Caring Literacy – Caring Factors in Action

Practice of loving kindness and equanimity within the context of caring consciousness/Formation of humanistic altruistic system of values. Practice loving kindness for Others and self.

My respect for this patient allowed me to be available to him/her.

I paused to listen.

- Mutuality
- Congruence
- Feeling valued
- Honored to be allowed into Other’s space
- Connectedness
- Validation
- Welcome to work
- Make space for Others
- Make self available to Others
- Vulnerability-ask for what you need
- Model self care and caring for Others
- Acknowledge acts of kindness

Being Authentically Present, and enabling and sustaining the deep belief system of self and one being cared for/Instillation of faith-hope. Honor the beliefs and values of patients, families by being present to their needs.

By listening, I was able to honor this patient’s belief system and enable him/her to feel his own sense of faith/hope.

- Self care-self awareness
- Intentional acts of self care
- Accurate identification of person by preferred name
- Eye contact as appropriate
- Touch as appropriate
- Acknowledging
- Respect
- Celebrating
- Value
- Honoring unique gifts and talents of self to Others
- Ground/Center
- Create opportunities for silence/reflection/pause
- Ability to be in silence
- Release control

Cultivation of one’s own spiritual practices and transpersonal self, going beyond ego self/Cultivation of sensitivity to one’s self and others. Nurture and cultivate individual spiritual practices and beliefs.

By being more responsive to the patient’s needs and feelings, I was able to create a more trusting relationship.

- Forgiveness
- Blessing
- Meaningful rituals for practicing gratitude and forgiveness
- Transform tasks into caring healing activities
- Journaling-self exploration

Developing and sustaining helping-trusting authentic caring relationship/Development of helping-trusting human caring relationship. Develop helping-trusting caring relationships with patients, families and members of the healthcare team.

- Accurately detect Other’s feelings
- Hear Other’s story
- Cultivate Self Awareness
- Listening
- Hold Other with unconditional love and regard
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- Non-judgmental attitude
- Allow inner spirit to shine
- Respond to Other’s feelings with congruence: Hold Other’s feelings/Affective congruence

Being Present to, and supportive of the expression of positive and negative feelings as a connection with deeper spirit of self and one-being-cared for/Promotion and acceptance of the expression of positive and negative feelings. Promote and support the expression of both positive and negative feelings as a way to understand Other’s perceptions and experiences.

The caring relationship in a caring environment promoted spiritual growth.
- Story-tell and hear stories-own and Other’s
- Allow story to emerge-change and grow
- Acknowledge healing as an inner journey
- Hold safe space
- Allow for the unknown and uncertainty
- Reflection of feelings
- Praying with families as appropriate
- Offer blessings

Creative use of self and all ways of knowing as part of the caring processes; to engage in artistry of caring-healing practices/Systematic use of a creative problem-solving caring process. Cocreate creative-aesthetic caring healing practices with patient/family and health care team to address needs of patients and families.

Exercised patient-centered problem solving and scholarship in caring for this patient.
- Self as environment
- Blessings
- Touch
- ‘Voice
- Play
- Movement
- Music
- See Postmodern Nursing

Engaging in genuine teaching-learning experiences that attends to unity of being and meaning, attempting to stay within in other’s frame of reference/Promotion of transpersonal teaching-learning. Engage in teaching-learning experiences that address the individual/family needs and learning style.

The caring relationship I promoted promotes knowledge, growth, empowerment and healing processes and possibilities for the patient and for me.
- Collaborative participation
- Coaching
- Engagement from family/patient perception
- Learn first from family-then share/coach/provide information/tools/options
- Honesty
- Accuracy
- Preparation measures-breathing, relaxation, what will see feel, hear, taste
- Caring Practices

Creating healing environments at all levels (physical as well as nonphysical, subtle environment of energy and consciousness) whereby wholeness, beauty comfort, dignity and peace are potentiated/Provision for a supportive, protective, and/or corrective mental, physical, societal and spiritual environment. Create caring-healing environments for the physical, emotional, mental and spiritual self.

By promoting the caring relationship I created space for this patient to generate his own wholeness and healing.
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- Nurse as environment
- Patient as person
- Create familiar environment-items from home, lovies, wear own clothes, maintain own schedule
- Hand washing
- Privacy
- Comfort
- Eye to eye communication and contact
- Bring in aesthetic-art, nature
- Music
- Quiet time
- Nightingale-clean air, water, light sound
- Patient body as healing environment-clean hair/body/bowel
- Dignity of body
- Safety
- Cleanliness
- Family-patient time frames
- Environmental rituals
- Permission to enter

Assisting with basic needs, with an intentional caring consciousness, administering ‘human care essentials’ which potentiate alignment of mindbodyspirit, wholeness and unity of being in all aspects of care. Assistance with gratification of human needs. Support Other’s unity and wholeness by assisting with basic physical, emotional, mental and spiritual needs.

I was able to help meet the needs this patient identified for him/herself.

- Art
- Touching
- Singing
- Play as work of children
- Quiet time
- Doing for Other as they would do for themselves if able
- Actions emerge form caring intention

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. Allowance for existential-phenomenological-spiritual forces. Allow for miracles to take place.

Caring calls for advanced competency and skill in authentically engaging in caring for the patients. This engagement can be translated into advanced caring-healing modalities.

- Nurture/Support hope
- Allow for the unknown
- Acknowledge what we don’t know
- Allow for paradox
- Sharing
- Participation