THE HEART AND ART OF NURSING: A ONE DAY COURSE IN CARING SCIENCE THEORY & PRACTICE

Belinda Jaramillo, RN, MHI
Kaiser Permanente San Jose Medical Center, San Jose, CA
Belinda.G.Jaramillo@kp.org

Introduction: Kaiser Permanente began its Caring Science journey in 2010. Jean Watson’s Caring Science Theory was selected as the foundation theory for professional nursing practice (Watson, 2008). Northern California has a regional Caring Science Advisory Circle who have developed a website, provided education for nurse leaders, and a series of educational modules for staff nurses. At San Jose Medical Center, we have incorporated Caring Science into our professional nursing model; all nursing leaders have attended four Caring Science modules; sent a number of staff nurses to Human Caring three-day workshops; and established a facility Caring Science Advisory Circle. We are now ready to integrate Caring Science to the frontline nursing staff with the goal of improving the quality of care we provide. The one-day course in Caring Science will offer the opportunity for more nurses to gain the knowledge and skills needed to spread Caring Science into the culture of nursing care in our organization.

Significance: Theory becomes practice when the knowledge becomes part of the experience and intentional work of the practitioner. Time away from the everyday responsibilities and work is important for learning new ways of being and knowing (Watson, 2008). All nurses need to have a basic understanding of Caring Science principles and to know how to incorporate self-care in order to strengthen the ability to care for others (Watson, 2008).

Purpose: The purpose of this project is to provide an experience away from the everyday work responsibilities for staff nurses to learn about Caring Science, most importantly how to be a Caritas Nurse and ways to care for self. The expectation is as a greater number of nurses are exposed to these principles, they will become the practicing Caritas Nurses and our patients will experience deeper healing.

Setting and Participants: The one-day course will be held four times this year. The participants will be inpatient and outpatient nurses from San Jose Medical Center and San Jose Physician Medical Group. The courses will be held in a large conference room in one of the San Jose medical office buildings; 120-160 nurses are expected to attend this one-day course. The nurses will receive Continuing Education (CE) credits and will be encouraged to work with their managers to get time off; we have met with managers to discuss the expectations when participants return from the workshop. The first course will be offered March 28, 2013 and then will be repeated once each quarter during the 2013 year. The expectations we have shared are that the participants will return to the workplace with skills for self-care and for integrating Caring Science into their practice. We are also asking that they encourage their peers to attend future workshops.
**Project Description/Process:** This project is being designed by the San Jose Caring Science Advisory Circle in cooperation with local Clinical Education Practice and Informatics (CEPI) department and regional care leaders. My role is to coordinate the efforts and facilitate the day. I met with the Chief Nursing Officer and brought the idea to the team for development. I am working with the Director of CEPI to get CEs approved and for logistical planning. The content will be a synthesis of regional and facility class offerings, in addition to my Caritas Coach training. It will be interactive didactic introduction to Caring Science and some hands-on experiences of healing modalities.

**Project Outcome(s)/Projected Outcomes:** There are several outcomes we expect as a result of these workshops. First and foremost, we expect that we will have more nurses who are practicing Caritas Nursing leading to high quality of nursing care and high levels of satisfaction reported by nurses and patients. In addition, our Caring Science Advisory group is developing as a team while they work together to design and present the workshops.

**Project Evaluation or Partial/Projected Evaluation if not completed:** Evaluation of each workshop will be done with a simple evaluation tool used for CE approval. Attendees will also complete a pre and post evaluation of knowledge and attitudes toward Caring Science as the basis for nursing practice.

**Future Directions:** The evaluations will be used to improve future Caring Science offerings, to determine if we will continue to offer this workshop or if we present the material in a different format. Our first Caritas Coach, our CNO and our team continue to hold the belief that as our culture becomes a caring one, we will experience a shift to a more professional nursing model with the outcomes in quality and satisfaction that we, as an organization desire. We are seeing pockets of Caritas Nursing activities and have made strides in our journey. The future will bring more of those activities as well as new ways to incorporate Caritas Processes™ into nursing practice.

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**References:**