

## CULTIVATING THE PRACTICE OF LOVING KINDNESS

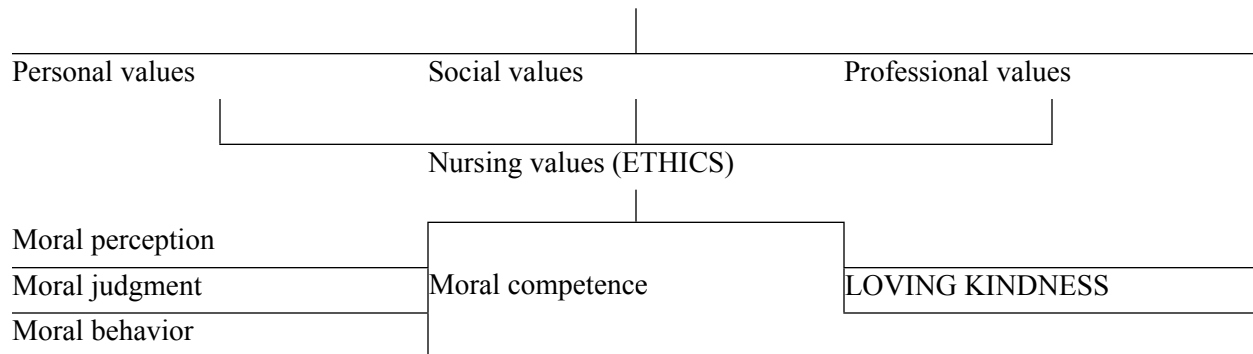
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**Introduction:** Jean Watson's work in Caring Science and the Theory of Human Caring-Healing, that addresses caring relationships among humans and the deep experiences of life itself, was chosen by Monmouth Medical Centre (2012+) for its Magnet Journey and the changes to its health care delivery system (Watson, 2008).

To this end Planning Committees, Shared Governance and Holistic Nursing Councils were formed during Nurses week in May of 2012. I along with a colleague of mine, were chosen to attend the ICEP. I was also selected and sponsored to do the CCEP and together with alumni Angela Brathovde, we were given the task to spearhead and implement those essential elements and practices, CARITAS FACTORS AND CARITAS PROCESSES™ as detailed in line with her philosophy and theory.

Values, Belief and Religion



**Significance:** This project is based on her original work describing Carative Factors #1. Humanistic-altruistic values and focuses on her evolved work Caritas Processes™ #1. Practicing LOVING-KINDNESS - - - for self (the care-giver - nurse) and other (the cared – patient / work colleagues, family, etc) (Watson, 2008). In Jean Watson's caring theory nursing is centered on helping the patient achieve a higher degree of harmony within mind, body, soul and the harmony is achieved through caring transactions involving a transpersonal caring relationship.

Loving-kindness is the human expression of a generous character. It means to exhibit an all-embracing kindness the desire to make others happy and to generate only friendliness among all living things. It is the most significant value for nursing care especially for good relationship between nurses and patients. "Loving Kindness is a natural state of being and living, in that when we feel it fully, it brings joy and peace to our lives and to those around us." (Watson, 2008, p. 58).

**Purpose:** The purpose is to Promote and Apply "LOVING KINDNESS" as a daily on-going effective practice by all nurses (the care-giver) in all levels and in all departments essentially towards the other (the cared – patient / work colleagues, family etc.) which in turn would be in the best interest for Monmouth

Medical Centre on its magnet journey, as an attribute of moral competence in nursing practice and also one where-in the nurse or care-giver will find meaning and value in the work they do and in working for MMC.

**Setting and Participation:** The main setting is in Monmouth Medical Centre a 350 bed teaching hospital and around 800 staff like nurses, administrators, teachers, office workers, helpers etc. of which around 50 have so far participated in various small groups. A setting within my family / home circle with 4 participants. A setting of Girl Scout troop / high school of my daughter and her friends of 9th grade with 7 participants.

**Project Description / Process:** Jean Watson's caring theory allows the nurse to practice the art of caring to practice "loving kindness" especially to the one being cared / patient in order to promote healing, dignity and worth. The good news is that "We are here to give ourselves and to love with real expansiveness - - - so that our own flesh is the vessel into which God's own life is poured" "Theologian Wendy Wright

In light of the above this can also be transferred into any other human setting such as the immediate family environment or girls scout troop / high school as in my case.

Some of the process used thus far is: Meditation in a group setting - on a monthly basis; Developing a loving acceptance of self – on a daily basis - using positive phrases words like "May I be filled with Loving Kindness"; Journaling – daily highlights and weekly review; group meetings with pep talks; daily text messaging of inspirations passages to nurses in my department;

**Project Outcome(s) Projected Outcome (s):** Hospital administration and staff would demonstrate a greater awareness of the practice of "LOVING KINDNESS" and it would evolve as an important virtue in the ethics of nursing care. On the family / home front and in that extension there is a lot of peace and serenity and it is getting better. On the Girl Scout troop / high school end it is resulting in harmonious relationship of caring and concern.

**Project Evaluation or Partial / Projected Evaluation if not completed:** So far so good and it is only getting better.

**Future Directions:** I am planning on doing my Masters in Nursing with special care and attention to holistic nursing and be an advocate and a coach for this program.

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Reference: Watson, J. (2008). *Nursing: The philosophy and science of caring* (Rev. ed.). Boulder, CO: University Press of Colorado