

Exploratory Paper on Caritas Processes

Introduction

Jean Watson is responsible for establishing the Theory of Human Caring. This theory is based on three particular relationships which help to make nurses and other health care people to provide the best care possible (Watson, 2008). These relationships involve the family, patients, co-workers and the relationship of the health care people with themselves. Watson's theory is also based on ten processes labelled as the "Caritas Processes" which set the principles that have to be followed by health care people. This paper will focus on Caritas Process 6: Creative Use of Self and All Ways of Knowing as Part of the Caring Process; Engage in the Artistry of Caritas Nursing and how a nurse can incorporate this process into nursing care.

Discussion

Caritas Process 6 is all about being creative and innovative. There are many instances where nurses will be asked to handle challenging tasks and responsibilities that they haven't encountered before. The health problems of patients are not always the same and so they can come in unpredictable fashion. This is why it is important for nurses to make sure that they can develop creative and innovative ways to find possible solutions or remedies to health problems being experienced by their patients (Potter & Perry, 2013). It is important to remember that the lives of these patients are on the line and so the nurses need to be very decisive and make the right decisions all the time. They cannot afford to waste so much time in planning something that cannot actually be done to help their patients get better.

There can be many unconventional ways that nurses can provide care and treatment to their patients in accordance to Caritas Process 6. For example, the intentional comfort touch is something that is not being commonly practiced by most health care people. However, nurses can certainly use this as an innovative or creative way to make their patients feel better even when they are facing difficult situations (Davidson, 2011). This is a simple yet very effective gesture on the part of the nurses to make their patients feel comfortable and relaxed in spite of the tremendous challenge that they are dealing with.

Aside from this, encouraging the patients to make journals can be very effective for their eventual recovery from their health problems. Nurses can instruct and motivate their patients to jot down every sign of improvement or setback that they experience as they continue to undergo the treatment or therapy designed for them. As the patients keep on making positive remarks on their journals, this only means that they are also getting better and better every day. This will give them more confidence and determination to continue to pursue their therapy or treatment in order to finally become healthy. On the other hand, if the journal of the patient reflects setbacks then the nurses have to make the necessary adjustments on the treatment or therapy of the patient so that everything can get back on track. This is just a matter of the nurses being sensitive enough to handle the needs and demands of their patients so that everything can be put into perspective. This is part of the Caritas Process 6 that nurses need to be willing to do for the good of their patients.

Using music to facilitate the speedy recovery of the patients is another effective way to make sure that nurses are able to practice Caritas Process 6. Music can certainly be a powerful tool that can help the patients to become motivated and inspired to get healthy. All people love a certain type of music which energizes them completely. People don't get bored listening to the same music over and over because they know that this is what makes them feel alive and inspired. Thus, nurses have to be smart enough to use music as part of the treatment or therapy that they provide to their patients. This is certainly a creative or innovative way to make the patients feel better during their recovery.

The same thing is true with regard to recreation. People love to do certain things for fun and relaxation. Some people play sports or go to the gym, while others are already contented in playing board games, solving puzzles or just watching their favourite sports clubs or movies. Nurses must not be afraid to use recreation and integrate it into the treatment or therapy of their patients because it will surely have a positive impact on their recovery. It helps the patients to feel relaxed temporarily and move their minds away from having to think about the challenges that they have to face to become healthy once again. The nurses have to make the patients feel that their recovery process does not have to be so painful and demoralizing. The patients can still have fun and be excited while they are doing their best to do whatever is necessary to speed up their recovery.

A nursing student can become more creative and innovative in providing care and treatment to patients through consistent study and experience. There are many books and other reading materials that are already available for nursing students to read and improve their knowledge about creative and innovative ways to provide treatment to patients. They can learn a lot just by analyzing the studies done by experts on this matter. Aside from this, nursing students can also learn through experience by being involved with experienced doctors or nurses and finding out how they execute their own creative ways of treatment. It is important for nursing students to learn from the best people.

Conclusion

The bottom line about Caritas Process 6 is that it involves creative decision making. Nursing is not something that is constant. There will always be new ways to approach treatment that will be developed in the long run. Thus, it is the responsibility of nurses to make sure that they constantly improve their knowledge and skills so that they can always be prepared to apply creative methods of treatment for the good of their patients. The patients' conditions are also unpredictable and complicated at times so the best way to address this is for nurses to use creative and unconventional approaches. Nurses must not hesitate to use such approaches if they can provide the best treatment for their patients. They have to be open minded about using non-traditional ways to treat patients but they also have to be careful not to push the limits too much because this could already harm their patients.

REFERENCES

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