

Dr Jean Watson: The Theory Of Human Caring



Ferris State University

Mary Haverty-Robinson. RN OCN

Patricia Kraemer. RNC-OB

Angie Robl MSRN

Marianna Burns CGERN

Nadezhda Litton RN

Medicine and Health in the 1970's

Spring 1971

A committee of the US Senate identified five problems in the health care system:

1. Maldistributions and shortage of health manpower;
2. Inequality in health care and inequality in access to health care including financing;
3. Rising costs;
4. Too little attention paid to keeping people well;
5. Lack of coordination in the health-care system, resulting in waste and duplication.

Baughman, Bondi, Layman, McConnell, & Tompkins, 2001

Nursing in the 1970's

- Increase in autonomy and increase in decision-making responsibilities
- Increased level of education to college-level degree in nursing
- Women's movement influencing the roles between doctors and nurses

Baughman, Bondi, Layman, McConnell, & Tompkins, 2001

The conception of the Theory Human Caring

- During the turmoil of the 1970's the Theory of Human Caring was developed by Dr. Jean Watson.
- Developed between 1975 -1979 by Jean Watson while she was involved in her doctoral studies in educational-clinical and social psychology .

Watson, 2007



Dr Jean Watson

PhD, RN, AHN-BC, FAAN

- RN Diploma in nursing
- B.S. in nursing
- M.S. psychiatric mental-health nursing
Minor: psychology
- Graduate study: Social and Clinical psychology
- PhD Educational Psychology and Counseling



The Theory of Human Caring

The Theory of Human Caring was Dr. Watson's first attempt to "bring meaning and focus to nursing as an emerging discipline and distinct health profession with its own unique values, knowledge and practices, with its own ethics and mission to society...to find common meaning and order to nursing that transcended settings, populations, specialty, subspecialty areas, and so forth."

Watson, 2007

Jean Watson's responses to changing medicine

- “ The current dilemmas in health care are often located within a framework that emphasizes the outer forces of economics, staffing shortages, and technological - medical issues, or system/institutional needs ” (Watson, 2004b, p. 249).
- This disconnection between the current focus in addressing health care issues conflicts with and greatly differs from the deeply human-to-human caring relationships and human-to-human connections that give meaning and purpose to nurses, patients, and other health practitioners alike.



The Theory of Human Caring

Unique Concepts of the Theory of Human Caring

- Transpersonal caring relationship
- Caring occasion/caring moment
- Clinical Caritas Process

Kearney, 2008



Transpersonal Caring Relationship

- “The human-to-human connectedness”
- “A high regard for the whole person and his or her being-in-the-world.”

Kearney, 2008



Caring Occasion/Caring Moment

“A caring occasion occurs whenever the nurse and another come together with their unique life histories and phenomenal fields in a human-to-human transactions...the actual caring occasion has a greater field of its own in a given moment.”

Watson, 2007



The Theory of Human Caring

Originally the theory was organized by a framework of “carative factors”. However, recently this has evolved in to “clinical caritas” and “caritas processes”

Watson, 2007

Evolution of the Theory of Human Caring

Carative Factors

- Formation of humanistic-altruistic system of values
- Instillation of faith-hope

Clinical Caritas Processes

- 1.) Practices of loving-kindness and equanimity within context of caring consciousness
- 2.) Being authentically present and enabling and sustaining the deep belief system and subjective life world of self and one-being-cared-for

Evolution of the Theory of Human Caring

Carative Factors

- Cultivation of sensitivity to one's self and to others
- Development of a helping-trusting, human caring relationship

Clinical Caritas Processes

- 3.) Cultivation of one's own spiritual practices and transpersonal self, going beyond ego self
- 4.) Developing and sustaining a helping-trusting, authentic caring relationship

Evolution of the Theory of Human Caring

Carative Factors

- Promotion and acceptance of the expression of positive and negative feelings
- Systematic use of a creative problem-solving caring-process,

Clinical Caritas Processes

- 5.) Being present to, and supportive of the expression of positive and negative feelings as a connection with deeper spirit of self and the one-being-cared-for
- 6.) Creative use of self and all ways of knowing as part of the caring process: to engage in artistry of caring-healing practices

Evolution of the Theory of Human Caring

Carative Factors

- Promotion of transpersonal teaching-learning
- Provision for a supportive, protective, and /or corrective mental, physical, societal, and spiritual environment

Clinical Caritas Processes

- 7.) Engaging in genuine teaching-learning experience that attends to unity of being and meaning attempting to stay within other's frame of reference
- 8.) Creating healing environment at all levels physical as well as non-physical, subtle environment of energy and consciousness, whereby wholeness, beauty, comfort, dignity and peace are potentiated

Evolution of the Theory of Human Caring

Carative Factors

- Assistance with gratification of human needs
- Tending to both embodied spirit and evolving spiritual emergence; allowance for existential-phenomenological-spiritual forces

Clinical Caritas Processes

- 9.) Assisting with basic needs, with an intentional caring consciousness, administering “human care essentials: which potentiate alignment of mind-body-spirit, wholeness, and unity of being in all aspects of care
- 10.) Opening and attending to spiritual-mysterious and existential dimensions of one’s own life-death: soul care for self and one-being-care-for



Evolution of the Theory of Human Caring

The evolution of Jean Watson and her theory is challenging a paradigm shift in the culture of nursing to a more spiritual and loving focus .

Metaparadigms



PERSON:

A human being has needs (biophysical, psychophysical, psychosocial and intrapersonal) that are to be valued, respected, supported and cared for.



ENVIRONMENT:

The environment should be conducive to holistic healing (mentally, physically, socially, spiritually) as it is critical to the patients well being.



HEALTH:

Health is viewed in a holistic approach; it is being able to function mentally, physically, spiritually, and socially to your full capacity.



NURSING:

The contact and the bond between two individuals is the foundation of nursing.



Watson's Practice Methodology Requirements:

- Transpersonal Caring Relationships
- Authentic Presencing

Transpersonal Caring Relationships



The Nurse Sees:

- Everyone as unique and whole
- Not defined by illness or disease

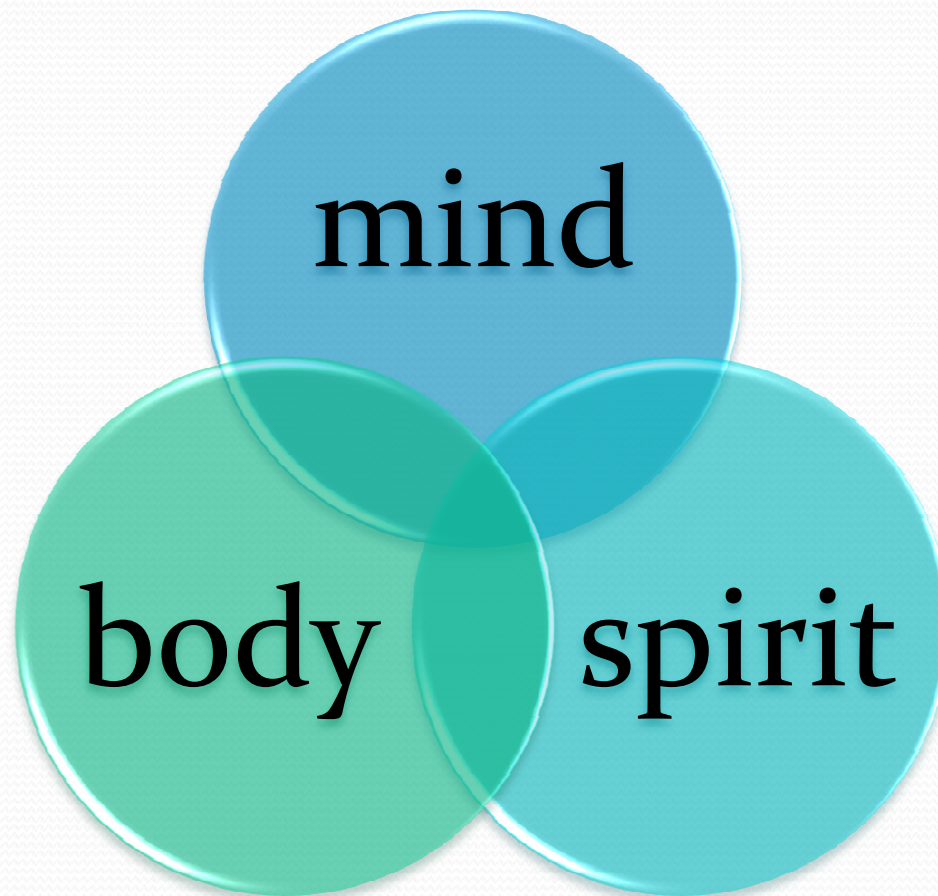


The Nurse:

Actively engages in the well being of her patient.



The nurse is aware of the unity of



The nurse also has a:
Spiritual connection awareness



The nurse sees that:

Caritas lead to natural healing.

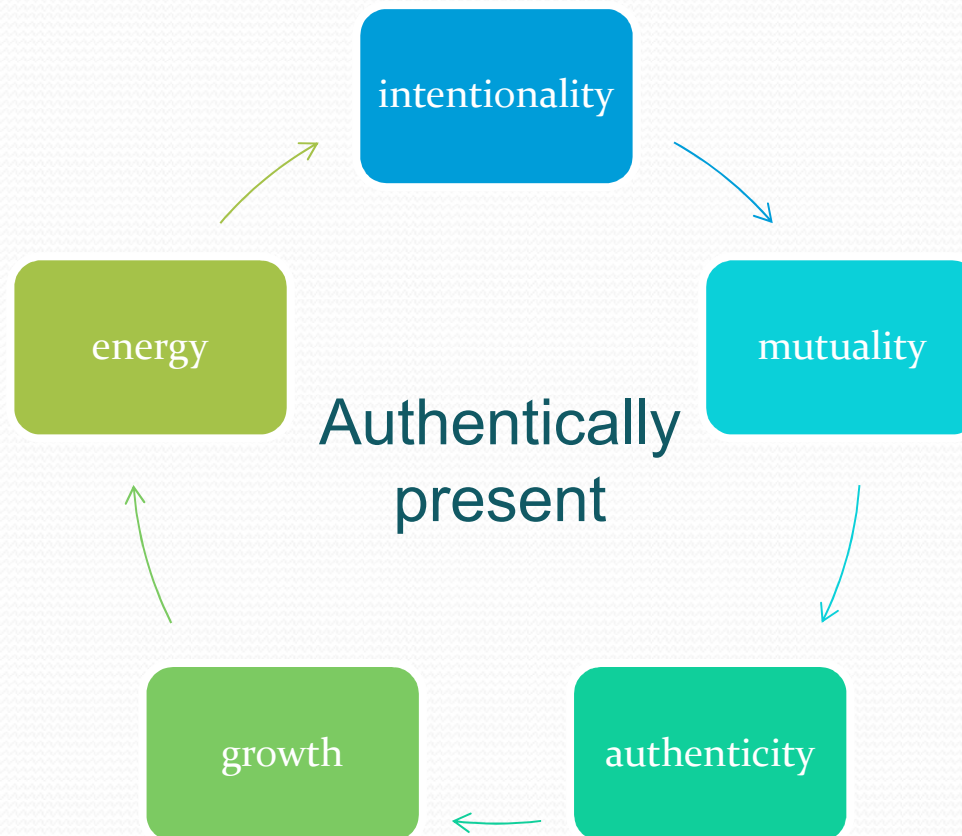


The Nurse:

Utilizes various elements to promote healing.



Authentic Presencing



The Nurse :

- Is not distracted
- Is focused



The authentically present nurse:

- Sees through the eyes of the patient
- Wants to make a difference
- Promotes calmness





Current Research Status

Caring Relationship

Improves recovery from depression

Improves patient outcomes

Improves quality of life

Improves perceived quality of care

“...In trying to measure caring, one is drawn into a process of reducing a complex subjective, intersubjective, relational, often private, and invisible human phenomenon to a level of objectivity that...trivialize, and dilutes its authenticity and deeper meaning”.



Watson, 2009

Current Difficulties

“ ..The abstractness of the concept and the clinical reality in some situations...has limited the development of a knowledge base in Watson’s caring theory...”

Alligood, 2006, p.102

Caring Assessment Tools

1.CARE-Q

2.CARE/SAT

3.CBI

4.PCB

5.Care Efficacy Scale

6.Caring Factor Survey

Caring Relationship

Promotes:

General feeling of wellbeing

Psycho-social development

Development of support system

Development of appropriate coping mechanisms

Self-expression

Limitations of Watson's Theory

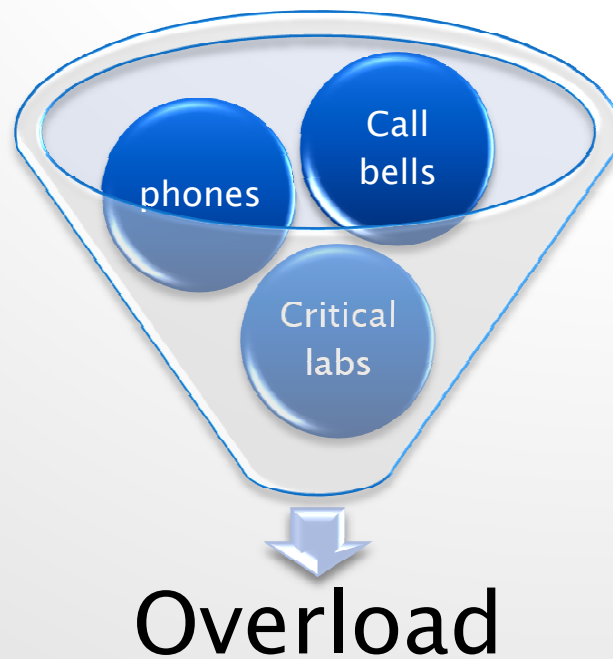
“... the congruence between... the values and major concepts and beliefs in the model and the given nurse, group, system, organization, curriculum, population needs, clinical administrative setting, or other entity that is considering interacting with the caring model to transform and/or improve practice.”

Watson, 1996

**The spiritual aspects are
difficult for some to
relate to.**

Some situations in the clinical setting do not lend themselves to practicing her theory.

Is it feasible to “let go” of your concerns and thoughts about other clients while being with this particular one?



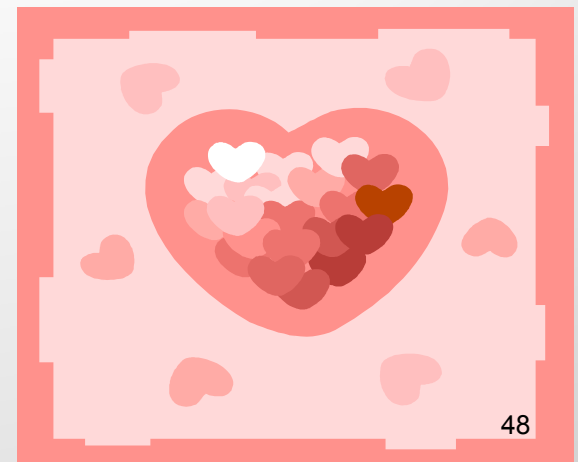
- ▶ “I consider my work more of a philosophical, ethical, intellectual blueprint for nursing’s evolving disciplinary/professional matrix rather than a specific theory per se”

Watson, 1996

Strengths Of Watson's Model



**Watson's model
acts as a stimulus
to examine what it
means to care**



Her theory can bring a new facet or dimension to the individual nurses' practice and can be a model of potential and goal attainment of institutions

Self Identified Strengths



Final Analysis : Dr. Jean Watsons' Theory of Human Caring

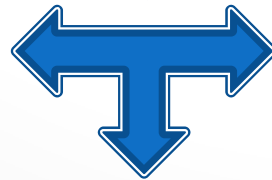
Caritas



Caring Occasion



Nurse



Patient

**Transpersonal
Caring Relationship**



Transcendence



Harmony



Healing



Existence



The



The Soul



Human

Spiritual



Dimension
of



REFERENCES

- Alligood, M. R., & Tomey, A. M. (2006). *Nursing Theorist and their Work* (6thed.). St. Louis, MO: Mosby.
- Baughman, J., Bondi, V., Layman, R., McConnell, T., & Tompkins, V. (Ed.). (2001). Nursing in transition. *American decades* (Vol. 8). Detroit: Gale. Retrieved from http://0-go.galgroup.com.libcat.ferris.edu/ps/start.do?p=GVRL&u=lom_ferrissu
- Baughman, J., Bondi, V., Layman, R., McConnell, T., & Tompkins, V. (Ed.). (2001). The 1970's: Medicine and health: Overview. *American decades* (Vol. 8). Detroit: Gale. Retrieved from http://0-go.galgroup.com.libcat.ferris.edu/ps/start.do?p=GVRL&u=lom_ferrissu
- Clarke, A., Hanson, E.J., Ross, H. (2003). Seeing the person behind the patient: Enhancing the care of older people using a biographical approach. *Journal of Clinical Nursing*. 12, 697-706.
- Erci, B., Sayan, A., Kilic, D., Sahin, O., & Gungormus, Z. (2003). The effectiveness of Watson's caring model on the quality of life and blood pressure of patients with hypertension. *Journal of Advanced Nursing*. 2, 130-139.
- Kearney-Nunnery, R. (2008). *Advancing your career; Concepts of professional nursing* (4th ed.). Philadelphia, PA: Davis.

- Mullaney, J.A.B. (2000). The lived experience of using Watson's actual caring occasion to treat depressed woman. *Journal of Holistic Nursing*. 2, 129-142.
- Persky, G.J., Nelson, J.W., Watson, J., & Bent, K. (2008). Creating a profile of a nurse effective in caring. *Nursing Administration Quarterly*. 1, 15-20.
- Sitzman, K., & Eichelberger, L.W. (2004). *Understanding the work of nurse theorist*. Sudsbury, MA: Jones and Bartlett.
- Swanson, K. (1999). What Is Known About Caring in Nursing Science: A Literature Meta-analysis." In A.S. Hinshaw, S. Feetham, & J. Shaver (Eds.). *Handbook of Clinical Nursing Research* (pp.31-60). Thousand Oaks, CA: Sage.
- Watson, J. (1979). *Nursing: The Philosophy and Science of Caring*. Boston, MA: Little Brown.
- Watson, J. (1985). *Nursing: Human Science and Human Care- Theory of Nursing*. Boston, MA: Jones & Bartlett.
- Watson, J. (1996). *Watson's theory of transpersonal caring*. Boulder, CO: University Press of Colorado.
- Watson, J. (2005). *Caring Science as Sacred Science*. Philadelphia, PA: F. A. Davis.

- Watson, J. (2006). Caring theory as an ethical guide to administrative and clinical practices. *Nursing Administration Quarterly*. 1, 48-55.
- Watson, J. (2007). *Theory of Human Caring*. Retrieved from <http://hschealth.uchsc.edu/son/faculty/caring.htm>
- Watson, J. (2007). *Transpersonal caring and the caring moment defined*. Retrieved from University of Colorado Denver College of Nursing website: http://www.nursing.ucdenver.edu/faculty/jw_evolution.htm
- Watson, J. (2008). *Nursing: The Philosophy and Science of Caring*. (2nd ed.) Boulder, CO: University Press of Colorado.
- Watson, J. (2009). *Caring: Theory evolution*. Retrieved from University of Colorado Denver College of Nursing website: http://www.nursing.ucdenver.edu/faculty/jw_evolution.htm



Thank You!