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Human Caring
Multiple Ways of Knowing

Holistic Nursing Conference
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"Caritas" comes from the Latin word meaning cherish, to appreciate, to give special attention, if not loving attention to: connotes something that is very fine, that indeed is precious.

Eriksson in Finland has used the word caritas in her theory to convey similar meanings.
Watson Caring Science Institute
Caritas-Ways of Being-Becoming

1. Loving Kindness
2. Heart-centered Authentic Presence;
   • Compassionate Forgiveness
   • Gratitude- Appreciation
   • Energetic Caritas Consciousness
   • Giving –Receiving
   • Stillness-Silence
   • Connecting with field of Universal Love
   • Manifesting Caritas Field - to sustain caring and our humanity
   • Other – Infinite

Personal and Professional Practices of Caring

• Nursing is the most noble profession – our work is sacred and precious.
• Self care is a essential aspect of our work.
• Remember the promises we are privileged to keep: to honor connections of body and spirit in all relationships, with a sustaining passion, from the present until we are old.
• Being in right relation with self and others

The Core of Caring Theory

1. Heart/Soul – Source of Compassion; Philosophy, Ethics, Love, Values & Human Spirit Connection
2. Voice – Language & Structure - Caritas Processes
3. Hearth – Where Theory Lives – "In the Caring Moment"
4. Mind - Caring as Consciousness, Presence, Intentionality & Informed Moral Action
5. Hands/Praxis – Caritas Modalities, Artistry: All Ways of Knowing/Being/Becoming/Doing

Caritas: the basis of love for the ultimate meaning and destiny of other humans.
Expanded View of Person:
Light Energy
Consciousness: MindBodySpirit
Connectedness Heart-Connectedness with Source

Era III – Non Local Transcendent Consciousness

- Connecting with Universal Source
- Holographic Notions
- Consciousness Transcends Time and Space, and Physicality
- Consciousness is Joined
- Consciousness – Omnipresent, Infinite, Immortal and Ultimately One; Unitary Being; Unitary Field
- Evolving Heart-Centered Human – Deepening /Sustaining Our Humanity

Alex Grey
The heart radiates an electromagnetic field that energetically affects each others' moods, attitudes and feelings.
Contemplative Pause: Reconsidering Nightingale

Nightingale Caring-Healing Modalities: Auditory, Visual, Sensory, Consciousness, Tactile, Voice, Environmental, Healing Arts

- Beauty, aesthetics
- Light (bed should face outdoors/nature)
- Water, Clean air
- Mood – quiet, soft voices
- Human Touch
- Smell, Taste, Sight, Sound
- Imagination, (Visualization) Movement, Attitude and Relationships
Florence Nightingale Caring Science

Ancient wisdom and contemporary science/art/spirituality converge.

Nightingale: Health for All

Caring Science as Sacred Science

• Ethics of 'Belonging' - Infinite Field of LOVE – Sustaining Divinity of Humanity – Grace and Dignity
• Connectedness of All – Relational Cosmology
• Dwelling and Aligning with Infinite Field of Universal Love
Connecting

• Purposeful emphasis on integrating the wholeness of the patient, patient patterns and patient meaning into the nursing initiatives.
Fundamental Patterns of Knowing - Carper

- **Empirics** – Scientific Knowing
- **Esthetics** – Artistic Knowing
- The component of “personal knowledge”
- **Ethics** – Moral knowing in Nursing


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Ways of Knowing

- **EMPIRICAL**
  - Factual, objective, and verifiable by "outcome measures"
  - Application of theories
  - Body of knowledge that is research based and systematically organized
Ways of Knowing

• AESTHETIC
  • Holistic expressions and perceptions of creativity, openness, meaning, and empathy
  • Expanding caring healing modalities to include voice, touch, presence, poetry, music, aroma therapy or any other aesthetic medium

• PERSONAL
  • Knowing, encountering and actualizing of the self
  • Self-actualization through interpersonal processes and interactions
  • Present meaning that are brought into relationship

• ETHICAL
  • Make choices within situations involving moral judgments
  • Analysis and clarification of shared values; justice, compassion
  • Examining what is worth being and preserving
Ways of Knowing

• **SOCIOPOLITICAL**
  - Changing environments toward highly integrated, continuum-based and multifaceted
  - Engaging issues such as gender, diversity, culture, power
  - Caritas Path to Peace

• **EMANCIPATORY**
  - Engaging issues of equity, justice and transformation, attends to social barriers
  - Creates clearing for bringing together art, science, spirituality for new depth for "unabashed love" for caring & healing
Magnetic Reminders:
Pausing - Practicing Presence: Loving Kindness

• VALUES:
  Preserving
  Human
  Dignity:

Magnetic on Patient’s Door
INOVA Health, Fairfax, VA

Caritas
Expression of Loving Kindness

• Practice from what is in your Heart
• With loving expression using voice and touch; one word from your heart can express profound kindness
• Value what Jean Watson has taught us, “that what we hold in our heart matters”

Caritas Process 2:
Faith and Hope,
Being Present Authentically
Art is A Caring Moment

Caring Moment

- A heart centered, love-filled, energetic field; a turning point; A call to higher/deeper consciousness, intentionality; An authentic choice of caring/living; Requires presence-centering-search for meaning; New level of authenticity- potentiating self healing and wholeness.

Caritas Process 3:
Sensitivity to Self & Others,
Ongoing Spiritual Development
The Still Point - in midst of chaos.” Healthcare: What is Basic health and human caring?

Love: Intelligent Heart Centered Human-to-Human Caring Practice

• “Love... The Old Unfamiliar Name...
  • Behind the Hands, Not Known
  • Because Not Looked For,
  • But Hidden in the Stillness,
  • Behind the Scenes

Lifelong skills: Meaning

• Relaxation
• Meditation
• Guided imagery
• Prayer
• Creativity
• Trust
Caritas Process 4:
Developing Authentic Trusting Caring Relationships

Caritas Process 5:
Allowing Expression of Positive-Negative Feelings: Listening to Another’s Story

Caritas Process 6:
Creative Problem-Solving Caring Process
Creativity and Spirituality In Healthcare

- Arts In Medicine Programs: Practice
- Spirituality in Healthcare groups: Practice
- Shamanism
- Artist as healer

Caritas Process 7:
Relational Teaching
Learning / Inner Subjective Meaning

From “Implementation” to “Partnering”

- From doing to and for the patient to being with the patient- mutual process
- Giving information to a patient in away they can understand-genuine teaching – learning staying within the other’s frame of reference. Creating a caring healing relationship
- How can I best help you learn about your medications?

What will life be like for you when you go home on a low sodium diet?
From “Evaluation” to “Reflection”

• Evaluation is often done by the nurse to the patient
• Reflecting involves open communication - “how do you feel?”
• What are you experiencing?

Caritas Process 9:
Creating a Healing Environment

• Physical Environment: Privacy/Windows
• Healing Garden/ Nature
• Light, color, sounds, flow of movement
• Nurse as Environment: Voice, touch, eye contact, energy, feelings
• Family connection
• Health care team collaboration

Healing Arts Program
Creating a Healing Environment
- Guided Imagery
- Music, Dance, Poetry, Art
- Listening
- Healing touch
- Artistic expressions
- Human interactions
- Beauty / Nature

Healing Environments
- Gardens
- Rooms
- Views
- Altars

Caritas Process 9:
Assistance With Basic Needs – Sacred Acts

Embodied Spirit:
- Touching
- Mind
- Body
- Spirit
- Not Just Body Physical
“Everyday a patient should have something beautiful to look at...” Nightingale.

Health Outcomes

- Patient care humanized
- Quality of life improved
- Clinical practice enhanced
- Environments illuminated
- Cost effectiveness

Caritas Heart Moment: What song does your heart Sing?
Caritas Process 10:
Open to Existential - Spiritual Unknowns:
Allow for Mystery & Miracle

Caritas Nursing Praxis
Application of Learning to Practice – Study of Practice
• "Informed Passion"

Caring Practices
• New Caring Modalities
• Practice of Knowing and Being and Doing in Caring Relationship
• Natural Healing Modalities
Practice is informed by our world view and our knowledge base

Connected to Infinite Love and Grounded to the Earth

Healing Touch Meditation by Cynthia Hildreth
Art as a Way of Caring

Art as A Healing Force
Call to Artists

Everyone is an Artist

“If you can walk You can Dance
If you can talk You can Sing!”

Call to Healers

• Human Caring
• Reclaiming the art
• Bringing in art
• Starting a program
• In your life
• In your practice

Art As a Way of Caring
Shands Arts in Medicine
- Artist in residence:
  - Visual artist
  - Musician
  - Dancer
  - Poet
  - Storyteller
  - Theatre

The Hospital as a Healing Community
- Sacred Space
- For all
- How does it feel?
- It's broken, fix it
- Healing spirit

Art as Healing
- On the walls
- Content
- Meaning
- Story
Art Heals

• Yourself
• Others
• Neighborhood
• Earth

Enhanced Practice

• Loving
• Mindful
• Present
• Caring
Art as Advanced Therapeutics

- Leadership
- Facilitator
- Advocate
- Do it yourself
- Be Creative
- Enhanced practice

Research

- Develops a knowledge base
- Defines art in healing
- Defines health outcomes
- Changes practice

Research Findings

- David Speigel, support group patients
- Diane Tusek, One hospital day shorter, decreased meds
- Ulrich- art on the walls and a window shortened hospital stay and ½ pain meds
- Candice Pert Psychoneuroimmunology endorphins and neurotransmitters from relaxation
**Physiology:**
*Symptom Reduction with art Physical*

- Decreased muscle tension
- Decreased pain
- Increased oxygenation
- Increased circulation
- Improved sleep
- Improve appetite

**Psychological**

- Decreased anxiety
- Increased intuition
- Improved clarity in thinking
- Enhanced faith
- Increased acceptance

**Caring Science Outcomes**

> “The outcomes we have seen since adopting Caring Science, include improved nurse retention, increased satisfaction scores and improved benchmarking on our clinical outcomes.”

Lance Anastasio, President and CEO
Winterhaven Hospital, Winterhaven, FL
Rational for Assessing and Measuring

- Improvement of Caring Practices; Mindful – Intentional Interventions;
- Benchmarking Settings, Structures for Improvement;
- Tracking Caring Against Routine-Robotic Practices; (from Bio-cidic to Bio-genic)
- Evaluating Caring-Non-Caring: Patients/Practitioners

Caring Science Research: Caring assessment instruments

- Assessing
- Measuring Caring and Outcomes
CPAS®
Caritas Patient Assessment Score

1. Develop a Quick and Easy Instrument to Administer and Measure Patient Perceptions of Caring – An “APGAR Score”
   ▪ Maintain Integrity of Caritas Processes
2. The 5 Items Selected Account for 78% of the Explained Variance of Caring
3. #1 – “Providing Care with Loving Kindness” Accounts for the Majority of Variance – 67.8%
4. Develop Instrument for Use by Facilities Interested in Measuring Patient’s Perceptions of Caring Practices

WCSI International Comparative Caring Research
(University of AZ – Dr. B. Brewer PI)

• To Apply the Watson Caritas Patient Score Instrument in multiple hospitals using Caring Theory as Professional Practice model
1. To Use the Data for Ongoing Performance Improvement and Clinical Investigation – unit level comparison; quarterly reports online;
2. To Build an Accurate and Reliable National Comparative Database of Authentic Caritas practices Perceived by Patients; relationship by caring system, nurse sensitive patient safety and quality indicators;
3. To Improve the Validity and Reliability of the WCPS

Empirical – Theoretical Measurement of Authentic Caring
WCPS® – Tool

Watson Caritas Patient Score - WCPS
(Apgar® score of caring)

New Caring Science Criteria:
New Outcome Indicators

- Human Flourishing: Staff and Patients, Family, Community.
- Purposive Involvement: Contributing to Something Larger Than Self – Inspired Vision.
- Honor and Use of Unique Individual Talents for Advancement – Progression; Relational Coordination

Leaders/Managers NOW Seek ‘Evidence’ of:

Caritas HeartMath Pilot
Baptist Health, Jacksonville, FL

- Personal Clinical Indicators of Stress (e.g. Outlook, Motivation, Fatigue, Resentful, etc.) – 10 or 10 Indicators Improved with Caritas HM Program After 1 Month
- Organizational Qualities (e.g. Work Attitude, Strategic Understanding of Organizational Goals, Goal Clarity, Value of Contributions, Communication Effectiveness, Productivity, Time Pressure, Morale Issues and Intention To Quit.)

Opportunities For Ritual “Handwashing”
An ACT Initiative

- PROVIDES A PAUSE TO:
  - Quiet Busy Mind
  - Wash Away Old Experience
  - Center in Caring Intention
  - Honor Self and Other
  - Reconnect to Core Values
  - Bless and Release Last Person/Situation
  - Purify Sacred Space for Authentic Presence
  - Open to Ability to Give and Receive Next Person/Situation
Into “The Caritas Staff Retreat” with a Stone Waterfall Feature

Cultivating Consciousness and Listening for Meaning

Healing Environment

Quiet Time
Vijali’s Three Questions

• What is your essence?
• What keeps you from getting there?
• What can you do to achieve it?
• No Fear
• Open heart
• Total commitment

A Sacred Pilgrimage or Vision Quest

• Go Into peace
• and silence
• Listen
• Remember
• Return

My heart leaps up when I behold a rainbow in the sky! by William Wordsworth (1802)
May beauty be all around you

• Come join us.............
• "Walk on a rainbow trail. Walk on a trail of song and all around you will be beauty.

• There is a way out of every dark mist.
• It is over a rainbow trail."

Navajo Poem

Individual Artistic Renderings
Multiple Ways
To Express Experience

Books
Spirit Body Healing
A phenomenological hermeneutic study of the lived experience of art in healing

Themes in Art and Healing
– pain and darkness
– going elsewhere
– being creative in a turning point
– slipping through the veil
– knowing the truth and trusting the process
– embodying spirit
– feeling healing energy and compassion

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Going Elsewhere

Pet Therapy: Something to Care for and Love
Art as Turning Point
Habitat for Healing

- Influencing the Environmental Field
- Using Creative Caring-Healing Modalities
- For Staff, Patients and Families

Embodiment of Spirit
Transcendence

Thank You!
Each one of you is the light and beauty of the rainbow of caring.