

Synopsis of Reviewed Research

Related to Watson's Theory from 1989-2004

Analysis of published studies revealed four major categories of research related to Watson's Theory. These are:

- The nature of nurse caring
- Nurse caring behaviors as perceived by patients
- Human experience and caring needs
- Evaluating outcomes of caring in nursing practice and education

Forty studies were reviewed - the first study in 1988 and the last in 2003.

Brief Overview

- Correlations between caring and clinical competence were demonstrated.
- Caring behaviors as identified by patients in an emergency department in one study revealed the following:
 - _ Knowing how to assist with human needs
 - _ Knowing what to do
 - _ Knowing when to call the Doctor
 - _ Knowing how to start IVs, give needles, etc.
 - _ Knowing how to handle equipment

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Patients with the diagnosis of myocardial infarction identified the following as caring behaviors:

- Physical and emotional presence
- Competence
- Physical care
- Monitoring
- Teaching
- Kindness

Several studies identified a positive correlation between nurse caring and patient satisfaction.

One study related a correlation between an improvement in general well being, systolic and diastolic blood pressure with a nurse's caring relationship.

Women with breast cancer described the characteristics of an excellent nurse as:

- Competence
- Compassion
- Courage
- Concordance

One study of nursing care partnerships with H.I.V. patients demonstrated a reduction in healthcare costs (1,590,384)