

# Chapter 2

## Caring as a Personal and Professional Behavior

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# Objectives

- Discuss the basic principles of caring practiced by Florence Nightingale.
- Discuss the differences between medical models and nursing models of care.
- Define transpersonal caring and holistic nursing within the framework of Dr. Jean Watson's theory of human caring.
- Define what motivation is and express concepts of personal motivation.



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# Principles of Caring- Florence Nightingale

# What is Caring

## Caring

- Responding to others as unique individual
- Sensing their emotions
- Accepting them as they are unconditionally

## Transpersonal caring

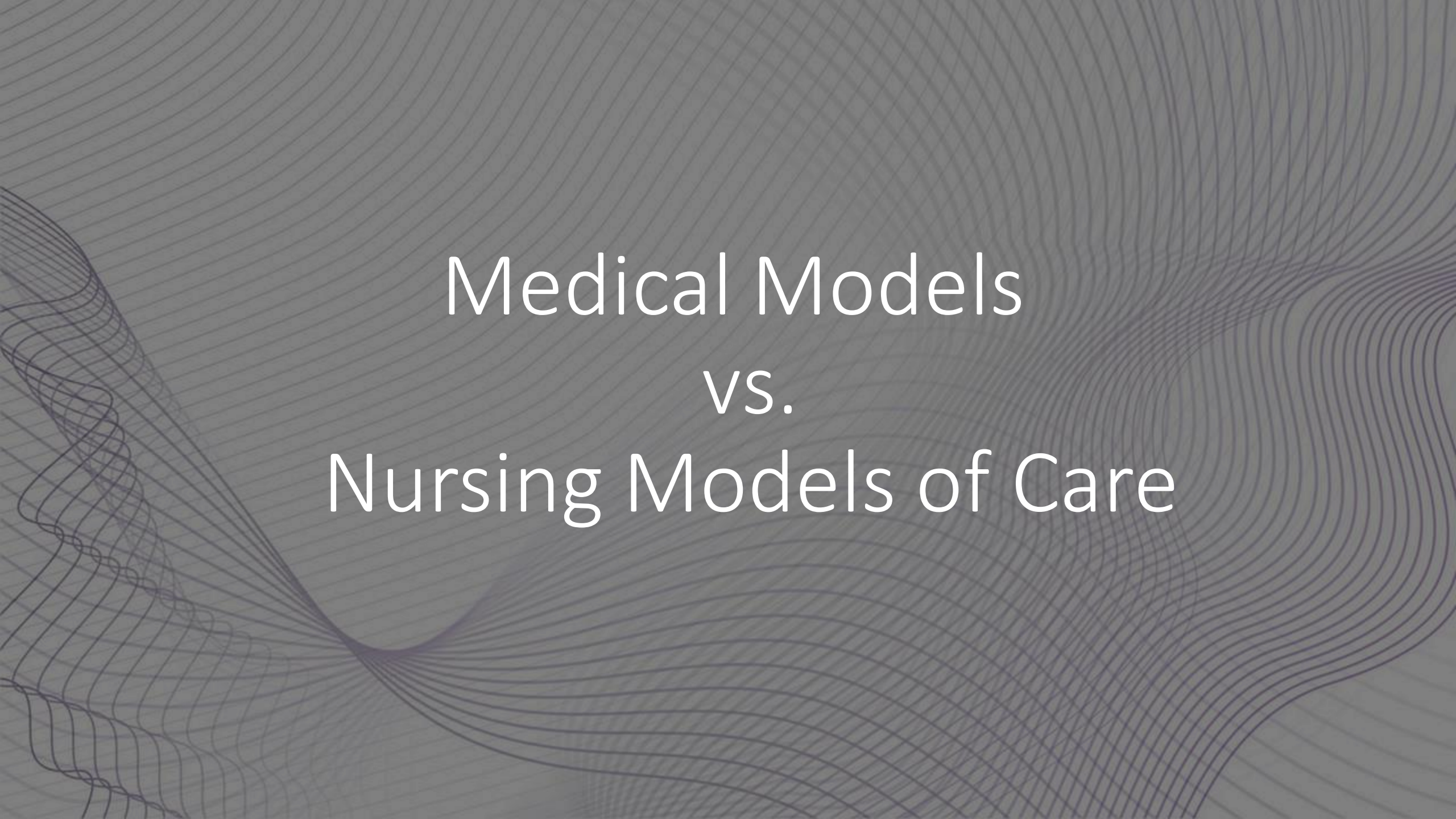
- Human to human caring
- Making a connection with another human being





# What is Holistic Nursing

- Holistic nursing
  - Caring for the whole person
    - Attention to mind, body, and spirit

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# Medical Models vs. Nursing Models of Care

# Understanding Nursing Models

- Need for empowerment and caring
- Characteristics of a caring nurse
- Respect (everyone)
- Assess (entire person)
- Learn (to use everyone's name)
- Enjoy
- Accept
- Develop (common courtesy)



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# Transpersonal caring/holistic nursing-

## Dr. Jean Watson





# Dr. Jean Watson



- "High-touch" caring
  - Transpersonal caring in which the nurse respects the whole person and their existence in the world
- Developed nurse caring paradigm
  - Care in a co-participating manner
  - Caring moment
  - Intention of nursing care
  - Caritas curative nursing care



# Dr. Jean Watson-High Tech vs. High-Touch



- High-tech nurses:
  - Use complex equipment: ICU
  - Nurses working in specialty areas (burn units, trauma units) telemetry
  - Spend time as much time with life-saving technology as they do with patient
- High-touch nurses:
  - Holding a patient's hand for comfort
  - Calling religious advisors
  - Treating deceased body with gentleness
- Spiritual aspect of caring may be uncomfortable

# Applying Caring Theory in Your Personal Life

- Being mindful of how one responds to conflict
- Learning colleagues' names
- Listening to thoughts of others
- Respecting opinions of others





# Characteristics-Care Nurse

- Speak (to people not patients)
- Acquire (high0tech and high-touch skills)
- Understand (there is a reason behind every behavior)
- Promote (other nurses)
- Include (significant others in care of people who are ill)

# Applying Caring Theory-Professional Life



## Caring with colleagues

Medical model nurses still exist  
Not all nurses are caring  
Caring nurses are everywhere



## Caring for patients

Patients are individuals  
Learn the names of people you care for



# Setting Priorities Using Transpersonal Caring

## Prioritizing

- Efficient approach
- Focused on treatment, tasks

## Caring Approach

- Acknowledging patient as whole being

Which approach is most effective?





# Caring for Family & Significant Others

- Responsibility to family members
- Engaging family in patient's care
  - Enhances healing process
- Healing can mean helping family after death
- Talk to family, teach them, care about their concerns, respect them



# Caring Includes Everyone

- Can be difficult (aggressive patient)
- Everyone is worth caring about
- Goal is to give holistic, transpersonal care to all

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What is  
motivation/personal motivation



# Personal Motivation

- Motivation
  - Process that gives behavior purpose and direction
  - There is reason behind every behavior
  - Dynamic
  - Changes in experience and outside influences
- Theories of motivation help to identify personal motivation and understand motivation of others