



Part II

The Nurse as Caregiver

Chapter 6

Caring: The Soul of Nursing



Learning Objectives

By the end of this chapter, you should be able to:

1. Define caring.
2. Explain the relationship of caring to nursing practice.
3. List some goals of nursing practice.



Key Term

- Caring



Chapter Scenario

A nurse who cares but does not possess the necessary knowledge versus a nurse who is very knowledgeable but is not as compassionate and caring.

→ **Think about it!**

- Does it matter if your nurse is knowledgeable?
- Do all nurses really truly care and possess compassion?
- What does caring mean?



Introduction

- What does being a “good” nurse mean?
- Think about your ideal nurses ~ who do you most admire and why?

“The heart that understands and the hand that soothes” (Martha Rogers)



Caring

Self evaluation and reflection

Refer to Figure 6-2 Caring Efficacy Scale

Your thoughts on caring and nursing?



“Caring” – Means “To Help Others”

- Caring as the Core of Nursing
- Caring Defined by Caring Experiences
- Acts of Caring

Caring Behaviors

Box 6–1

- Emotional/spiritual well-being
- Patient dignity
- Self-control
- Individuality
- Physical assistance in healing
- Saving lives
- Patient safety
- Comfort
- A trusting relationship
- Social support

(Adapted from Hayes, J. & Tyler-Ball, S. (2007). Perceptions of nurses' caring behaviors by trauma patients. *Journal of Trauma Nursing* 14(4), 187–190.)



Critical Thinking

1. Describe your experiences when interacting with clients and their families.
2. Describe your experiences when meeting the needs of a client and their family.
3. Describe your experiences when you have felt frustrated providing client care.
4. Describe impaired client care when time is too limited to give time and quality.
5. Describe experiences that have built on your own personal insight and compassion.
6. Describe the dynamics that make for positive interactions.



Goals of Nursing Practice

- What does nursing do for you?
- What does nursing do for others?
- What do you do for nursing?
- Where does caring begin and end?



Critical Thinking

What is the definition of

- nursing practice?
- competency?
- care/caring?



Chapter Summary

- Nursing involves knowledge, self-care, and competent technical skills.
- “Care from the heart ... and caring from the head.” (Curran, 1995, p. 73)
- Nursing is an art and a science.



Chapter Reflections

1. Identify some personal goals for nursing practice.
2. How does “caring” fit into your own nursing practice?