

## The Duty to Care

- ✧ Caring is one of the basic values of the nursing profession (Griffin, 1983)
- ✧ Caring is the ethical foundation of nursing (Smerke, 1990)
- ✧ Watson (1988) defines caring as the moral ideal of nursing; emphasizing protection, enhancement, and preservation of human dignity
- ✧ Brown (1993) found that respect is a primary nursing ethic and an essential component to caring
- ✧ Fry (1991) continues to build on both definitions offered by Brown (1993) and Watson (1988) adding that they are essential to the nurse-patient relationship. Emphasis is also put on the need for competence along with respect and dignity
- ✧ Jolly & Brykczynska (1992) describe competence as a foundation for moral nursing practice

### The Concept of Caring

- ✧ Caring has an emotional element and an action element
- ✧ The action element in nursing involves identifying the needs of patients and meeting those needs where patients are unable to meet for themselves. It means doing things for patients or protecting patients from harm
- ✧ The emotional element involves having regard for patients as individuals and being concerned about what happens to them. Caring occurs when illness deprives a patient of autonomy, and suggests that the emotional element arises through the nurses perception of the loss of autonomy which the patient is enduring (Griffin 1983)
- ✧ Morrison (1991) states that physical care seems to be more important to patients, while nurses believe psychosocial care is more important
- ✧ Brown (1982 & 1986) concluded from studies addressing this that patients expressive activities were only perceived as important when appropriate physical care is given

## Nurse Caring Behaviours:-

According to Greenhalgh et al 1998

- ✧ Monitors and follows through
- ✧ Explains and facilitates
- ✧ Comforts
- ✧ Trusts
- ✧ Accessible
- ✧ Anticipates

And according to Henderson et al 2007

- ✧ Getting to know that patient by personal sharing, humour and being friendly
- ✧ Translating information by informing, teaching and explaining
- ✧ Expert compassion

## Virginia Henderson

“.....to assist the individual, sick or well, in the performance of those activities contributing to health or recovery (or to a peaceful death) that he would perform unaided if he had the necessary strength, will or knowledge. And to do so in such a way as to help him gain independence as rapidly as possible....”

Virginia Henderson 1966

- ✧ This definition defines the importance of caring and empowerment with regards to nurses and their patients
- ✧ Always keep in mind that every individual and each situation is unique

## Theories of Care

1. Madeleine Leininger's Theory of Culture Care
2. Jean Watson's Theory of Human Caring
3. Simone Roach's Conceptualisation of Caring
4. Boykin & Schoenhofer's theory of Nursing as Caring

### **Madeleine Leininger's Theory of Culture Care:-**

Care is the essence of nursing and the central, dominant and unifying focus of nursing. Leininger believes that this is inextricably linked to culture. She defines culture as the learned, shared and transmitted values, beliefs, norms and life ways of a particular group that guides their thinking, decisions and actions in patterned ways (1991).

Key Concepts: - Caring, culture, culture care diversity and universality

### **Jean Watson's Theory of Human Caring:-**

Caring in nursing is the physical acts that embrace the mind-body-spirit and are both a human science and an art. This includes **10 Carative Factors**. These are:-

1. Humanistic-altruistic system of values
2. Faith-hope
3. Sensitivity to self and others
4. Helping-trusting, human care relationship
5. Expressing positive and negative feelings
6. Creative problem-solving caring process
7. Transpersonal teaching-learning
8. Supportive, protective, and/or corrective mental, physical, societal and spiritual environment
9. Human needs assistance
10. Existential-phenomenological-spiritual forces

Key Concepts: - The 10 carative factors

### **Simone Roach's Conceptualization of Caring:-**

Caring is the human mode of being. There are the **5 C's of Caring**. These are:

1. Competence – the state of having the knowledge, judgment, skills, energy, experience and motivation required to respond adequately to the demands of one's professional responsibility
2. Confidence – the quality which fosters trusting relationships
3. Conscience – a state of moral awareness; a compass directing one's behaviour according to the moral fitness of things

4. Commitment – a complex affective response characterized by a convergence between one's desires and one's obligations, and by a deliberative choice to act in accordance with them
5. Compassion – a way of living born out of an awareness of one's relationship to all living creatures; engendering a response of participation in the experience of another; a sensitivity to the pain and brokenness of the other; a quality of presence which allows one to share with and make room for the other

Key Concepts: - The 5 C's of caring

**Boykin & Schoenhofer's Theory of Nursing as Caring:-**

Caring is the intentional and authentic presence of the nurse with another who is recognized as a person living, caring and growing in caring

Key Concepts:- Personhood and the nursing situation

*'A caring person cares for the right things the right way'*

Allmark, 1995