



13th Massachusetts Regional Caring Science Consortium Conference (6th Virtual)
A Regional Consortium of the Watson Caring Science Institute

Caring Science in Action: Part 1—Developing Caring Relationships in Nursing Academic Settings
Date: Thursday, April 13, 2023 (Virtual Program) ~ 11:00 am to 12:30 pm EDT

Sponsored and Supported by the Massachusetts Regional Caring Science Consortium (a Regional Consortium of Watson Caring Science Institute), School of Nursing and Health Sciences, Merrimack College, North Andover, MA; and Cummings School of Nursing and Health Sciences, Endicott College, Beverly, MA

Purpose: To address the call for transformative changes needed in nursing education to sustain faculty and student personal well-being and prepare nurses for complex human-centered care.

Program Objectives/Subjectives:

As a result of this educational activity, participants will be able to:

1. Describe why an authentic caring relationship with self is imperative for nursing faculty to effectively teach and role model self-care for better student learning.
2. Describe the intersection between the new Nursing Education Essentials, which include self-care as essential to best teaching and learning processes, and Watson's Caritas Processes
3. Identify 2 micro-practices that support self-care and cultivate resiliency for faculty and students.
4. Describe why the use of inclusive-caring language is important in creating a caring teaching-learning environment.
5. Describe how a caring teaching-learning environment can support student success.
6. Identify 2 strategies for co-creating a caring teaching-learning environment.

Program Content:

11:00 – 11:05 am	Welcome and Orientation (A. Lynne Wagner, EdD, MSN, RN, FACCE, HMCT, Caritas Coach®; Co-Founder of the MRCSC and Rachael-Salguero, PhD Candidate, MSN, RN-BC, CNEcl)
11:05 – 11:30 am	Mindful Caring for Self as an Essential Practice for Teaching-Learning (Christine McNulty-Buckley, DNP, MBA, RN, CPHQ, NEA-BC; Certified MBSR & Koru Mindfulness Teacher, Caritas Coach®)
11:30- -- 11:50 am	The Role of Caring-Inclusive Language in Creating Caring Teaching-Learning Relationships (Rachael-Salguero, PhD Candidate, MSN, RN-BC, CNEcl)
11:50 am - 12:15 pm	Co-Creating Caring Teaching-Learning Environments for Student Success (Danielle Leone-Sheehan, PhD, RN, Caritas Coach®)
12:15 – 12:25 pm	Discussion
12:25 – 12:30 pm	Closing Comments & Program Evaluations & Certificates (Danielle Leone-Sheehan, PhD, RN, Caritas Coach®)

Please note that there is NO conflict of interest or commercial support disclosed by planners, speakers, or content reviewers, in relation to this educational activity.

Dear Participants: It is heart fulfilling and inspiring that the MRCSC, a Regional Consortium of the Watson Caring Science Institute, has grown from spontaneous informal small group meetings in 2013 to far-reaching in-person and virtual conferences and programs. The programs offer a forum for exploring and sustaining caring-healing practices and outcomes for practitioners in all roles, patients, workplaces, and health care and nursing educational systems. The MRCSC exists only through the dedicated **MRCSC Executive Leadership Team** and the gracious and generous support of hosting institutions in Massachusetts and other New England states., as well as our speakers. We are filled with gratitude for the many people and the 10 institutions to date, who have contributed to the success of the MRCSC and, of course, for the growing number of nurses, students, and other health care practitioners who attend. Please visit the MRCSC website (www.MRCSC.org) to learn more about our history, leadership team, our hosting and supporting organizations, as well as other caring science learning opportunities and resources.

The MRCSC Executive Leadership Team welcomes you with loving care:

- **A. Lynne Wagner**, EdD, MSN, RN, FACCE, HMCT, Caritas Coach®, WCSI Faculty Associate, Co-Founder of the MRCSC; Nurse-Educator Consultant in caring practices and mentoring programs.
- **Danielle Leone-Sheehan**, PhD, RN, Caritas Coach®, Assistant Professor of Nursing, Merrimack College, North Andover, MA; clinical staff nurse Beth Israel Deaconess Medical Center.
- **Christine McNulty Buckley**, DNP, MBA, RN, CPHQ, NEABC, Certified MBSR & Koru Mindfulness Teacher, Caritas Coach®, Associate Professor, Cummings School of Nursing and Health Sciences, Endicott College, Beverly, MA.
- **Rachael Salguero**, PhD Candidate, MSN, RN-BC, CNEcl, Instructor, MGH Institute of Health Professions, School of Nursing, Boston, MA; clinical staff nurse at Massachusetts General Hospital.

Deep gratitude to the leadership team who presented today. They are all caring science scholars and experienced teachers and learners in academic settings. Special thanks and gratitude also to **Dr. Nancy Meedzan**, Dean, **Cummings School of Nursing and Health Sciences, Endicott College**, Beverly, MA, who graciously supported the Contact Hour application and to the **School of Nursing and Health Sciences, Merrimack College**, North Andover, MA, which supported the Zoom venue. These local partnerships are critical in sustaining the mission and vision of the Consortium.

Thank you to all who attended and participated today in meaningful caring dialogue that has the capacity to change how we care for ourselves and attend to the caring-healing and teaching-learning of others.

Contact Hours application for this program for 1.5 Contact Hours has been submitted for approved to the Massachusetts/ Rhode Island League for Nursing (MARILN), an approved provider of continuing nursing education.

For attendees to receive certificate of contact hours, both attendance at the entire program and submission of an evaluation form at the end of the program are required.

NEXT MRCSC PROGRAM: FALL 2023 (Watch for date and time on website and email announcements):
Caring Science in Action: Part 2—Developing Caring Relationships in Nursing Practice Settings

For more information about Dr. Jean Watson, Watson’s Unitary Caring Science, and the Watson Caring Science Institute (WCSI) and programs, as well as the Massachusetts Regional Caring Science Consortium (MRCSC) and learning opportunities, please visit:

- Watson Caring Science Institute (WCSI) at www.watsoncaringscience.org
- Massachusetts Regional Caring Science Consortium (MRCSC) at www.mrcsc.org