



Watson Caring
Science Institute

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Ascension St. John Hospital Awarded Lotus Recognition™

Deerfield, FL: Watson Caring Science Institute (WCSI) is pleased to announce that the latest [Lotus Recognition™](#) has been awarded to the Nursing Team at [Ascension St. John Hospital](#), Detroit, MI, the largest non-profit health system in the U.S and a [Distinguished National Caring Science Affiliate](#) of WCSI.

Ascension St. John Hospital's nursing team strives to create healing environments. One distinctive method is a "Care Cart" which was created to bring easily accessible opportunities for self-care to associates during their shift. "I am extremely proud of the caring culture we have created at our hospital," said Alison Leitch BSN, RN, HNB-BC, IAC, HMCT, Caritas Coach®. "Watson's Caring Science invites us to create healing environments at all levels where wholeness, comfort, dignity and peace are available. This recognition shows our team's commitment to providing top quality patient care."

Leitch created a "Care Cart" in March 2022. The cart contains a variety of items such as aromatherapy, "wisdom" cards for reflection and inspiration, QR code cards to short relaxation videos, stress balls, snacks, journals, self-care handouts and more. "We wanted to include small tokens that can make someone's day a little easier," said Leitch. "The experience with the care cart is not only about the "things" available on it, but what is so amazing is the incredible connections created through the gesture of caring and presence."



Funding for the Care Cart is authorized by the Professional Nurse Council through contributions to the Ascension St. John Hospital Foundation's Nursing Support Fund. It has become a symbol of love and gratitude that honors the dedication and sacred work of our staff. "The cart brightens your day and it means a lot because it's about us, and I pass it forward when I get home to my daughter," said Nadina Mason, PCT. The care cart has opened hearts, brought healing through both tears and laughter, and it creates miracles every day. "We gratefully accept this prestigious acknowledgement of the many examples of Watson's Caring Science applications in our healing environments," said Gayle Novack MA, BSN, RN, HMCT, HNB-BC, Caritas Coach®, Regional CNO Ascension Michigan Metro East and WCSI Caritas Coach® Faculty. "The Care Cart is but one remarkable example. It is available to any and all persons who approach it. People approach initially for "things on the cart." They return again and again for renewal and to be in an authentic loving community with those who push the cart."





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WCSI Founder/Director Jean Watson, Ph.D., RN, AHN-BC, FAAN, LL (AAN) applauded the nursing team at Ascension St. John. "I am truly delighted to present our Lotus Recognition to Gayle (Novack) and her amazing team, who truly live out the work of loving care and compassion in all they do. I am humbled by their exemplary service to patients, families, communities and each other."

WCSI created [Lotus Recognition](#)[™] to celebrate real-life examples of the values, philosophy, and human caring theory guided by Watson's Caring Science and reflects the organization's caring-healing culture for team members, patients, and communities. For further information, contact Dianne Reid, Program Enrichment Director, at dianne@watsoncaringscience.org.



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Lotus Recognition[™]



Ascension St. John Hospital, Michigan operates 16 hospitals and hundreds of related healthcare facilities that together employ more than 21,000 associates. Across the state, Ascension provided over \$311 million in community benefit and care of persons living in poverty in FY2022. Serving Michigan for over 140 years, Ascension is a faith-based healthcare organization dedicated to transformation through innovation across the continuum of care.

As one of the leading non-profit and Catholic health systems in the U.S., Ascension is committed to delivering compassionate, personalized care to all, with special attention to persons living in poverty and those most vulnerable. In FY2022, Ascension provided \$2.3 billion in care of persons living in poverty and other community benefit programs.

Ascension includes approximately 139,000 associates and 36,000 aligned providers and operates more than 2,600 sites of care – including 139 hospitals in 19 states – while providing a variety of services including clinical operations, venture capital investing, investment management, biomedical engineering, facilities management, risk management, and contracting through Ascension's own group purchasing organization.

About Watson Caring Science Institute (WCSI): The Watson Caring Science Institute (WCSI) is an international non-profit organization that advances the philosophies, theories, and practices of Human Caring/Caring Science, founded by Jean Watson, Ph.D., RN, AHN-BC, FAAN, LL (AAN), WCSI's Founder & Director. Focusing on research, education, praxis, leadership, and legacy, the institute aims to widen the development and understanding of Watson's Caring Science to inform our notion of quality care and healing environments through various educational programs, partnerships, events and affiliations. For more information, please visit www.watsoncaringscience.org.

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