

Overview of Jean Watson's Theory

Jean Watson's Theory of Transpersonal Caring also called Theory of Human Caring or The Caring Model was developed in 1979.

- This theory has evolved over the years but the basic premise remains the same.
- It emphasizes the humanistic aspects of nursing in combination with scientific knowledge
- Watson designed this theory to bring meaning and focus to nursing as a distinct health profession.
- Watson believes that:
 - "Caring" is an endorsement of professional nurses identity
 - Medicines identity is that of "caring"
 - Florence Nightingale appeared to agree in her statement: "It is the surgeon who saves a person's lifeit is the nurse who helps this person live"
- According to Watson, the nurse's role is to:
 - Establish a caring relationship with patients
 - Treat patients as holistic beings (body, mind and spirit)
 - Display unconditional acceptance
 - Treat patients with a positive regard
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 - Promote health through knowledge and intervention
 - Spend uninterrupted time with patients: "caring moments"
- Watson defines interactions or "caring moments" as follows:
 - The nurse and patient make contact.
 - "The nurse enters the patient's room," a feeling of expectation is created."
 - Watson believes that through the nurse's attitude and competence, a patient's world can become:
 - Larger or smaller
 - Brighter or drab
 - Rich or dull
 - Threatening or secure
- Watson also believes these moments transform both the patient and nurse and that they are linked together.