



## The Meaning of Caring in Nursing Practice

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### Introduction

The dynamic essence of nursing is due to caring. Unfortunately, many different terms such as care, care-giving, care receiving, nursing care, etc., are used interchangeably which promotes confusion. Thus, the concept of care can be considered one of the least understood parts of nursing. It is important to note that because there are multiple ways to define caring from different paradigms, the frame of reference is imperative to understand the definition.

The purpose of this paper is to analyze three conceptualizations of caring and discuss the relevance of incorporating theory into practice.

### Watson's Theory of Caring

Watson [1] defines caring as: "the moral ideal of nursing whereby the end is protection, enhancement, and preservation of human dignity. Human caring involves values, a will and a commitment to care, knowledge, caring actions, and consequences. All of human caring is related to inter subjective human response to health-illness; environmental-personal interaction; a knowledge of the nurse caring process; self knowledge, knowledge of one's power and transaction limitations" (p. 901). Moreover, Watson posits that "the essence of the value of human care and caring may be futile unless it contributes to a philosophy of action. . . . The actual concrete action of caring can transcend the value (and pass it on). . . . The value of caring is grounded in the self-transcending creative nurse" (p. 32). She further believes that human-to-human caring interactions of nursing cannot be validated or understood using a "positivistic, deterministic, materialistic mind set" [1].

Watson [1] acknowledges the differences between traditional science and human science. They are as follows:

Traditional Science Content	Nursing Human Science for Caring
Normative	Ignative
Reductionistic	Transactional
Mechanistic	Metaphysical, Humanistic-contextual
Method-centered	Phenomena-centered
Disease-centered	Person-experience centered
Pathology-physiology, the physical body	Human responses to illness and personal meanings of human condition
Ethics of 'science'	Human-social ethics- morality
More quantitative	More qualitative
Absolutes, givens, laws	Relativism, probabilities
Human as object	Human as subject
Objective experiences	Subjective-intersubjective experiences
Facts	Experience, meaning
Nonethetic	Idiographic +/- nomothetic
Concrete-observable	Abstract- may or may not "be seen"

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Analytical

Science as product

Human = sum of parts *etc.*  
 (bio-psycho-socio-cultural-spiritual-being)

"Real" is that which is measurable, observable, and knowable

Dialectical, philosophical, metaphysical

Science as creative process of discovery

Human = mind/body/spirit gestalt of whole being (not only more than sum of parts, but different)

"Real" is abstract, largely subjective as well as objective, but is may or may not ever be fully known, observable, fully measured, what is "real" holds mystery and unknowns yet to be discovered

A nurse is required to perform certain acts for her patient which are legally and ethically binding. Watson [1] posits that the value of human care and caring is more than the mere action of performance. Caring involves a sense of self identity and spirit of the person. It involves a pure sense of dedication and commitment to the patient. A specific action of caring may transcend the value because it is "grounded in the self-transcending creative nurse" [1].

The following are Watson's [1] eleven assumptions related to Human Care Values in Nursing:

1. Care and love are the most universal, the most tremendous, and the most mysterious of cosmic forces; they comprise the primal and universal psychic energy.
2. Often these needs are overlooked; or we know people need each other in loving and caring ways, but often we do not behave well toward each other. If our humanness is to survive, however, we need to become more caring and loving to nourish our humanity and evolve as a civilization and love together.
3. Since nursing is a caring profession, its ability to sustain its caring ideal and ideology in practice will affect the human development of civilization and determine nursing's contribution to society.

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# Nursing The Practice Of Caring

**Delores A. Gaut, Anne Boykin**



## **Nursing The Practice Of Caring:**

**Caring in Nursing Classics** Marlane C. Smith, 2012-12-12 Print CourseSmart      *Nursing* Anne H. Bishop, 1991

Nursing takes a practicalist turn as the authors explore answers to the question Will nursing continue to be viewed as an applied science or will its reinterpretation as a caring practice be fully realized By overvaluing medical science particularly in the nursing diagnosis movement scholars have inadvertently distorted nursing practice Nursing is a caring practice that transcends the limits of technology This thoughtful book will inspire discussions of ethics issues and trends and theory and research      *Theory and Practice of Nursing* Lynn Basford, Oliver Slevin, 2003 This is a comprehensive guide to the theory and practice of nursing addressing the nursing theory and skills specific to clients and patients needs Each chapter has learning outcomes study activities and reflection to prompt readers to learn as they read      Quality Caring in Nursing and Health Systems, Third Edition Joanne Duffy, 2018-05-28 Quality Caring in Nursing and Health Systems Third Edition delivers a detailed framework of the Quality Caring Model a theory that analyzes the relationships among the self the community served patients and families and the health care team As the population requiring healthcare increases so does the room for error and the demand for patient centered care The health system focused on procedures protocols technology and lower costs continues to inflict unnecessary harms upon already vulnerable patients and their families Nurses as the largest group of health care professionals that spend the longest time with patients and families are in a unique position to advance new relationship centric approaches to health care This text focuses on the practical application of the Quality Caring Model featuring new examples of ways to embed caring into the health care environment An abundance of practice analyses and reflective exercises reinforce the book's content Written for nursing students clinicians educators and leaders this text delves into the intricacies of relational health care Chapters apply the model to patients and families and provide optimal learning strategies to inform quality caring competencies Case studies interviews exemplars relevant lessons and suggested improvements woven throughout the text push the model further than theory and into practice New to the Third Edition Updates and clarifies the Quality Caring Model to improve the safety and quality of health systems Examines the continuing quality crisis in health care Demonstrates the model's application in clinical educational and leadership practice Includes practice analyses at the end of each chapter Discusses how nurses can work in creative ways to implement caring in their practice as per IOM Future of Nursing Report Provides interviews with practicing nurses reflecting the challenges and strategies needed to implement caring in our technopharmacological system Key Features Examines the evolution of the Quality Caring Model its key concepts and the clinical educational and leadership implications for application Features interviews with practicing nurses that reflect challenges and successful strategies Includes case studies and practical insights from diverse community and academic health centers Includes learning objectives boxed calls to action key summary points and reflective exercises Offers user friendly visual images and charts Focuses on the challenge of creating value

Facilitates Magnet designation      **Quality Caring in Nursing** Joanne Duffy, 2008-12-15 Winner of an AJN Book of the Year Award for 2009 This book offers a coherent theoretical and research guided framework for quality nursing caring in practice education and leadership a foundational timeless yet transformative framework of substance Jean Watson PhD RN AHN BC FAAN College of Nursing University of Colorado Denver Dedicated time spent with patients and families in clinical settings is often limited rushed and impersonal How can nurses develop more positive caring relationships with their patients and help to improve the quality of patient care at large This book addresses this critical question by presenting Joanne R Duffy s Quality Caring Model the result of 35 years of clinical experience and educational acumen This values based model will bring caring back into the foreground of nursing practice by providing revised curricula for educational programs and outlining the core caring principles for nurse administrators Key Features Establishes Relationship Centered Caring with discussions on how to care for the self patients and families each other and communities Offers multiple case examples and includes reflective questions and applications for use in educational programs workshops conferences and clinical practice Demonstrates how the Quality Caring Model can be implemented in clinical practice nursing education research and nursing leadership settings Includes appendices that discuss how caring can improve patient safety outline course objectives and explain how to assess and measure caring in your facility Written in clear accessible language this book will be an invaluable resource to nursing students nursing scholars clinical nurses nurse educators nurse researchers and nurse leaders Duffy s approach will help create a redesigned patient care delivery system focused on the primacy of caring relationships

**Quality Caring in Nursing and Health Systems** Joanne Duffy, 2013-04-23 First Edition named an AJN Book of the Year Joanne Duffy makes a compelling argument in this book that relationships have been marginalized and no longer serve as the central organizing principle of health services This book resonates with a virtual groundswell of findings regarding the importance of relationships for organizational performance and for human wellbeing Jody Hoffer Gittel Professor of Management Brandeis University This edition stresses the proven need for a return to the patient centered care neglected through our health system s emphasis on procedures protocols diagnostic testing technology and costs It addresses the significant challenges to quality care posed by the upcoming changes in our health care system and focuses on health systems the role of nursing within them and the interprofessional health team as the key to change ensuring high quality care The book responds to the Patient Protection and Affordable Care Act s focus on accountable care organizations the recent IOM s Future of Nursing Report the call for radical transformation of nursing education and current evidence on patient safety and quality of care This text explores the Quality Caring Model which honors nursing s most deeply felt value and can be applied to clinical educational and leadership practice to advance our nation s health system Among the book s strengths are its translation of theoretical knowledge to practical applications that can be used for clinical interventions and resolution of professional issues Chapters include key terms case studies along with practical exercises and references and

Calls to Action offering inspiration and guidance for implementing change New to the Second Edition Focuses on current challenges to quality care posed by upcoming changes to our health system Addresses health systems the interprofessional health team and the role of nursing within them Combines theoretical foundations for practice with clinical leadership and educational applications Examines the powerful role of relationships in promoting nursing excellence improving patient satisfaction and patient outcomes Serves as a key guide for graduate nurse educators and students nurse leaders and hospital leadership seeking Magnet certification Incorporates recommendations of the Affordable Care Act s focus on accountable care organizations the IOM s Future of Nursing Report educational transformation and current research on safety and quality of care Expertise in Nursing Practice, Second Edition Patricia Benner RN, PhD, FAAN, Christine Tanner RN, PhD, FAAN, Catherine Chesla RN, DNSc, 2009-03-16 Named a 2013 Doody s Core Title Nursing practice is a complex and varied field that requires precision dedication care and expertise Clinicians must have both the skills and the tools to attend to changes in patients responses recognize trends and understand the nature of their patients conditions over time This book clearly delineates the skills needed to become an expert nurse In this new edition the editors present a report of a six year study of over 130 hospital nurses working in critical care Expanding upon the study conducted in the previous edition this new book documents and analyzes hundreds of new clinical narratives that track the development of clinical skill acquisition including caring clinical judgment workplace ethics and more Highlights of this book Includes transitional guidance for nurses new to the field Discusses the primacy of caring and the importance of good clinical judgment Includes new practice models including the Dreyfus Model of Skill Acquisition Provides guidelines for strengthening the nurse patient relationship Presents implications for nursing education and patient safety Ultimately this work defines expertise in nursing practice The book serves as a valuable resource that will enable nurses to expand their knowledge base cultivate their clinical skills and become successful experts in nursing practice **Quality Caring in Nursing and Health Systems** Joanne Duffy, PhD RN Faan, 2023-02-28 Praise for Previous Editions I enjoyed the book It was well written current and timely with changes in the healthcare system The reflective questions and practice analysis were great and would be wonderful to use with students at the graduate and undergraduate levels Doody s Medical Reviews Freshly updated this acclaimed text demonstrates how nurses can promote caring relationships with individuals groups and communities in various health care settings to ensure better patient outcomes lower costs and greater clinician well being The book is grounded in the author s Quality Caring Model c a middle range theory that analyzes relationships among the self the community patients and families and the health care team It expands upon the concept of self caring and examines current thinking on employee work engagement and creating value Interviews with practicing nurses who describe current healthcare challenges and strategies for managing them also enrich the text Written for nursing students clinicians educators and leaders the book delves into the intricacies of relational healthcare and imparts strategies to ameliorate the ills of our current health system by focusing on nursing care

that advances equity pursues innovative and advanced educational experiences leads and engages in practice across multiple settings Chapters apply the model to patients and families and provide optimal learning strategies to facilitate quality caring competencies Woven throughout the text are case studies interviews exemplars and relevant lessons to put theory into practice An Instructor's Manual includes a crosswalk of QCM concepts core competencies and performance standards student assignments reflections and value exercises and PowerPoints New to the Fourth Edition Instructor resources and power point slides Updates to address latest recommendations from NAM's The Future of Nursing 2020-2030 ANA's 2021 Nursing Scope and Standards of Practice AACN's 2021 The Essentials and AACN's 2021 Entry to Practice Nurse Residency Program Standards Expanded content on the challenges of self caring with practical guidance for preventing moral injury Examples of caring behaviors in action Current thinking on employee work engagement and creating value Interviews with practicing nurses reflecting challenges and strategies for dealing with current state of healthcare Updated information on resiliency long term career planning and work engagement Revised educational and leadership strategies to address the post pandemic health system Key Features Examines in depth the evolution key concepts and clinical educational and leadership applications of the Quality Caring Model Underscores the significance of caring relationships in improving the safety and quality of healthcare systems Delivers comprehensive concise evidence based content throughout Offers practical insights with real life case studies and interviews in diverse community and academic settings Includes memorable quotes learning objectives boxed calls to action key summary points reflective exercises and Practice Analysis supporting an active learner centered approach

**Expertise in Nursing Practice, Second Edition** Patricia E. Benner, Christine A. Tanner, Catherine A. Chesla, 2009-03-16 Print CourseSmart

**Nursing Ethics** Anne H. Bishop, John R. Scudder, 2001 Nursing Ethics Holistic Caring Practice explores the moral practice of nursing asserting that there is an inherent moral sense in nursing practice itself This new edition of the book requires one to reconsider what it means to be a nurse Rather than someone who merely applies ethical thinking and ethical models of decision making in nursing practice the nurse is a moral being who is engaged in a moral practice

**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 Public/Community Health and Nursing Practice Christine L Savage, 2019-09-20 This unique problem solving case based approach shows you how You ll encounter different case studies in every chapter that explore concepts such as community assessments public health policy and surveillance Step by step you ll develop the knowledge and skills you need to apply public health principles across a variety of health care settings special populations and scenarios Quality Caring in Nursing Dr. Joanne Duffy, PhD, RN, FAAN, 2008-12-15 Winner of an AJN Book of the Year Award for 2009 This book offers a coherent theoretical and research guided framework for quality nursing caring in practice education and leadership a foundational timeless yet transformative framework of substance Jean Watson PhD RN AHN BC FAAN College of Nursing University of Colorado Denver Dedicated time spent with patients and families in clinical settings is often limited rushed and impersonal How can nurses develop more positive caring relationships with their patients and help to improve the quality of patient care at large This book addresses this critical question by presenting Joanne R Duffy s Quality Caring Model the result of 35 years of clinical experience and educational acumen This values based model will bring caring back into the foreground of nursing practice by providing revised curricula for educational programs and outlining the core caring principles for nurse administrators Key Features Establishes Relationship Centered Caring with discussions on how to care for the self patients and families each other and communities Offers multiple case examples and includes reflective questions and applications for use in educational programs workshops conferences and clinical practice Demonstrates how the Quality Caring Model can be implemented in clinical practice nursing education research and nursing leadership settings Includes appendices that discuss how caring can improve patient safety outline course objectives and explain how to assess and measure caring in your facility Written in clear accessible language this book will be an invaluable resource to nursing students nursing scholars clinical nurses nurse educators nurse researchers and nurse leaders Duffy s approach will help create a redesigned patient care delivery system focused on the primacy of caring relationships **Health Care System Transformation for Nursing and Health Care**

**Leaders** Anne Boykin, Savina Schoenhofer, Kathleen Valentine, 2013-09-10 The authors approach to creating a transforming culture through use of foundations laid in the theoretical development of Nursing As Caring offers a solid foundation upon which to recalibrate and reconfigure toward a caring organizational health system Tim Porter O Grady DM EdD APRN FAAN FACCWS Associate Professor Leadership Scholar College of Nursing and Healthcare Innovation Arizona State University Clinical Professor Leadership Scholar College of Nursing The Ohio State University This is a time tested practical guide for nurses and other healthcare professionals who wish to transform their healthcare systems based on caring values and the promotion of intra and inter professional dialogue among stakeholders It describes a theoretically grounded model created by nurses for transforming the culture of healthcare systems at all levels and features tested strategies that facilitate accessibility efficiency effectiveness and enhanced outcomes At its most basic level this model the Dance of Caring Persons expresses the fundamental beliefs and attitudes that each person in the healthcare system lives caring meaningfully in unique and valuable ways and the contributions of each person to the whole of the enterprise have a significant place within it The book features successful examples of how various units of the healthcare system can apply specific strategies to their inter and intra professional work and how to engage and sustain authentic dialogue among and between stakeholders Chapters feature information from a great variety of health professionals that represent a broad range of participants in healthcare Detailed information is presented in a variety of formats ranging from formal written responses to chapter contents to transcriptions of small group conversations relating to the topic at hand The book reflects the interests of such major stakeholders as patients and families nurses physicians and other primary and adjunctive care providers ancillary service providers administrators and managers and all other individuals involved in the many aspects of organizational models and delivery of health care and human resource functions and outcomes Each chapter includes questions to consider and suggested resources to help with implementation of strategies The text incorporates professional standards and essentials from the Joint Commission ANCC and AACN DNP Key Features Presents a theoretically grounded proven caring based model for healthcare system change for all stakeholders across the continuum of care Provides practical strategies for transformation in all aspects of a healthcare system applicable across the range of health services Describes how healthcare system change happens who initiates it and how to sustain it through caring science Includes success stories from patients and their families nurses physicians ancillary service providers healthcare administrators and others Promotes inter and intra professional dialogue and collaboration     Caring as Healing Delores A. Gaut, Anne Boykin, 1994 Papers presented at the 15th International Human Caring Research Conference in Portland Oregon May 1993     *Anthology on Caring* Peggy L. Chinn, 1991 The chapters in this Anthology on Caring in the words of editor Peggy L Chinn PhD RN FAAN express the idea the ideal and the practice of caring This collection of articles presents many views of the caring phenomenon in nursing Chapters such as The Importance of Knowing What to Care About and Caring for the Environment underscore the im



portance of caring to healthy living Read about culture specific care in close knit societies such as the Old Order Amish Rediscover why social activism is necessary in Health Promotion Caring and Nursing These essays will remind us as nurses to care for ourselves and the people around us

**Nursing Case Studies in Caring** Charlotte Barry, Shirley Gordon, Beth King, 2015-06-04 Uncovers the art and science of nursing grounded in caring for all nursing situations Grounded in the belief that caring is the central domain of nursing this innovative book presents a new approach to nursing situations These are case studies depicting shared lived experiences between the nurse and patient that are studied from various theoretical perspectives They are designed to foster a nursing student's ability to care effectively for a patient family or group Each case study features a compelling scenario that engages the reader to feel and fully participate in the caring experience The book presents a variety of situations that new and experienced nurses are likely to encounter many of which present scenarios that require caring for a patient under difficult or complex circumstances The book addresses the need as defined by leading health care and nursing education organizations for the study of nursing from a contextual story oriented perspective It is based on the Barry Gordon King Teaching Learning Nursing Framework developed as a guide to uncover the art and science of nursing grounded in caring in all nursing situations Following a description of the framework's foundational concepts the text describes how to use nursing situations to facilitate learning The scenarios offer detailed practical strategies for analyzing nursing situations in ways that bring to life the simple and complex practice of nursing grounded in caring These real life stories also help students understand the impact of health conditions on individuals and families thereby fostering empathy Case studies address nursing situations across a variety of populations health concerns and practice settings Using multiple ways of knowing and understanding each scenario concludes with direct and reflective questions that help students develop nursing knowledge and skills The book serves as a core resource for nurse educators and students at all levels seeking to study the art and science of nursing grounded in caring Additionally the book is a resource for in service educators in health care systems that specifically address caring as an essential value for practice

**KEY FEATURES** Delivers a new approach to nursing education focusing on the context of caring between nurse and patient Presents a collection of real life nursing scenarios designed to foster caring knowledge and skills under all circumstances Offers detailed practical strategies for analyzing nursing situations to aid in learning the practice of nursing grounded in caring Helps students to understand the impact of health conditions on individuals and families

*Caring* Gosia M. Brykczynska, 1997 Caring The Compassion and Wisdom of Nursing is a collection of essays that will encourage nurses to consider more deeply what caring means to them to their patients to society and to their profession Aimed at a wide audience of nurses this text is a valuable resource for all health professionals interested in caring and the arena in which it takes place The authors look at the cultural and historical origins of caring the practical and professional responsibilities that caring involves the personal and professional strengths necessary in order to care and the role that the arts and humanities play in promoting caring

sensitivities This unique approach to the subject puts caring into a sharp and clear focus Each chapter requires a different type of reflection and the various approaches together form an interesting picture of both the complexities and simplicities inherent in caring      *A Global Agenda for Caring* Delores A. Gaut,1993 Compiling the work of nurse scholars from five continents this book shows how caring's applicability cuts across cultural and geographic borders A Global Agenda for Caring is a significant contribution to the world's body of research on caring and it brings us closer to realizing the full potential of studying caring worldwide      *Caring* Madeleine M. Leininger,1988

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