of care and caring so that we can reduce their ambiguities Furthermore the humanistic scientific and linguistic meanings related to nursing care and caring behaviors in any culture remain a most fascinating area of study for nurses

*Nursing* Jean Watson, 2008-05-31 Jean Watson's first edition of *Nursing* now considered a classic introduced the science of human caring and quickly became one of the most widely used and respected sources of conceptual models for nursing This completely new edition offers a contemporary update and the most current perspectives on the evolution of the original philosophy and science of caring from the field's founding scholar A core concept for nurses and the professional and non professional people they interact with care is one of the field's least understood terms enshrouded in conflicting expectations and meanings Although its usages vary among cultures caring is universal and timeless at the human level transcending societies religions belief systems and geographic boundaries moving from Self to Other to community and beyond affecting all of life This new edition reflects on the universal effects of caring and connects caring with love as the primordial moral basis both for the philosophy and science of caring practices and for healing itself It introduces Caritas Processes offers centering and mediation exercises on an included audio CD and provides other energetic and reflective models to assist students and practitioners in cultivating a new level of Caritas Nursing in their work and world Unitary Caring Science

Jean Watson, 2018-07-16 *Unitary Caring Science The Philosophy and Praxis of Nursing* takes a profound look at conscious intentional reverential caring healing as sacred practice praxis and as a necessary turn for survival Jean Watson posits Unitary Caring Science for the evolved Caritas conscious practitioner and scholar A detailed historical discussion of the evolution from Caring Science toward Unitary Caring Science reflects the maturing of the discipline locating the nursing

phenomena of wholeness within the unitary field paradigm An exploration of praxis as informed moral practice results in an expanded development of the ten Caritas processes resulting in a comprehensive value guide to critical Caritas literacy and ontological Caritas praxis Watson writes for the Caritas Conscious Nurse™ or the Caritas Conscious Scholar Practitioner Educator on the journey toward the deeper caring healing dimensions of life Unitary Caring Science offers a personal professional path of authenticity bringing universals of Love Energy Spirit Infinity of Purpose and Meaning back into nurses lives and their life s work Unitary Caring Science serves as a continuing evolving message to the next generation of nurse scholars and healing health practitioners committed to a praxis informed by mature disciplinary consciousness Individual customers will also receive a secure link to select copyrighted teaching videos and meditations on [www.watsoncaringscience.org](http://www.watsoncaringscience.org)

**Nursing** Jean Watson,1999 This classic book discusses the balance between science and caring that is the basis of the nursing profession Watson s Theory of Human Care draws from the works of Western and Eastern philosophers approaching the human care relationship as a moral idea that includes concepts such as phenomenal field actual caring occasion and transpersonal caring Inherent in this theory are concepts of health and illness the environment and the universe Back cover

**Human Caring Science** Jean Watson,2012 Rev ed of Nursing human science and human care Jean Watson c1999 A *Handbook for Caring Science* William Rosa,Sara Horton-Deutsch,Jean Watson,2018-09-28 A monumental compendium of Caring Science past present and future This groundbreaking work is an encyclopedic reference on the full spectrum of Human Caring Science With contributions from highly accomplished scholars and practitioners from six continents it spans the evolution of Caring Science from its origins 40 years ago through its ongoing innovation and development and into the future Comprehensive and in depth this resource brings multigenerational perspectives to Caring Science and demonstrates its ethical nursing applications across cross cultural settings worldwide The book s broad scope embodies the paradigm s theoretical foundations guidance from Caring Science educators and researchers and practice insights from expert clinicians and administrators It offers strategies to influence meaningful policy change integrate principles throughout cross cultural and global settings and introduces inspiring voices from luminaries in coaching Caring Science creative arts spirituality and self care The text clearly demonstrates how theories frameworks and paradigms are directly integrated into practice research and educational settings Scholarly narratives and discourses on Caring Science will facilitate understanding of how to transform systems with a caring consciousness and ethically informed action Chapters consistently formatted to promote ease of comprehension include exemplars with reflective questions and references Key Features Traces the history of Caring Science and merges it with current and future perspectives Provides a how to guide for understanding the integration of theories frameworks and paradigms into practice research and education Distills a vision of how to transform systems with a caring consciousness and a commitment to ethically informed action Enables readers to cross reference Caring Science leaders across specialties Illustrates Caring Science practice through case studies examples and discourses Supports

hospitals in procuring or maintaining ANCC Magnet certification Identifies research and practice opportunities for readers to integrate Caring Science into their professional milieus      *Miracles and Mysteries* Jean Watson, 2019-10 *Miracles and Mysteries Witnessed by Nurses* is a unique collection of truthful phenomenal experiences described by 27 practicing Nurses from all over the world With an introduction by the foremost Nurse Theorist Jean Watson this book is a compilation of miracles large and small witnessed by nurses      *Ethical and Moral Dimensions of Care* Madeleine M. Leininger, 1990

Caring in Nursing Classics Marlaine C. Smith, 2012-12-12 Print CourseSmart      Creating a Caring Science Curriculum Marcia Hills, Jean Watson, 2011-04-15 Print CourseSmart      **Caring Science, Mindful Practice** Kathleen Sitzman, Jean Watson, 2013-07-30 *Caring Science Mindful Practice* offers unique and practical project examples that nurses will consider for their practice or educational settings With its integration of Watson's caring science and mindfulness principles Sitzman and Watson have extended knowledge of Watson's caring science and caritas processes through integrating Thich Nhat Hahn's mindfulness perspective and practices The book offers rich examples of nursing projects that may broaden nursing care for greater patient and student satisfaction and assist nurses with holistic self care Gale Robinson Smith PhD RN is Associate Professor College of Nursing Villanova University International Journal for Human Caring This book provides wonderful tools for nurses to use in practice education or even for self care Designed for any nurse new or experienced who wishes to learn more about applying Jean Watson's Human Caring Theory to practice it supplies the meaning behind the importance of having a practice based on mindfulness It is a practical easy to read book for all nursing audiences and could be used at any educational level Doody's Medical Reviews Sitzman and Watson's book is an invaluable resource The strength of this book is its simplicity on one level yet its complexity as the reader works throughout the layers incorporated within the book Nursing Times This is the first text to help students and practicing nurses translate and integrate the philosophy and abstracts of Caring theory into everyday practice It was developed for use as the primary text for an online caring theory course that will be offered through the Watson Caring Science Institute in October 2013 Through case examples and guiding activities the book helps students and practitioners to more fully comprehend the meaning and use of each Caritas Process It draws upon the contemplative and mindfulness teaching of Thich Nhat Hahn a renowned Buddhist monk poet author teacher and peace activist Each of the ten Caritas Processes are clearly presented by the author and accompanied by guided mindfulness and artistic practices to support learning and absorption of the method These artistic practices include the use of images art metaphors and expressive symbols that are designed to promote meaningful introspection and self awareness the underpinnings of genuine Caritas practice The book reflects several years of teaching by the author who has been invited by several large health care institutions including Kaiser Permanente to provide training based on her materials Key Features Helps students and practitioners to integrate the philosophy and abstracts of Caring theory into clinical practice Offers case studies and guided activities to reinforce content Draws upon the contemplative and mindfulness teachings of Thich Nhat

Hahn Includes concrete guided mindfulness and artistic practices for each of the ten Caritas Processes Designed for a wide audience including undergraduate graduate and international nursing students      *Nursing Theorists and Their Work - E-Book* Martha Raile Alligood, Sonya R. Hardin, 2025-06-10 Understand the thinking of 39 leading nursing theorists in one comprehensive text *Nursing Theorists and Their Work* Eleventh Edition provides a clear in depth look at nursing theories of historical and international significance Each chapter presents a key nursing theory or philosophy showing how systematic theoretical evidence enhances decision making professionalism and quality of care Lead author Martha Raile Alligood is known nationally and internationally for her expertise in nursing theory A classic in the field of nursing theory this text uses objective critiques case studies and critical thinking activities to bridge the gap between nursing theory and application in the practice of nursing NEW Information on the state of nursing in health care after COVID 19 illustrates how nursing knowledge development continues to evolve with new theories that address current health care needs for quality nursing care Theorist chapters written by scholars specializing in that theorist s work often having worked closely with the theorists provide the most accurate and complete information possible Case studies at the end of each theorist chapter present the theory in a larger perspective demonstrating how it can be applied in practice Critical thinking activities at the end of each theorist chapter help you to process the theory presented and apply it to personal and hypothetical nursing practice situations Theory specific diagrams help you visualize and better understand inherently abstract concepts and their relationships Major Concepts and Definitions boxes outline a theory s most significant ideas and clarifies vocabulary Brief summary sections offer valuable review for tests and validate comprehension Points for Further Study sections direct you to sources of additional information A diagram in each unit illustrates the level of abstraction of the theoretical knowledge presented New information on international theorists will be included New information the topic of clinical reasoning and judgment and how it relates to the various theories presented will be included The new AACN Essentials will be addressed and included where appropriate throughout the text      *Nursing, Revised Edition* Jean Watson, 2011-05-18 Jean Watson s first edition of *Nursing* now considered a classic introduced the science of human caring and quickly became one of the most widely used and respected sources of conceptual models for nursing This completely new edition offers a contemporary update and the most current perspectives on the evolution of the original philosophy and science of caring from the field s founding scholar A core concept for nurses and the professional and non professional people they interact with care is one of the field s least understood terms enshrouded in conflicting expectations and meanings Although its usages vary among cultures caring is universal and timeless at the human level transcending societies religions belief systems and geographic boundaries moving from Self to Other to community and beyond affecting all of life This new edition reflects on the universal effects of caring and connects caring with love as the primordial moral basis both for the philosophy and science of caring practices and for healing itself It introduces Caritas Processes and provides other energetic and reflective models to assist

students and practitioners in cultivating a new level of Caritas Nursing in their work and world      **Creating a Caring Science Curriculum** Marcia Hills, 2020-12-28      **Nursing Theorists and Their Work** Martha Raile Alligood, PhD, RN, ANEF, 2013-09-24 The most comprehensive of its kind Nursing Theorists and Their Work 8th Edition provides an in depth look at 39 theorists of historical international and significant importance Each chapter features a clear consistent presentation of a key nursing philosophy or theory Case studies critical thinking activities and in depth objective critiques of nursing theories help bridge the gap between theory and application Critical Thinking Activities at the end of each theorist chapter help you to process the theory presented and apply it to personal and hypothetical practice situations A case study at the end of each theorist chapter puts the theory into a larger perspective demonstrating how it can be applied to practice A Brief Summary in each theorist chapter helps you review for tests and confirm your comprehension A Major Concepts Definitions box included in each theorist chapter outlines the theory s most significant ideas and clarifies content specific vocabulary Each theorist chapter is written by a scholar specializing in that particular theorist s work often having worked closely with the theorists to provide the most accurate and complete information possible Beginning chapters provide a strong foundation on the history and philosophy of science logical reasoning and the theory development process Diagrams for theories help you visualize and better understand inherently abstract concepts Pictures of theorists as well as a listing of contact information for each individual enables you to contact the source of information directly Theorist chapters have been reviewed and edited by the theorist validating the accounts set forth in the text for currency and accuracy An extensive bibliography at the conclusion of each theorist chapter outlines numerous primary and secondary sources of information ideal for both undergraduate and graduate research projects NEW Quotes from the theorist make each complex theory more memorable NEW Chapter on Afaf Meleis profiles a theorist who has shaped theoretical development in nursing and explores her transition theory NEW Need to Know Information is highlighted to streamline long complex passages and help you review key concepts NEW Points for Further Study at the end of each chapter direct you to assets available for additional information      Caring Science, Mindful Practice, Second Edition Kathleen Sitzman, Jean Watson, 2018-04-28 Praise for the First Edition The book offers rich examples of nursing projects that may broaden nursing care for greater patient and student satisfaction and assist nurses with holistic self care Gale Robinson Smith PhD RN Associate Professor College of Nursing Villanova University International Journal for Human Caring Provides wonderful tools for nurses to use in practice education or even for self care Designed for any nurse who wishes to learn more about applying Jean Watson s Human Caring Theory to practice It is a practical easy to read book for all nursing audiences and could be used at any educational level Doody s Medical Reviews Sitzman and Watsons book is an invaluable resource The strength of this book is its simplicity on one level yet its complexity as the reader works throughout the layers incorporated within the book Nursing Times 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 Caritas process, 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 ten 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. Additional teaching supports include Power Point slides. New to the Second Edition: New and updated content throughout. Presents new examples from author's research for cultivating daily Caritas and mindfulness practices. Each Caritas process chapter includes micro practice examples from scholarly work demonstrating use of Watson's Theory. Abundant case studies demonstrating how others have implemented Caring Science and Mindfulness in everyday life and work. Key Features: Engages newcomers in learning Human Caring Theory and deepens understanding for current practitioners. Facilitates integration of the philosophy and abstracts of Human Caring Theory into clinical practice. Provides abundant case studies and guided activities to reinforce content. Includes guided mindfulness and artistic practices for each of the Ten Caritas processes. Designed for a diverse audience including undergraduate, graduate, and international nursing and health science students. Serves as the foundational text for the companion WCSI online course including videos.

**Human Caring Science: A Theory of Nursing** Jean Watson, 2014-08-14      **Perspectives on Philosophy of Science in Nursing** E. Carol Polifroni, Marylouise Welch, 1999. This book helps you provide a well-rounded doctoral curriculum. The philosophy of science is essential to the core of doctoral study in nursing. This text presents historical and contemporary thinking on this significant subject. Readers will find a wealth of information from a variety of philosophers and conceptualizers of Western science. The text's approach stimulates analysis and reflection for enhanced learning. Coverage straddles the balance between nurse and non-nurse philosophers with discussion and reflective questions and includes thoughts about nursing as a science and an art. Students will learn to recognize the connection between an understanding of philosophic inquiry and scientific investigation or research in nursing. Compatibility: BlackBerry OS 4.1 or Higher, iPhone/iPod Touch 2.0 or Higher, Palm OS 3.5 or higher, Palm Pre Classic, Symbian S60 3rd edition, Nokia Windows Mobile, Pocket PC, all versions, Windows Mobile Smartphone, Windows 98SE, 2000, ME, XP, Vista, Tablet PC.

**Global Advances in Human Caring Literacy** Susan Lee, Patrick Palmieri, Jean Watson, 2016-11-09. This narrative-based work is the first to describe Human Caring Literacy from the perspective of caring scientists who live the life by incorporating the



precepts of human caring into every aspect of their personal and professional lives It demonstrates for nursing students and experienced nurses in a variety of roles the abundant ways in which Caring Science Theory powerfully informs the lives of frontline clinicians nursing deans and faculty APRNs and administrators in the United States and globally The book goes beyond theory to illustrate how Caring Science is used every day in a variety of arenas and scenarios ranging from the advancement of the discipline of nursing in South America to peacemaking in the Middle East It describes the methods that help practitioners develop mindfulness reflection authentic presence intentionality and a caring consciousness in the service of providing authentic heart centered care for patients their families and societies Designed to cultivate loving kindness behaviors in all settings including among nurses themselves these narratives provide welcome alternatives to current ways of being both professional and personal Provides Examples of Caring Science Theory as a Guide to Advancing professional nursing practice in South America Transcending politics and conflict in the Middle East Evolving global caring consciousness through online education Developing nursing leaders who are heart centered and intentional Exploring relationships between caring and Ubuntu in South Africa Teaching through simulation to promote humanistic practice Key Features Provides real examples of living the theory Demonstrates the use of Caring Science in leadership practice research the healing arts education and praxis Illustrates practices that develop mindfulness reflection authentic presence intentionality and a caring consciousness Provides evidence of an evolving global caring consciousness on five continents

*Reflective Practice, Third Edition* Sara Horton-Deutsch, Gwen Sherwood, 2023-10-31 The third edition of *Reflective Practice* depicts the concept of reimagining in such a brilliant way and is a must have resource for nurses Portia Janine Jordan PhD MBA MCUR RN FANSA Professor Department of Nursing and Midwifery Faculty of Medicine and Health Sciences Stellenbosch University This incredible edition of a professional masterpiece pulls together global leaders creative thinkers entrepreneurs educators and practitioners to support and guide us as healthcare professionals A joy to read and a must read for all professionals who are reflexive Thomas Kearns EdD MEd BNS RGN RPN RNT FAAN FFMRCISI Past Executive Director Dean Faculty of Nursing and Midwifery RCSI University of Medicine and Health Sciences Dublin Co Director Global Innovation and Leadership Academy Faculty of Nursing and Midwifery RCSI In this outstanding book Sara Horton Deutsch and Gwen Sherwood provide an invaluable resource for nurse educators and their students *Reflective Practice Reimagining Ourselves Reimagining Nursing* takes a complex topic and makes it accessible for learners across all levels This should be required reading in all nursing programs Pamela R Jeffries PhD RN FAAN ANEF FSSH Dean of Nursing Valere Potter Professor of Nursing Vanderbilt School of Nursing A nurse s work is multifaceted medically complex technically precise and physically demanding But nursing the act of caring is also social emotional impactful and personal Because nursing education programs prioritize the importance of the technical and physical aspects of nursing that is what they teach This leaves practicing nurses poorly equipped to understand the science of caring and unprepared for the constant stream of emotional and psychological

stressors that come with this profoundly important work. The unintended consequences of this omission include burnout, toxic work environments, and exodus from the profession. In this highly anticipated and particularly timely third edition of *Reflective Practice*, authors Sara Horton Deutsch and Gwen Sherwood invite readers to reflect, recalibrate, reimagine, rethink, and reframe the work of nursing care and their various roles and relationships within it. This book focuses first on the individual, then practice settings, and finally systems and communities, while providing supporting theoretical frameworks, practical applications, and opportunities for personal and shared reflection along the way. *Reflective Practice* guides nurses to emotional and psychological fulfillment in all aspects of care.

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