

“The Theory of Human Caring”[®]: Sharing Caring Moments With Cardiac Telemetry Staff

Dr. Jean Watson

Dr. Deborah Sindewald

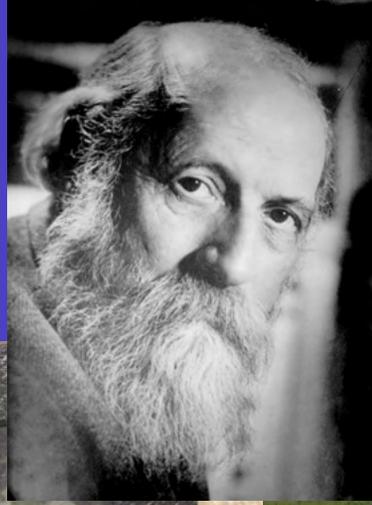


History



- **Nurse for forty years**
- **BSN from University of Mississippi Medical Center**
- **MSN from Northern Illinois University**
- **PhD from Loyola University of Chicago, 2020**
- **Title of Dissertation Work: “Behavioral symptoms, Inflammation and Cortisol: Relationship to Cardiac Health and Quality of Life in Cardiac Rehabilitation Patients”**
- **I began a Catholic Journey at Loyola**
- **Completed Caritas Coach class**
- **PCCN**

Trail Angels



The Journey Begins



An Epic Story

Capstone Project



For my capstone project in the Caritas Coach Class, I prepared a presentation for the staff on CTU 2 & 8. I introduced Dr. Watson’s signature caring moment and the Ten Caritas Processes. I gave an example of a caring moment I had experienced. I then took the staff through the Beginning Centering Exercise” (Watson, 2008, p. 51-52). I then had the staff discuss a Caring Moment that they recall having with their patients. At the end, I read the poem “A River Runs Through It” by Norman McClean (1976).

Introduction of the Theory of Human Caring



The Caring Moment®



“Maybe this one moment, with this one person, is the very reason we’re here on Earth at this time.”

- Jean Watson, The Caring Moment

Dr. Jean Watson at a glance ...

Dr. Jean Watson's Human Caring Theory: Ten Caritas Processes ®

- 1. Sustaining Humanistic-altruistic Values by Practice of loving-kindness, compassion, & equanimity with self/ other.**
- 2. Being authentically present, enabling faith/ hope/ belief system; honoring subjective inner, life-world of self/ other.**
- 3. Being sensitive to self and others by cultivation own spiritual practices; beyond ego-self to transpersonal presence.**
- 4. Developing and sustaining loving, trusting-caring relationships.**
- 5. Allowing for expression of positive and negative feelings – authentically listening to another person's story.**



Dr. Jean Watson's Human Caring Theory: Ten Caritas Processes

- 6. Creatively problem-solving - 'solution seeking' through caring process; full use of self and artistry of caring – healing practice via use of all ways of Knowing/ Being/ Doing/ Becoming.**
- 7. Engaging in Transpersonal teaching and learning within context of caring relationship; staying within other's frame of reference – shift toward coaching model for expanded health/ wellness.**
- 8. Creating a healing environment at all levels; subtle environment for energetic authentic caring presence.**
- 9. Reverentially assisting with basic needs as sacred acts, touching mindbodyspirit of spirit of other; sustaining human dignity.**
- 10. Opening to spiritual, mystery, unknowns – Allowing for miracles.**



Here is a Picture from The First Meeting



Sharing Caring Moments

A River Runs Through It



Eventually, all things merge into one,

And a river runs through it

**The river was out of the world's great flood and runs
over the rocks from the basement of time**

On some of the rocks are timeless raindrops

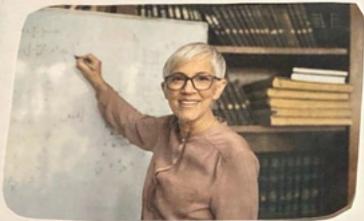
**Under the rocks are the words and some of the
words are theirs**

I am haunted by waters

Norman Maclean

What Do I Do Now?

Discernment



Caritas Coach?

If your goals are righteous,



then go for them.

-M. Russell Ballard

Publishing your Work

- Why Should You Seek to Publish?
 - A traditional warning in higher education circles
 - Academic recognition
 - Contribution to existing body of knowledge
 - Fame and fortune
 - Self satisfaction
 - Career progression



May It Be

I know God has a plan. I pray for direction to follow it, patience to wait on it, and knowledge to know when it comes.



Camino de Santiago



Help Our Neighborhood Pantry

Our neighborhood Pantry serves all of the community. Drop donations off at 2842150 Baseline Road, on Tuesdays 11:00-1:00pm or Sundays 1:00-3:00pm. If you would like to volunteer for 2 hours on a regular basis, please call Don Bauer at 630-388-6711. Thank you!



"Dear children, let us not love with words or tongue but with actions and in truth."

-1 John 3:18



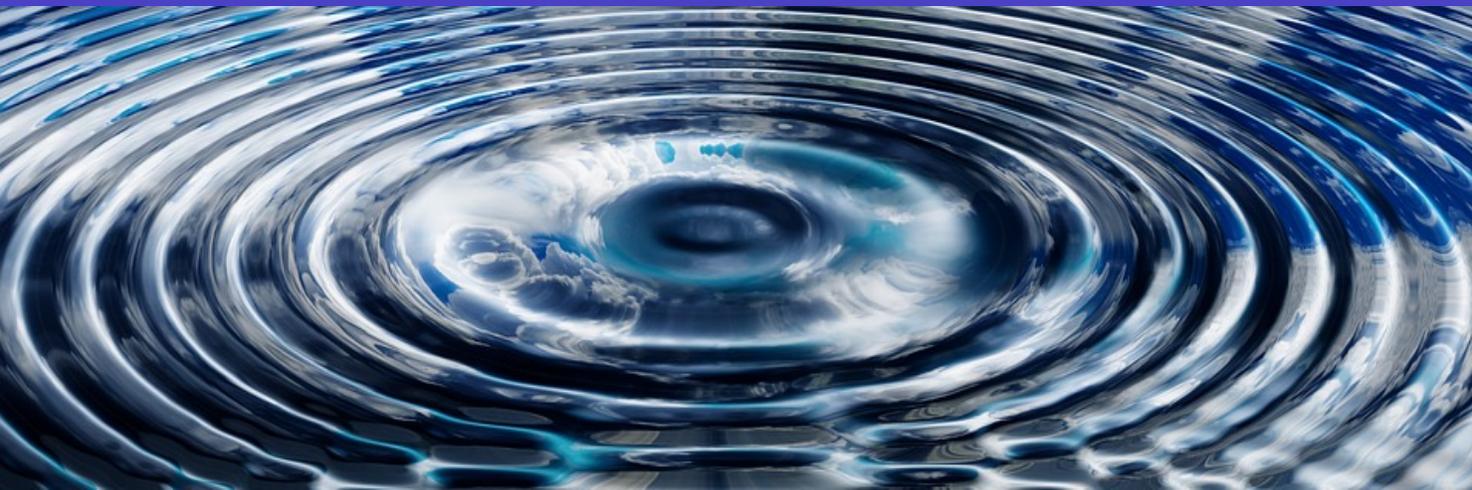
Health & Fitness



Beginning of journey

“It’s not just another thing to do. It is just another way of being...that will nourish and renew – creating a pause and re –patterning of the usual model of nursing...returning to your purpose and meaning...transcending and transforming the institutional patterns that have to change from within.”

Dr. Jean Watson



Radiating Caring Science into the World

Caritas Research Study on Telemetry Units 2 & 8, Significance



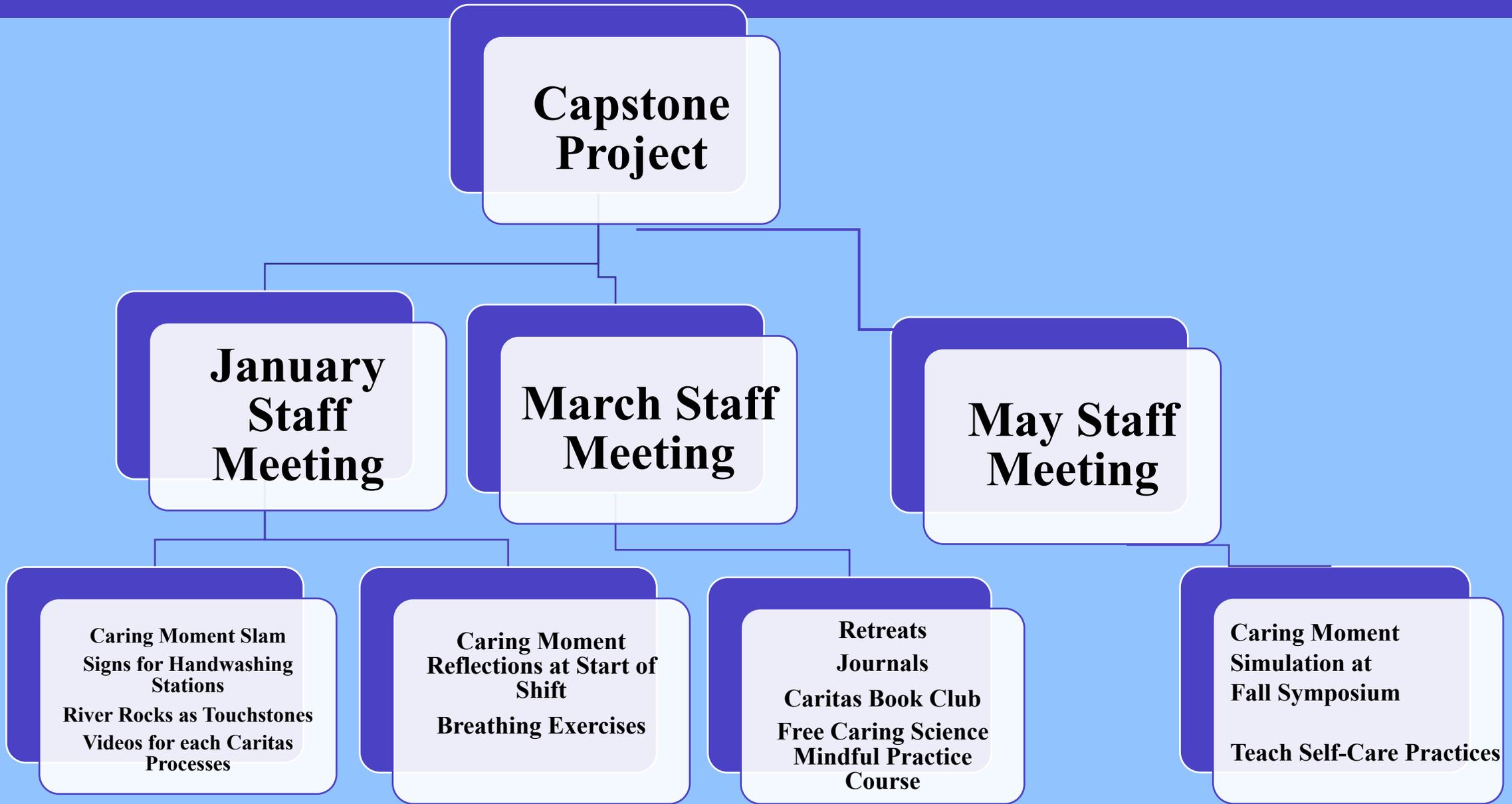
The balance of practice in nursing has shifted and many of the caring phenomena that have traditionally been central to nursing practice are disappearing. There is a level of fatigue from the heavy load carried by so many in healthcare. Dr. Jean Watson's work provides a way of healing not only for nurses but for society. The way forward must encompass the skills of compassion, warmth, caring hope, love, faith, and kindness.

Purpose of Study

The aim of this project is to introduce the “Theory of Human Caring” in the form of the Ten Caritas Processes ® (Watson, 2008) to the nursing and care technician staff on the cardiac telemetry unit over a period of eight months and to measure the effect on the unit staff of implementing the Ten Caritas Processes (Watson, 2008).



Protocol for Caritas Study



Meeting with Trish Fairbanks



Collected Baseline Data

The image shows two copies of survey forms from Watson Caring Science Institute. The left form is the 'Watson Caritas Self-Rating Score' and the right form is the 'Watson Caritas Co-Workers Score'. Both forms include a logo at the top, directions for use, and a series of statements with a 7-point Likert scale (1-7) for response. The left form has a 'Never' column and an 'Always' column. The right form has a 'Never' column and an 'Always' column. Both forms include a 'Yes' and 'No' checkbox for a recommendation question and a 'Thank you for completing our survey!' message at the bottom.

Watson Caritas Self-Rating Score[®]
DIRECTIONS: When answering the questions, please consider the overall consistency of human-to-human Self CARING you have experienced. Please circle the number for the one best answer.

	Never	Always
I treat myself with loving-kindness.	1 2 3 4 5 6 7	
I practice self-care as a means for meeting my own basic needs.	1 2 3 4 5 6 7	
I have helping and trusting relationships with others.	1 2 3 4 5 6 7	
I create a caring environment that helps me to flourish.	1 2 3 4 5 6 7	
I value my own beliefs and faith, allowing for my personal success.	1 2 3 4 5 6 7	

I would recommend this hospital to someone I love:
Yes No

We invite you to share any notable caring or uncaring moments you have experienced.

Thank you for completing our survey!

Watson, J., Brewer, B.B. (2012). Watson Caritas Self-Rating Score[®] (WCORS). Watson Caring Science Institute, Boulder, CO. www.watsoncaring.org. Not to be used without prior written permission from Jean Watson or Barbara Brewer.

Watson Caritas Co-Workers Score[®]
DIRECTIONS: When answering the questions, please consider the overall consistency of human-to-human CARING you have experienced from your co-workers. Please circle the number for the one best answer.

	Never	Always
My co-workers:		
Treat me with loving-kindness.	1 2 3 4 5 6 7	
Practice self-care.	1 2 3 4 5 6 7	
Have helping and trusting relationships with me.	1 2 3 4 5 6 7	
Create a caring environment that helps me to flourish.	1 2 3 4 5 6 7	
Respect my personal beliefs and faith, allowing for me to succeed.	1 2 3 4 5 6 7	

I would recommend this hospital to someone I love:
Yes No

We invite you to share any notable caring or uncaring moments you have experienced with your co-workers.

Thank you for completing our survey!

Watson, J., Brewer, B.B. (2012). Watson Caritas Co-Worker Score[®] (WCOWS). Watson Caring Science Institute, Boulder, CO. www.watsoncaring.org. Not to be used without prior written permission from Jean Watson or Barbara Brewer.

I chose to meet with everyone in person which was challenging as it meant reaching people at the change of shift. Originally, I had planned to catch the majority of people as they went through Fall symposiums. Then they cancelled most of the Fall symposiums because of the need for staffing on the floors.

The Research Trek Begins: Caritas Processes 1 & 2

CARITAS PROCESS® #1
Sustaining Humanistic-altruistic Values by Practice
of loving-kindness, compassion & equanimity
with self/other.
Dr. Jean Watson



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I designed banners with the intention that they would be in the hallway as the nurses walked by during the day.

They had to be re-hung in the breakroom, but perhaps this was even better.



The Trail



Stanford's Idea of Guideposts by Handwashing Stations



There were mountains to Climb



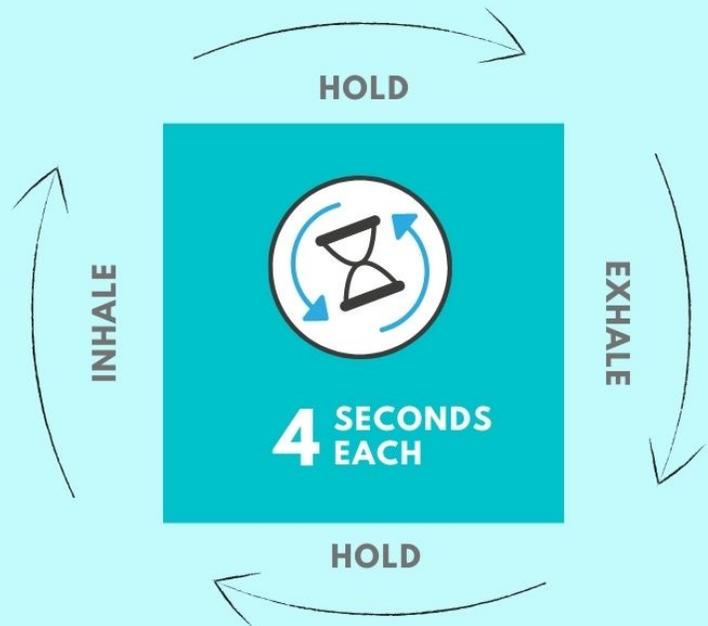
January Staff Meeting



- Presented Caritas Process One and Two:
- Started with Beginning Centering Exercise
- Reviewed Caritas Processes One & Two

Attempted to Teach Deep Breathing (or boxed breathing) before the Start of the Shift

BOX BREATHING



WWW.CONFIDECOACHING.COM

I learned: “Some things work and some things Don’t”

Planned Signature Caring Moments for Cardiac Telemetry Units 2 & 8



Desolation



A time of trial, just had to keep going

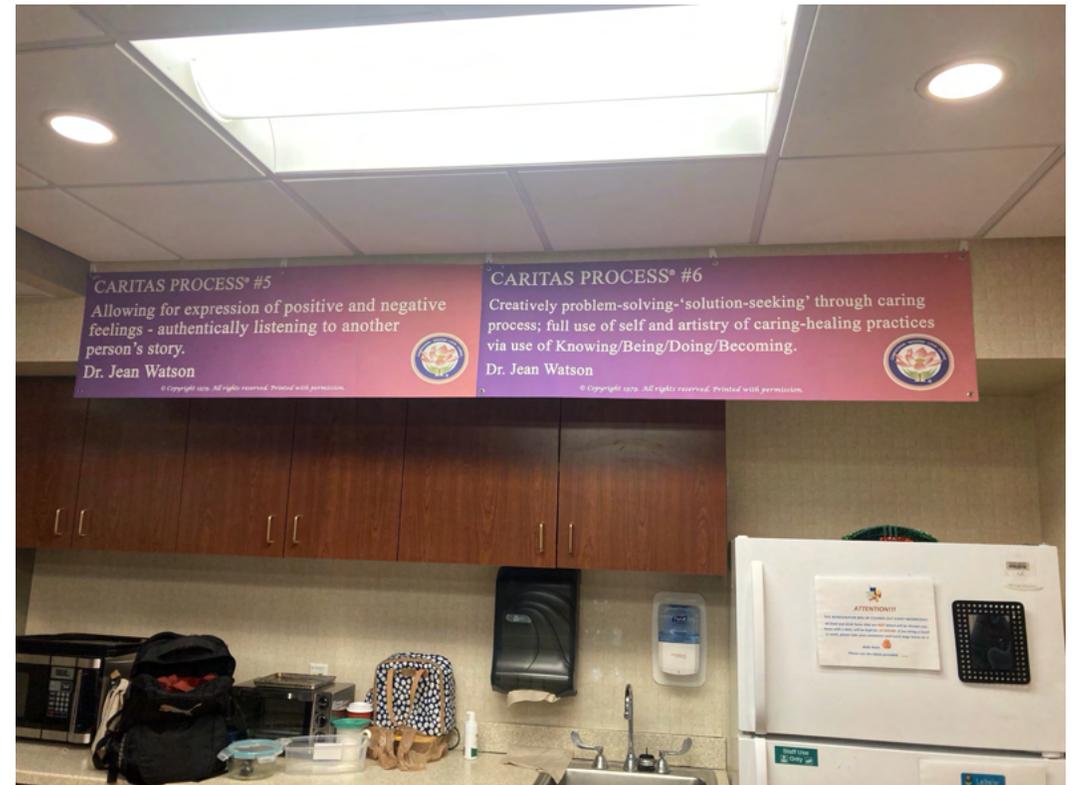
**Proposal of Caring Moment Simulation
to Management (Desmond, et al, 2018)**

Can't Give Up: Need to Disseminate Information



**Inspiration from My Daughter Laurel,
on her own journey**

Caritas Processes 3 Through 6



Inspiration



**Sometimes you just
“have to put on your
armor and keep
going”**

Caritas Processes Three through Six

Caritas Process 3[®]: Being sensitive to self and others by cultivating own spiritual practices; beyond ego-self to transpersonal presence”

Caritas Process 4[®]: Developing and sustaining loving, trusting-caring relationships”

Caritas Process 5[®]: “Allowing for expression of positive and negative feelings-authentically listening to another person’s story”

Caritas Process 6[®]: “Creatively problem-solving-solution-seeking through caring process; full use of self and artistry of caring-healing practices via use of all ways of knowing/ being/ Doing/ Becoming.”



Acting Out Caritas Processes Three Through Six



I brought Treats



Things Got Tough



On Boarding



- **I present the caring moment meditation video**
- **Brief slide presentation of the Ten Caritas**
- **Processes**
- **Story of our director’s mother**
- **Finally, gift of stone (and, of course a cookie) and just say that “we value you”**

CTU 2 & 8 Mantra



**Less ego
More Soul**

Gratitude Sweetens Even the Smallest Moments



RX: Self Care

FIND WHAT QUIETS THE MIND AND CALMS AND RENEWS THE SPIRIT

Self care is not another task on your to do list. It is you deciding to prioritize yourself and protect your peace.

Here's a few ideas to get you started. You are worth it!!

- Breathe deep
- Game night
- Dance
- Attend a concert
- Plan and take a trip
- Play an instrument
- Write a poem
- Talk with a friend
- Walk barefoot on a beach
- Get a massage
- Exercise
- Watch a sunset
- Walk your dog or cat
- Draw or paint
- Eat a healthy meal
- See the good in others
- Meditate or pray
- Go for a hike
- Yoga
- Read a good book
- Gratitude journal
- Movie night
- Spend time with family



Nicole, the Angel



Caritas Processes: Seven Through Ten ®

Jean Watson, 2008



- 7. Engaging in Transpersonal teaching and learning within context of caring relationships; staying within other's frame of reference – shift toward coaching model for expanded health/ wellness.**
- 8. Creating a healing environment at all levels; subtle environment for energetic authentic caring presence.**
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Watson, J. (2008). *Nursing: The philosophy and science of caring*.
(Revised edition). Boulder: University Press of Colorado.

Coaching Model

Scenario:

55 year old male Jamar Hendricks with a history, of HTN/ HLD. His additional risk factors: he is obese with a BMI of 30, sedentary lifestyle, and he his father had a heart attack at age 50.

Jamar was admitted with chest pain. He had a stent placed to his LAD. Now he is being discharged on the following medications:

Brilinta 90 mg BID

Aspirin 81 mg daily

Metoprolol succinate 25 mg daily

Lipitor 20 mg daily

Jerome's Story



Miracle Butterflies



Ego Sum Pauper
(I am Poor)

Nihil Habeo
(I have nothing)

Cor Meum Dabo
(I will give my heart)



Caritas Book Club



Planting Seeds



The Journey Continues





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Thank you





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