

# ***Italian and International Nurses, and Health Science Professionals United in Human Caring June 22-23, 2023 Florence, Italy Grand Hotel Mediterraneo***



**Barbara Vinassa MD**



**Sergio Ardis MD**



**Jean Watson PhD RN**



**Joseph Giovannoni DNP, APRN**



**Joseph Stern MD**





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This educational activity will be submitted to the American Association of Nurse Practitioners  
for approval of up to 9.5 contact hours of accredited education.  
Endorsed by: Watson Caring Science Institute Boulder Co, Caring in Progress, Torino,  
Associazione Lucchesi nel Mondo, Lucca - Organized by Soluzioni Omnia, Verona



University of Applied Sciences and Arts  
of Southern Switzerland

**SUPSI**



## **OBJECTIVES**

- ❁ The efficacy of Unitary Caring Science as an interdisciplinary guide to health care.
- ❁ Restore the ethical values and loving-kindness in health care.
- ❁ Facilitate the transition from an external world of control, power, fear and chaos to an internal world of self-discipline, utilizing Unitary Caring Science in nursing practice and delivery of interdisciplinary care.

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## **CONTENT**



The 10 Caritas Processes of Jean Watson's Caring Science Theory, its application during challenging times for personal self care and patient care. The efficacy of integrating Unitary Caring Science to support the humanization of nursing in the present and future.



The application of evidence-informed Caring Science micropractices for becoming authentically present with patients and colleagues yielding quality of care.



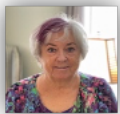
Shared experiences of integrating Jean Watson's Caring Science theory in self-care and patient care.



The experience of creating a healing environment on all levels where wholeness, beauty, well-being, dignity and peace are empowered.

## **PROGRAM COMMITTEE MEMBERS**

MARLIENNE GOLDIN, GABRIELE GIACOMELLI, BARBARA VINASSA, CECILIA SIRONI, ANNACHIARA GUITTO, SANDRA VACCHI  
JILL GIOVANNONI, JOSEPH GIOVANNONI



Dr. M. Goldin



Dr. G. Giacomelli



Dr. B. Vinassa



Dr. C. Sironi



Dr. A. Guiotto



Dr. S. Vacchi



J. Giovannoni

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**June 22, 2023**

**8:00 am - 8:15 am**

*Welcome - Sharing the Conference Objectives  
Dr. Sandra Vacchi, Dr. AnnaChiara Guiotto*

**8:15 am -8:30 am**

*Warm welcome by the Honorable Deputy Mayor of the city of Florence - Dr. Sara Funaro*

**Moderator**

*Dr. Barbara Vinassa MD, Medical Director of ASL District of Torino, Italy*





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## Keynote

*World Renown Nursing Theorist Jean Watson, PhD, RN, AHN-BC, FAAN, Living Legend (AAN) Founder of the Watson Caring Science Institute, United States*



## Caring Science Theory: Application and Efficacy

8:45 am – 9:45 am

Coffee Break: 9:45 am - 10:10 am

## Unitary Caring Science/Caritas as Interdisciplinary Guide to Health Care

10:10 am – 11:10 am



Identify how the “10 Caritas Processes” give language to the practice of nursing/health care.

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**Break 11:10 am - 11.30 am**

**Keynote**

*Joseph Stern MD, Neurosurgeon, Carolina Neurosurgical Group Practice. Carolina Neurosurgery and Spine Associates, Moses H. Cone Hospital, flagship hospital of Cone Health, Greensboro, North Carolina*



**Grief Connects Us: A Caring Science Perspective-Experiential**

**11:30 am – 1:00 pm**



Identify the process of grief and self-care to connect with others during loss of life in our professional work and as we care for others.



A neurosurgeon perspective in coping with loss of life.

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AFTERNOON  
*Reconvene 2:30 pm*

**Keynote**





***Joseph Giovannoni, DNP, MA, MS, APRN-Rx, PMHCNS-BC***

Watson Caring Science Institute – Postdoctoral Scholar, Faculty Associate, Forensic Advance Practice Nurse, Adjunct Faculty, University of Massachusetts Global



**Caring Science Evidence-Based: The Efficacy of Micropractices in Coping with Personal and Professional Stress- (Experiential)**

**2:30 pm – 4:00 pm**

-  Identify the anatomical structures/physiology of the vagus nerve pathways: A simple, personal application/vagus nerve stimulation as a self-care exercise, its efficacy to lower anxiety and stress.
-  Practicing authentic listening-experiential exercise in being heard, understood in personal communication with patients and colleagues.
-  Identify, explain the physiology and efficacy of alternate nostril breathing exercise in lowering stress and maintaining equanimity.
-  Identify, explain the function of self-tapping meridians to lower stress, improve well-being and personal health.



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**4:00 pm - 4:30 pm Break**



## **Humanization of Care-Maestro Emiliano Toso (Experiential)**

**4:30 pm – 5:30 pm**



Translational Music in compositions for deep-seated emotions to facilitate well-being. The direct experience of Maestro Emiliano Toso-meditation music for cellular healing with acoustic piano 432 Hz. Maestro Toso's music has been used in operating rooms and hospitals to facilitate healing environments.



**Special event - Dinner in celebration Global Human Caring:** Honoring the Italian nurses and international health science professionals for their heroic sacrifice and dedication to their patients during the COVID pandemic: Integrating Italian musical culture with a piano concert that include arias, duets and intermezzos from the great masterworks of Giacomo Puccini provided by the Association of Lucchesi nel Mondo-Lucca Italy. 7:00 pm - 9:00 pm (50 Euro-Not included in the program fee)

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**June 23, 2023**

***Weaving a Tapestry of Caring Through Collaboration, Connection and Self-Care***

**8:00 am - 8:15 am**

**Covening of the second day - Dr. Barbara Vinassa**

**8:15 am - 9:15 am**



**Round Table: Caring for the Profession: The Progress of the Profession of Nursing in the Present and Future**

***Joseph Giovannoni DNP Round-Table - Moderator***

***Wailua Brandman - MSN, APRN, PMHCNS/NP FAANP***

Utilizing the Caritas Processes, Mr. Brandman will reveal how he championed the development of advanced nursing practice over 25 years in the state of Hawai'i. He will show how the use of Caritas supported the growth of social capital in his home state, leading to political capital and the establishment of full practice authority in statute for advance practice nurses. The process continues today, in committees with APRN colleagues, reviewing and revising rules promulgated by the Hawaii Board of Nursing and various agencies which are not consistent with the current law.

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***Jeremy Creekmore - DNP, APRN, NP***

Caring for the nursing profession through collaboration: The purpose of my discussion is to emphasize the importance of collaboration to move the nursing profession forward. We can open doors, spark innovation, and affect change by surrendering ego and being open minded. We gain trust. We gain a voice.

***Gabriele Giacomelli, MS, RN - Tizian Santinelli***

Working in mental health nursing for a long time has led me to often ask myself, what our profession of nursing consists of? Observation from a psychological point of view is much more than a passive activity. Just think of when we learn a new activity under the gaze of a competent tutor ... what if he was also loving? We're not used to thinking that loving-kindness can affect learning or the process of care but if you think about it, being authentically present is fundamental to our practice, as well as the ability to adapt to the patient's needs and language.

***Sergio Ardis, MD, Member National Board of SIMeN (Società Italiana di Medicina Narrativa)***

Dr. Ardis, Medical Director of the SanLuca Hospital, Lucca, Italy and professor at the University of Pisa Medical School. His focus is on the humanization of care. He says “Medical Doctors need to stop and listen to the patient.” **(He is an advocate for Advance Practice of Nursing in Italy.)**



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**Keynote**



***Sergio Ardis, MD***

**9:15 am - 10:15 am**

*Medical Director of SanLuca Hospital, Lucca, Italy, Professor-University of Pisa–Member National Board SIMeN*

**Authentically listening to patients' stories and concerns in clinical settings**

Relating to Caritas Process 4 “Developing and sustaining loving, trusting-caring relationships.”

Developing humanization programs in healthcare facilities starts with communication between the healthcare professional and patient.

**10:15 am - 10:45 am Coffee Break**



***Annachiara Guiotto MS, RN, Chief Nurse Emergency Nurse, WCSI Caritas Coach;  
Sandra Vacchi MA, RN Executive in Technical and Narrative Methodology inside Care, MA  
Family and Community Nurse MA Forensic Nurse, Chief Nurse, WCSI Caritas Coach***

**10:45 am - 11:30 am.**

**The colors will come back...Keeping hope alive**

Offer an opportunity to experience the authentic presence (Caritas Process 2) and opening towards mysterious dimensions of life (Caritas Process 10) through support of the expression of personal feelings and of self and others (Caritas Process 5)

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*Tisana Sala De Filippis Ph.D., MSc RN University of Applied sciences and Arts of Southern Switzerland, Department of Business, Economics, Health and Social Care, Competence Center for Health Care Practices and Policies, Marcija Borojevic PhD, MSc. RN Professional Coach for Nursing Practice, Independent Nurse in private practice- Switzerland*

**11:30 am - 12:15 pm**

**Jean Watson Q & A with Students from  
the University of Applied Sciences and  
Arts of Southern Switzerland–SUPSI  
The lived experience of the Theory of  
Human Caring.**

**12:15 pm - 12:45 pm**

**Dicussion Dr. Barbara Vinassa MD**

**12:45 pm - 1:15 pm Conclusion**

**1:15 pm - 1:30 pm Evaluations**

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