A Caring Theory

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As jean Watson wrote on her Caring Institute Website, the caring model is a foundation for professional nursing that gives the profession its unique discipline, science, and caring art (Watson Caring Science Institute, 2020). The theory melds the humanizing aspect of nursing science and practice. She writes that the "model of caring includes a call for both art and science; it offers a framework that embraces and intersects with art, science, humanities, spirituality, and new dimensions of mind, body, and spirit medicine and nursing evolving openly as central to human phenomena of nursing practice" (Watson Caring Science Institute, 2020).

**A brief description**

In 1975-1979 Jean Watson was a professor at the University of Colorado. During this time, the theory of human caring evolved. The theory evolved from Watson's personal views of nursing and information learned during her doctoral studies in educational, clinical, and social psychology (Watson Caring Science Institute, 2020). Watson's caring model embraces the whole person, including spiritual. Jean Watson's goal was to highlight nurses and contrast medicine, despite population, setting, and specialty (Watson Caring Science Institute, 2020). The caring theory's essence is the interconnectedness of the mental and spiritual person and its effect on one's health. It highlights the vital role nursing plays in caring for the sick and caring for one's self. The caring theory by Jean Watson is a middle-range theory that is continued to be studied and evolve with time. To optimize health outcomes, the nurse must focus on the whole patient.

# Theory Concepts

# The caring theory concepts are unique because they have evolved just as the population and nursing profession have evolved. The theory is very inclusive regarding viewing a person. The first three concepts are easily defined as health, human, and nursing (Watson,2012). The human concept indicates that patients require respect, care, understanding, and support. Health with a degree of congruence between the self as experienced and self as perceived. The concept also defines a high level of overall social, mental, and physical functioning. The nursing concept indicates that nursing is a human science of illness experience and person. Therefore, the nursing process's success involves significant aspects such as ethics, human care transaction, esthetic, science, personality, and professional factors. The other concepts are albeit more challenging to grasp and understand because it looks at the metaphysical, spiritual, and universal aspect of life that one cannot see. Moving past a personal ego and developing a more altruistic love for humanity. A book published in 2006 solidified the focus on how intertwined human beings are with the universe and how as people, we are all interconnected, including our life experiences. Lastly, it is essential to add that the caring theory model includes the importance of self-care and discovery.

## "Caring is grounded on a set of universal humanistic altruistic values. Humanistic values include kindness, empathy, concern, and love for self and others" (Watson, 2007). This statement embodies why all the concepts relate to one and another. All the concepts developed and expanded over time, like building blocks. The basic theme has never changed. Create and be open to an environment that allows genuine authenticity of kindness, caring, love, and awareness for all individuals.

## Concept of Interest

The core of the transpersonal relationship focuses on the healing potential for both patient and healthcare worker. Moving beyond ego and enveloping a calling for love and respect for all humanity. A transpersonal caring moment is listed as another concept, but some may feel it is a subset of the transpersonal relationship concept. A caring moment "Heart-centered transpersonal connection/moment with another person. When two people come together despite a unique background with openness in sharing a human experience, discoveries and possibilities can flourish (Watson, 2020). For this course, the concept of interest is the transpersonal caring moment concept.

**Conclusion**

There is no denying that nursing has become more complex over the past few decades. Increased use of technology combined with higher acuity patients has made it more challenging than ever to create the human experience. Jean Watson's caring theory had withstood the stand of time by evolving with today's complex healthcare system and has remained as pertinent to nursing as it was in the 19070's when the initial theory was released.

# References

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