

## Carative Factors

The most tangible facets of this theory are the carative factors Watson defined. They are as follows:

### **Humanistic system of values**

- Kindness, concern and love of self and others

### **Sustaining faith and hope**

- Enabling and sustaining faith and hope

### **Sensitivity to others**

- Development of sensitivity to self and others (understand and be sensitive to own feelings)

### **Helping-trusting relationships**

- Development of helping, trusting, caring relationships (effective use of interpersonal communication-dependent of first 3)

### **Promotion and acceptance of feelings and emotions**

- Engaging in the creative, individualized, problem-solving, caring process.

### **Teaching and learning**

- Promoting teaching and learning based on an assessment of the patient's perception and feelings.

### **Mental, physical, social and spiritual environment**

- Attending to the supportive, protective and/or corrective mental, physical, societal and spiritual environment. (Maslow's hierarchy)(Temp, lights, noise, clutter, privacy, confidentiality, pleasant environment)

### **Human needs**

- Survival, functional, integrative and growth seeking needs. Lower and higher needs – bodily functions, sleep, rest, to achievement and personal growth – self-actualization.

### **Existential and spiritual needs**

- Same but different – influences and acknowledges identify and separateness – courage, inner strength – nurses personal and professional lives.