



Watson Caring
Science Institute

FOR IMMEDIATE RELEASE

Kaiser Permanente Oakland Earns Prestigious International Lotus Recognition™ Award

Deerfield Beach, FL: — Watson Caring Science Institute (WCSI) is proud to announce that it has honored Kaiser Permanente Oakland Medical Center (KPOMC) with the Lotus Recognition™ Award. This prestigious international award recognizes healthcare organizations that have successfully integrated Dr. Watson's Caring Science into their culture. Leading to environments fostered with authentic presence, loving-kindness, and the sacredness of care at the forefront of patient and staff experience.

Leadership Driven by Theory and Practice

At KPOMC, Caring Science is not just a philosophy but the foundational framework for the Nursing Practice Model. Leadership's commitment to this model is evidenced by:

- **Expert Mentorship:** The medical center currently supports four trained Caritas Coaches® who guide the integration of these principles into daily practice, and are continuing this support through continuous Caritas Coach® training.
- **Deep Educational Investment:** In 2024, 32 nurses across all departments participated in intensive workshops exploring the 10 Caritas Processes®. This initiative expanded in 2025 with a second cohort focused on empowering new nurse graduates as they begin their professional journeys.
- **Embedding Caring Science in Recognition:** KPOMC has embedded the 10 Caritas Processes® into their criteria for the Nursing Recognition Program as a demonstration of the recognizing Caring Science in practice.

"It is the everyday moments of compassion — the kindness at the bedside, the calming touch during a stressful day, the deep presence with a grieving family — that defines the nursing culture in Oakland. The Lotus Award simply shines a light on what patients and families have felt all along, and honors their unwavering commitment to leading with compassion and heart."



Pavna Sloan
Chief Nurse Executive
DNP, RN, RNC-OB, NEA-BC



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A Calming Care Environment

In Oakland, one of the strongest examples of Caring Science in action is found on the hospital floors, where **Gwendolyn Ekeh, RN**, brings her wellness cart to staff during her “Caring Experience” rounding. As she moves from unit to unit, she provides 15-minute wellness sessions that include breathing and stretching exercises, gentle massage, herbal teas, and calming mantras.

“These short breaks help nurses feel less stressed and more focused during demanding shifts,” Ekeh said. Beyond rounding, she also teaches a wellness class open to all staff, demonstrating daily breathing routines, stretching techniques, lymphatic massage, and other practices to release stress and tension.

Caritas Rooms also contribute to a healing environment. These quiet spaces allow nurses to take a restorative break whenever they need support during their shifts. The rooms include dim lighting, aromatherapy, water features, and comfortable seating to help staff relax and recharge.





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A Culture of Compassionate Connection

The **Lotus Recognition™ Award** celebrates the tangible results of these efforts. One family's experience on the 6 North Unit serves as a testament to this culture; after their son spent over five months in the unit, the family shared how the staff's "endless kindness" and "loving-kindness" made the nurses feel like family. The staff's devotion was so profound that many even attended the patient's funeral, illustrating the deep, transpersonal relationships cultivated at **KPOMC**.

By making these humanistic values a visible and lived reality, **Kaiser Permanente Oakland Medical Center** continues to set the standard for heart-centered, world-class healthcare.

ENDS

About Kaiser Permanente Oakland Medical Center (KPOMC): Kaiser Permanente Oakland Medical Center is a premier healthcare facility dedicated to providing high-quality, compassionate care to the Oakland community. As a leader in Caring Science, KPOMC is committed to fostering an environment where every patient, family member, and staff member is treated with dignity and honor.

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, nurse scientific research, partnerships, events and affiliations. For more information, please visit www.watsoncaringscience.org.

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