

Caring is the Essence of Nursing

Name:

Institution:

Course:

Date:

Nursing conceptual model

- The Watson's model of caring agreed with the numerous concepts introduced by Florence Nightingale along with other leaders in nursing by implying that they continue to be valid to the modern clinicians (Watson, 1999).
- Some of these concepts were adopted by Watson and included; the opinion of a human as a valued individual in and around themselves to be cared for, appreciated, understood, nurtured and assisted; and the focus on person to person care transaction amongst the nurse and the person.
- Most of the concepts of Watson adopt an element of spirituality that impacts both the nurse as well as the patient, permitting them to connect in a deep manner and rise above the moment.

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- Watson focuses more on the spirituality as well as mysticism as compared to the humanistic paradigm since he speaks more on the transpersonal relationship that happens with the human to human interaction.
- Importantly, the model looks at ensuring that patients are assisted in finding the meaning of their disease, where the nurse acts as an aid in the achievement of self-actualization while at the same time attaining it herself as a secondary response.

Metaparadigm Concept

- With regards to nursing metaparadigm, Watson pronounces that caring is the moral ideal where any contact among two individuals could aid those ailing in discovering fresh knowledge that could help with recovery as well as promotion of harmony (O'Nan, Jenkins, Morgan, Adams, & Davis, 2014).
- The nurse is engaged in the partnership with the patient in the caring approach where the objective is inter-subjectivity.
- Watson implied that since nursing is a human science, there exists essential spiritual, moral, plus metaphysical components where individuals can utilize their spirits to relate to others.
- Watson holds the belief that an individual has three elements in them and they comprise; the mind, body along with soul, which are all impacted by the self.

Conclusion

- The Watson model prompts and supports the nurse to hold caring as a key element in every act as well as thought while they practice.
- Through the nurse adopting the model individually as a framework for care, they can emphasize on the spiritual rewards that could be attained through aiding others in the healing procedure.
- Through adoption of the caring model by Watson, nursing could finally boast of having their model and foundation for practice that is different from medical and new behavioral models.

References

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