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Watson's Carative Factor of Instillation of Faith-Hope

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Watson's Carative Factor of Instillation of Faith-Hope

In recent years, the nursing profession has advanced. Experts have come up with theories, which have shaped nurses into caregivers who operate with empathy and compassion. Watson & Woodward (2010), define caring in the nursing profession is defined as a moral and expert contract ¹ that nursing has with the public to achieve human care in cases where it is susceptible. Therefore, this paper aims to briefly discuss Watson's concept of human caring. I will define my caring moment while reflecting on Watson's carative factor of instillation of faith and hope. I learned that nursing centers on helping patients attain a higher degree of harmony within their body, mind, and soul, and this will help me in the future when interacting with patients.

According to Lachman (2012), the major idea advanced by Watson is that nurses ought to care for their patients from the heart, as well as extend their protection to the patients. Furthermore, each patient requires holistic care, which involves the mind, body, and soul. During an interaction with a patient, the nurse should establish a trusting relationship that allows for understanding, hence resulting in discoveries and creating a mutual trust (sites.google.com, n.d). Caring moments happen where a nurse and a patient interact, and it involves actions and choices by both parties. In addition to that, it involves activities geared towards supporting and assisting others or groups with anticipated or evident needs to improve human condition or life.

I once worked as a volunteer in a care home for the elderly. In this facility, there was an elderly man named Mr. Joseph. Mr. Joseph was anemic but was not ready to quit smoking. In addition to that, he had difficulty breathing because his lungs collapsed from time to time, and at times he was put on oxygen support. On one occasion we had to rush him to the nearby hospital after he collapsed. Once in the emergency room, the doctors gave him frozen plasma, plus an additional three units of red blood cells, and he was put on oxygen, while I waited outside to let

the doctors do their work. Later, a doctor came to brief me and my colleague and he said that Mr. Joseph was being transferred to recovery ward, but he was refusing to go. From the doctor's facial reaction, I knew that he had formed an opinion about Mr. Joseph. He was wheeled out of the emergency room in a stretcher and I extended my hand to greet him but he declined. Nevertheless, he was taken to the recovery ward where he stayed for two days before being brought back to the care home.

At the home, Mr. Joseph looked pale and I could tell that the stay in hospital had taken a huge toll on him. The nurses at the home put him on oxygen and encouraged him to remain in bed. I subsequently gave him a bell and taught him how to use it in case he needed assistance. This is when I started to establish trust with Mr. Joseph. As a result, this interaction enabled me to lay the foundation for Mr. Joseph's outlook and the anticipated situation. This moment had the power to make or break the link between Mr. Joseph and me. Surprisingly, he did not want to be alone and requested that I stay with him, and I obliged.

Mr. Joseph trusted me and was willing to open up about his family. He talked about having one grown-up son who does not speak to him. I was powerless, but I composed myself and gave him a chance to vent while listening carefully. In this regard, I realized that I had to implement Watson's second carative factor of instillation of faith-hope. I asked about his spiritual life and his general views towards life. Mr. Joseph believed in Christ but expressed his reservations towards fighting for a life that he did not see as valuable anymore. Furthermore, I requested him to try and establish a relationship with his son and seek God's grace. I also asked him to speak with the chaplain at the home and he agreed.

The interaction I had with Mr. Joseph impacted him and me as was evident on his face. He held my hand and smiled, which signified his appreciation for the fact that I was willing to sit

and listen to him. Furthermore, I could tell that despite his failing health, his spirit had improved and was very receptive towards the end of our conversation because he held my hand.

By sitting down and listening to Mr. Joseph, I learned a lot about myself and the dynamics in nursing practice. Jesse & Alligood (2013), posits that humans have three spheres; the body, mind and soul. These elements make people unique in different ways, hence the difference in divergent choices people make. Using Watson's installation of faith-hope principle, I understood why Mr. Joseph was initially hostile to the nurses in the emergency wing at the hospital. Patients are unique and must be treated with dignity and respect.

In addition to that, Humans tend to form biased opinions based on what they hear from others or what they experience. Having a conversation with Mr. Joseph, I managed to face the fear of the inability to administer quality nursing care to my future patients. Furthermore, I learned that for me to be a better nurse, I will have to avoid forming opinions about patients, while looking for stimuli that can trigger a response from a patient. My experience with Mr. Joseph taught me that I will not always be in control as a nurse, but it is better to listen as it will enable me to learn and be a better nurse.

In conclusion, the field of nursing involves human health illnesses that are mediated by professional, scientific, and human care contacts. Additionally, love and care are at the core of nursing practice. Care is the unifying factor in the field of nursing that must guide a nurse's interaction with a patient. My interaction with Mr. Joseph has taught me that in the future, I will have to attend to the body, mind, and soul needs of patients as a nurse. Furthermore, Mr. Joseph's issues are beyond what the physical eyes can see. Normally, patients are emotionally ill, and through the eyes of Mr. Joseph, I have learned that nursing centers on helping patients attain

a higher degree of harmony within their body, mind, and soul, rather than a disease-focused medical approach to health.

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