

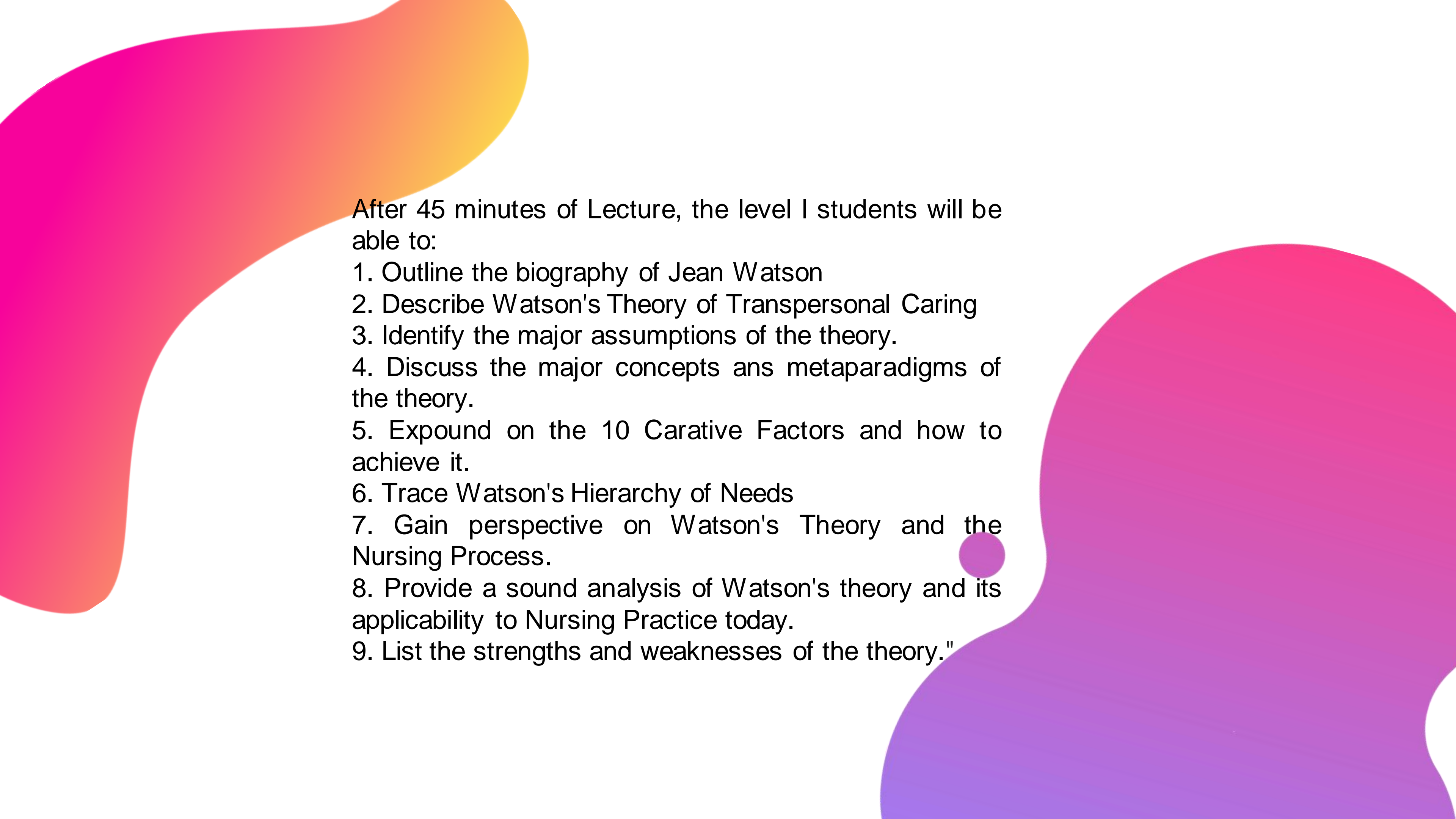
JEAN WATSON: Theory of Human Caring



"The Nursing profession, and each nurse within it,
is invited to consider/reconsider:

*How do we walk through life?
How do we get our footing to bring the artistry of
caring and global caritas consciousness into our
lives, our work, and our world?"*

A Lecture by:
ARLENE L GALON RN, MAN



After 45 minutes of Lecture, the level I students will be able to:

1. Outline the biography of Jean Watson
2. Describe Watson's Theory of Transpersonal Caring
3. Identify the major assumptions of the theory.
4. Discuss the major concepts and metaparadigms of the theory.
5. Expound on the 10 Caring Factors and how to achieve it.
6. Trace Watson's Hierarchy of Needs
7. Gain perspective on Watson's Theory and the Nursing Process.
8. Provide a sound analysis of Watson's theory and its applicability to Nursing Practice today.
9. List the strengths and weaknesses of the theory."

Caring is
the essence
of nursing.

-Jean Watson



Dr. Jean Watson is a nurse theorist who developed “**Philosophy and Theory of Transpersonal Caring**” or “**Caring Science**” and founder of Watson Caring Science Institute.

BIOGRAPHY

- **Personal Life:** Jean Watson was born Margaret Jean Harmon and grew up in Welch, West Virginia. She was the youngest of 8 children and was surrounded by an extended family–community environment. Watson attended high school in West Virginia and then the Lewis Gale School of Nursing in Roanoke, Virginia, where she graduated in 1961
- After her graduation in 1961, Jean Watson married her husband, Douglas, and moved west to his native state of Colorado.
- In 1997, she experienced an accidental injury that resulted in the loss of her left eye, and soon after, in 1998, her husband, whom she considers as her physical and spiritual partner, and her best friend passed away and left Watson and their two grown daughters, Jennifer and Julie, and five grandchildren.
- **Education:** Jean Watson ardently and quickly progressed through her nursing education, earning her bachelor's degree in nursing in 1964, a master of science in psychiatric and mental health nursing in 1966, and a Ph.D. in educational psychology and counseling in 1973, all from the University of Colorado at Boulder.
- 1978 – 1981 – Coordinator and Director of the nursing PhD program (University of Colorado School of Nursing)
- 1983 – 1990 – Dean (UC School of Nursing and Associate Director of Nursing Practice (University Hospital)
- Watson received six honorary doctoral degrees and three Honorary Doctorates.
- 1993 – She received the National League for Nursing (NLN) Martha E. Rogers Award
- 1993 – 1996 – served as a member of the Executive Committee and the Governing Board and as an officer for the NLN
- 1995 – 1996 – elected president of NLN
- 1998 – recognized as a Distinguished Nurse Scholar by the NY University
- 1999 – assumed the nation's first MurchisonScoville Endowed Chair of Caring Science





International Hiroshima Conference on Caring and Peace



Qatar Conference Unified Caring
Model for Gulf Countries UAE



Lecture series celebration, Taken
at St Peter's College, New Jersey

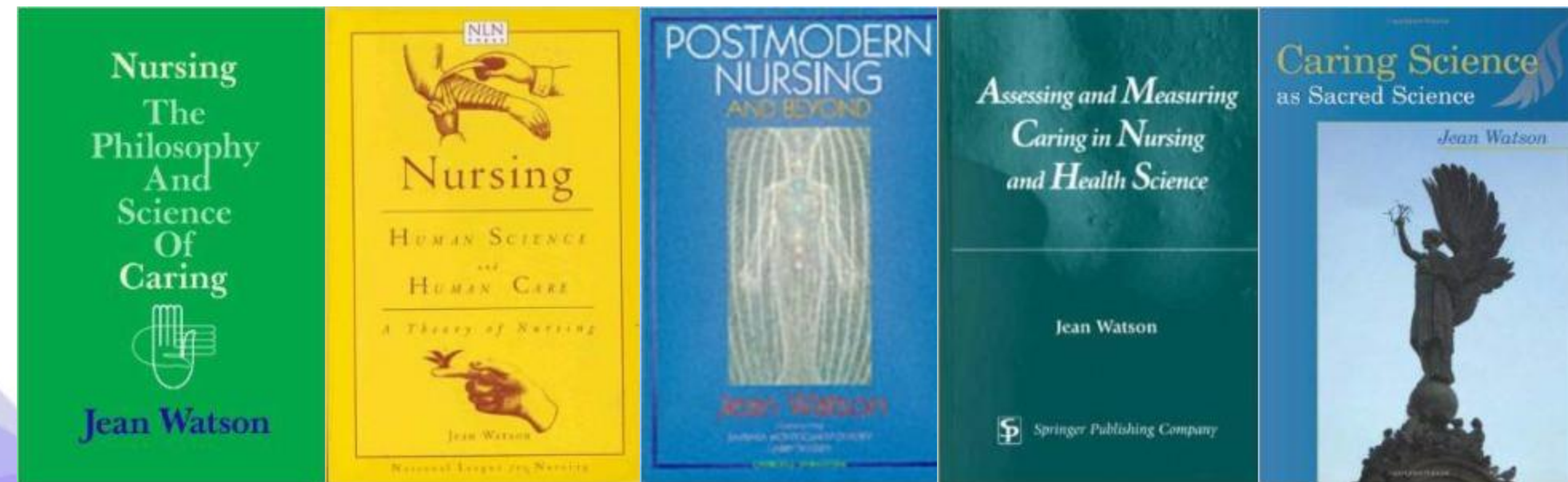


Charles Drew University Medicine
Dymally School of Nursing, Los
Angeles

Works

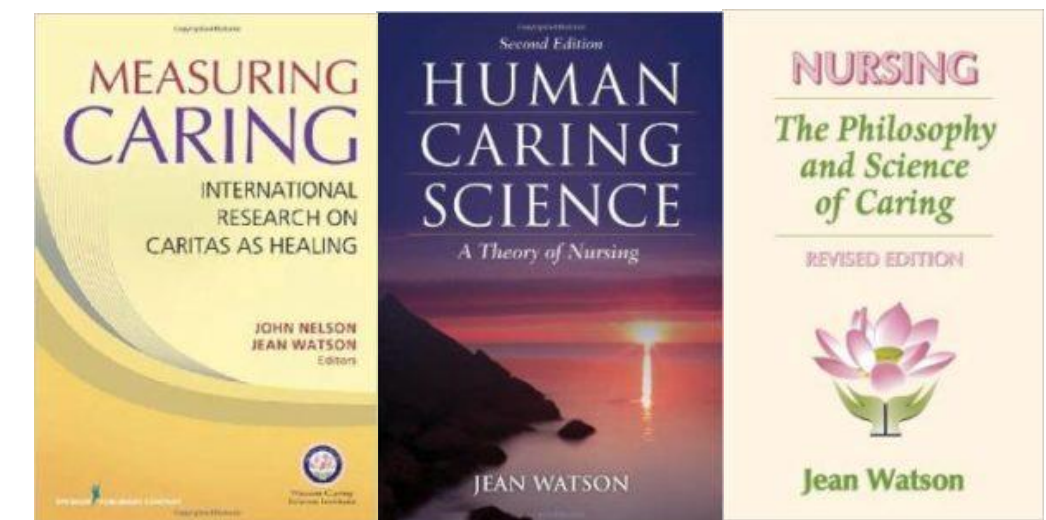
Watson has authored 11 books, shared in the authorship of six books, and has written countless nursing journal articles. The following publications reflect her theory of caring from her ideas about the philosophy and science of caring.

- 1. *Nursing: The Philosophy and Science of Caring* (1979)**
- 2. *Human Science and Human Care – A Theory of Nursing* (1985)**
- 3. *Postmodern Nursing and Beyond* (1999)**
- 4. *Instruments for Assessing and Measuring Caring in Nursing and Health Sciences* (2002)**
- 5. *Caring Science as Sacred Science* (2005)**



Recent books include :

- 6. *Measuring Caring: International Research on Caritas as Healing* (Nelson & Watson, 2011),**
- 7. *Creating a Caring Science Curriculum* (Hills & Watson, 2011), and**
- 8. *Human Caring Science: A Theory of Nursing* (Watson, 2012).**





THEORY OF HUMAN CARING BY JEAN WATSON

- Nowadays, a lot of people choose nursing as a profession. There are many reasons to consider becoming a professional nurse, but compassion is often a trait required of nurses. This is for the reason that taking care of the patients' needs is its primary purpose.
- Jean Watson's ***Philosophy and Science of Caring*** is concerned on how nurses express care to their patients.
- Her theory stresses the humanistic aspects of nursing as they intertwine with scientific knowledge and nursing practice.
- Holistic approach to health care is central to the practice of caring in nursing.

What is Watson's Theory of Transpersonal Caring?

- According to Watson's theory: “***Nursing is concerned with promoting health, preventing illness, caring for the sick, and restoring health.***” It focuses on **health promotion**, as well as the treatment of diseases.
- According to Watson, **caring is central to nursing practice** and promotes health better than a simple medical cure. She believes that a holistic approach to health care is central to the practice of caring in nursing.
- According to her Theory of Human Caring, caring can be demonstrated and practiced by nurses. Caring for patients promotes growth; a caring environment accepts a person as they are and looks to what they may become.



TRANSPERSONAL CARING REALTIONSHIP

Watson (1999) describes a “Transpersonal Caring Relationship” as foundational to her theory; it is a “special kind of human care relationship—a union with another person—high regard for the whole person and their being-in-the-world”

7 ASSUMPTIONS OF WATSON'S MODEL



- (1) Caring can be effectively demonstrated and practiced only interpersonally.
- (2) Caring consists of Carative Factors that result in the satisfaction of certain human needs.
- (3) Effective caring promotes health and individual or family growth.
- (4) Caring responses accept the patient as he or she is now, as well as what he or she may become.
- (5) A caring environment is one that offers the development of potential while allowing the patient to choose the best action for him or herself at a given point in time.
- (6) A science of caring is complementary to the science of curing.
- (7) The practice of caring is central to nursing.



Three Metaparadigm
Concepts in Nursing:
Person
Health
Nursing

FOUR MAJOR CONCEPTS/ METAPARADIGM



NURSING

- Nursing is a human science of persons and human health-illness experiences that are mediated by professional, personal, scientific, esthetic, and ethical human care transactions.

HUMAN BEING

- Human being is a valued person to be cared for, respected, nurtured, understood, and assisted; in general a philosophical view of a person as a fully functional integrated self. Human is viewed as greater than and different from the sum of his or her parts.

HEALTH

- Health is the unity and harmony within the mind, body, and soul;
- associated with the “degree of congruence between the self as perceived and the self as experienced”.
- “Illness is not necessarily disease; instead it is a subjective turmoil of disharmony within a person’s inner self or soul.”

ENVIRONMENT

- *Watson does not define this but instead devised 10 Carative factors critical to the caring human experience that need to be addressed by nurses with their patients when in a caring role.*

OTHER MAJOR CONCEPTS



SOCIETY

- The society provides the values that determine how one should behave and what goals one should strive toward. Watson states:

"Caring (and nursing) has existed in every society. Every society has had some people who have cared for others. A caring attitude is not transmitted from generation to generation by genes. The culture of the profession transmits it as a unique way of coping with its environment."

ACTUAL CARING OCCASION

- The actual caring occasion involves actions and choices by the nurse and the individual. The moment of coming together on a caring occasion presents the two persons with the opportunity to decide how to be in the relationship – what to do with the moment.

TRANSPERSONAL

- The transpersonal concept is an intersubjective human-to-human relationship in which the nurse affects and is affected by the other person. Both are fully present in the moment and feel a union with the other; they share a phenomenal field that becomes part of both's a life story.

Carative Factors and Caritas Process

Carative Factors	Caritas Process
1. "The formation of a humanistic-altruistic system of values."	"Practice of loving-kindness and equanimity within the context of caring consciousness."
2. "The instillation of faith-hope."	"Being authentically present and enabling and sustaining the deep belief system and subjective life-world of self and one being cared for."
3. "The cultivation of sensitivity to one's self and others."	"Cultivation of one's own spiritual practices and transpersonal self going beyond the ego-self."
4. "Development of a helping-trust relationship" became "development of a helping-trusting, human caring relation"	"Developing and sustaining a helping trusting, authentic caring relationship."
5. "The promotion and acceptance of the expression of positive and negative feelings."	"Being present to, and supportive of, the expression of positive and negative feelings as a connection with deeper spirit and self and the one-being-cared for."
6. "The systematic use of the scientific problem-solving method for decision making" became "systematic use of a creative problem solving caring process"	"Creative use of self and all ways of knowing as part of the caring process; to engage in the artistry of caring-healing practices."
7. "The promotion of transpersonal teaching-learning."	"Engaging in genuine teaching-learning experience that attends to the unity of being and meaning, attempting to stay within others' frame of reference."
8. "The provision of the supportive, protective, and (or) corrective mental, physical, societal, and spiritual environment."	"Creating healing environment at all levels (physical as well as the nonphysical, subtle environment of energy and consciousness, whereby wholeness, beauty, comfort, dignity, and peace are potentiated)"
9. "The assistance with the gratification of human needs."	"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. "The allowance for existential-phenomenological forces" became "allowance for existential-phenomenological spiritual forces"	"Opening and attending to spiritual-mysterious and existential dimensions of one's own life-death; soul care for self and the one-being-cared for"

Watson's Theory and The Nursing Process

Assessment: Observation, identification, and review of the problem and the formation of a hypothesis.

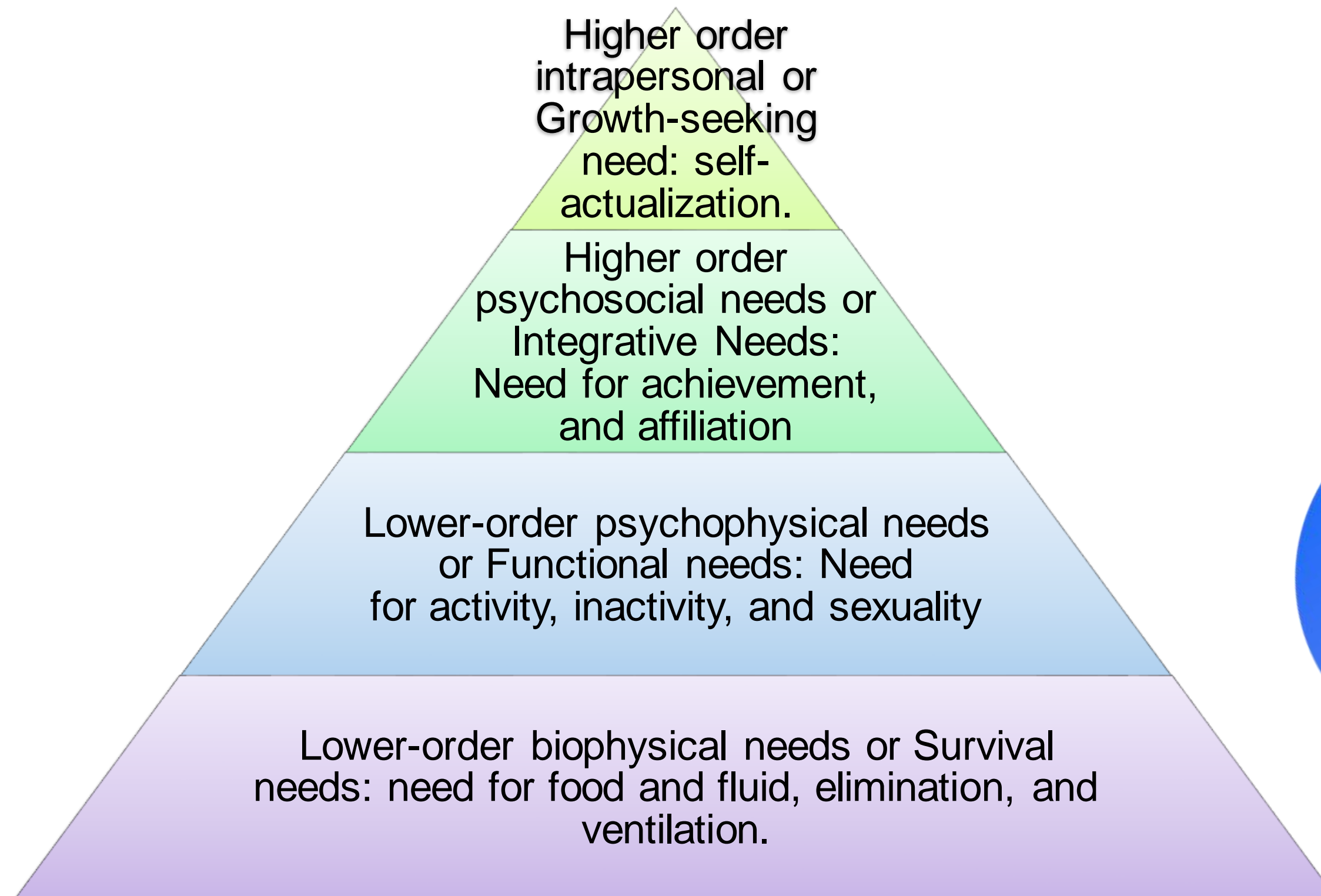
Plan: Creating a **care plan** helps the nurse determine how variables would be examined or measured and what data would be collected.

Intervention: Implementation of the care plan and data collection.

Evaluation analyzes the data, interprets the results, and may lead to an additional hypothesis.



WATSON'S HIERARCHY OF NEEDS





Analysis:

It is undeniable that technology has already been part of nursing's whole paradigm with the evolving era of development. Watson's purely "caring" suggestion without giving much attention to technological machinery cannot be solely applied. Her statement is praiseworthy because she dealt with the importance of the nurse-patient interaction rather than a practice confined with technology.

Watson stated the term "soul-satisfying" when giving out care for the clients. Her concepts guide the nurse to an ideal quality nursing care provided for the patient. This would further increase the involvement of both the patient and the nurse when the experience is satisfying.

Strengths	Weakness
<p>Although some consider Watson's theory complex, many find it easy to understand. The model can guide and improve practice as it can equip healthcare providers with the most satisfying aspects of practice and provide the client with holistic care.</p> <p>Watson considered using nontechnical, sophisticated, fluid, and evolutionary language to artfully describe her concepts, such as caring-love, carative factors, and Caritas.</p> <p>Also, the theory is logical in that the carative factors are based on broad assumptions that provide a supportive framework. The carative factors are logically derived from the assumptions and related to the hierarchy of needs.</p> <p>Watson's theory is best understood as a moral and philosophical basis for nursing. The scope of the framework encompasses broad aspects of health-illness phenomena. Also, the theory addresses aspects of health promotion, preventing illness, and experiencing peaceful death, thereby increasing its generality. The carative factors provide guidelines for nurse-patient interactions, an important aspect of patient care.</p>	<p>The theory does not furnish explicit direction about what to do to achieve authentic caring-healing relationships. Nurses who want concrete guidelines may not feel secure when trying to use this theory alone. Some have suggested that it takes too much time to incorporate the Caritas into practice, and some note that Watson's personal growth emphasis is a quality "that while appealing to some may not appeal to others."</p>



Conclusion:

- The Philosophy and Science of Caring addresses how nurses express care to their patients. Caring is central to nursing practice and promotes health better than a simple medical cure. Watson believes that a holistic approach to health care is central to the practice of caring in nursing.
- This led to the formulation of the 10 carative factors.
- Describing her theory as descriptive, Watson acknowledges the theory's evolving nature and welcomes input from others
- Watson's theory continues to provide a useful and important metaphysical orientation for the delivery of nursing care. Watson's theoretical concepts, such as the use of self, patient-identified needs, the caring process, and the spiritual sense of being human, may help nurses and their patients to find meaning and harmony during a period of increasing complexity.

Nurses are a
unique kind. They
have this insatiable
need to care for
others, which is
both their greatest
strength and fatal
flaw.

Dr. Jean Watson, RN, Doctor,
Author and Professor

NURSEBUFF.COM

An abstract graphic design on a dark blue background. The central element is a white diamond shape, rotated 45 degrees, containing the text "The End!" in a bold, magenta font. This diamond is surrounded by a thick, multi-layered border that transitions from a light pink on the left to a light blue on the right, with a purple hue in the middle. The background is decorated with large, flowing, organic shapes in shades of pink and purple on the left, and a large, light blue shape on the right. A thin, light gray line forms a square frame around the central diamond.

The End!

References

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•External Links

- [Nursing: The Philosophy and Science of Caring, Revised Edition](#)
- [Nursing: Human Science and Human Care, a Theory of Nursing](#)
- [Postmodern Nursing and Beyond, 1e](#)
- [Instruments for Assessing and Measuring Caring in Nursing and Health Sciences \(2002\)](#)
- [By Jean Watson – Caring Science as Sacred Science: 1st \(first\) Edition](#)
- [Watson Caring Science Institute and International Caritas Consortium](#)
- [Dr. Jean Watson's Facebook](#)