

* **Using Jean Watson's Caritas Processes and Mindfulness to enhance nursing practice in Palliative Care .**

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* **Jean Watson**

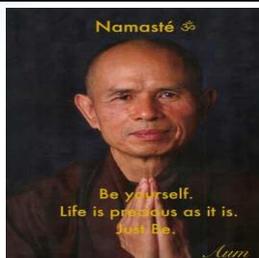
- * Watson developed a theory on human caring relationships and the deep human experiences of life.
- * This theory suggests that caring is a different way of being **human, present, attentive, conscious and intentional** thus helping the patient to achieve a higher degree of **harmony within mind body and soul.**
- * This **harmony** is achieved through **caring transactions (Carative Factors)** involving a **transpersonal** caring relationship.

Suliman, W.A. et. al (2009)

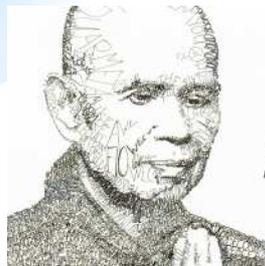
Caritas:

It is when we include caring and love in our science, we discover our caring-healing professions and disciplines are much more than a detached scientific endeavour, but a life-giving and life-receiving endeavour for humanity.

Jean Watson



* **Thich Nhat Hanh**



"The best way to take care of the future is to take care of the present moment."

— Thich Nhất Hạnh

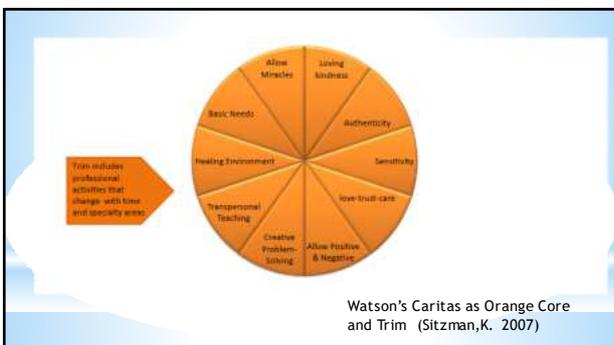
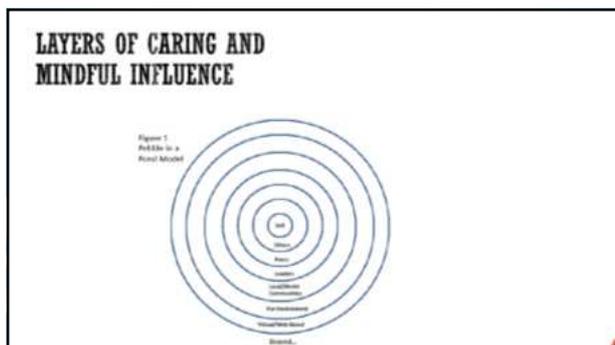
AllQuotes.info

Mindfulness is the capacity to **intentionally bring awareness to present** moment experience with an attitude of openness and curiosity... This ability to notice attentively and see situations more clearly can help to **respond thoughtfully** rather than react. This has particular relevance for nurses in terms of self-care and optimal care of patients.



Feeling Overwhelmed? Remember "RAIN"
Four steps to stop being so hard on ourselves.

R	A	I	N
Recognize what's going on	Allow the experience to be there, just as it is	Investigate with kindness	Natural awareness, which comes from not identifying with the experience

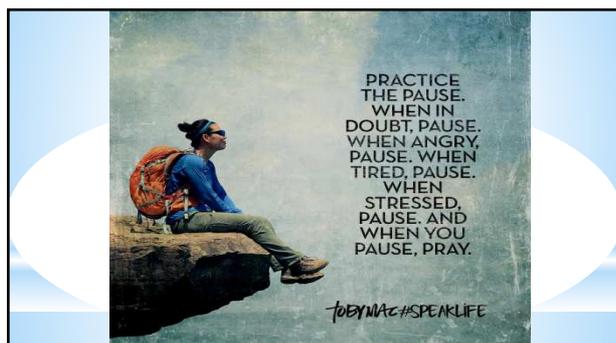


- * Begin the day with silent gratitude;
- * Set your intentions to be open and give and receive all that you are here to give and receive this day;
- * Intend to bring your full self, in the day to day moments of this day cultivating a loving caring consciousness towards yourself and all others who enter your path.

* Caring in the Beginning

- * Take quiet moments to "center," to empty out, to be still with yourself before entering a new situation; cultivate a loving-caring consciousness towards each person and each situation you encounter throughout the day; make an effort "to see" who the spirit filled person is behind the patient/colleague.
- * Return to these intensions throughout the day thus helping you remember why you are here.
- * In the middle of stressful moments, remember to breathe, ask for guidance when unsure and frightened; forgive and bless each situation.
- * Let go of what you cannot control.

* Caring in the Middle



- * At the end of the day, fold these intensions into your heart; commit yourself to cultivating a loving-caring practice for yourself.
- * Use whatever has presented itself to you this day as lessons to teach you to grow more deeply into your own humanity and inner wisdom.
- * At the end of the day, Offer gratitude for all that has entered the sacred circle of your life and work today.
- * Bless, release, and dedicate the day to a higher, deeper order of the great circle of life.

* Caring in the End

- * Create your own intentions and your own authentic practices to prepare your Caritas Consciousness; find your individual spiritual path toward cultivating caring consciousness and meaningful experiences in your life and work and the world.

* Caring Continued

* Faye's Reflection

<https://youtu.be/k-cSVO0TS0A?t=37>

* <https://youtu.be/k-cSVO0TS0A> Maori Children Hallelulia

“No technology in health care replaces the critical thinking of the human mind, the caring of the human soul, the proficiency and skill of the human hand, and the warmth of a human heart in healing the sick and injured. That is nursing esteemed colleagues; that is you.”

Kathy Robinson (Chair of Emergency Nurses Association USA)

Readings/References:

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▫Sitzman, K. & Watson, J. (2014). *Caring science, mindful practice: Implementing Jean Watson's Human Caring Theory*. New York, New York. Springer Publishing