

Analysis and critique jean watson

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Jean Watson's 10 Carative Theories Jean Watson's view of Nursing is that of caring, she distinguishes Nursing from medicine by using the term "carative" instead of "curative". "Whereas curative factors aim at curing the patient of disease, carative factors aim at the caring process that helps the person attain/ maintain health, or die a peaceful death" (Watson, 1985, p. 7).

The caring science entails; humanitarian relationships through caring processes, experiences and phenomena. The caring science is that of interpersonal relationship, unity, and connectedness between the practitioner (nurse), and the patient. Watson describes nursing as something one can learn or read about, but in order to understand it fully, one has to experience it. Transpersonal caring seeks to connect with one's spirit and soul in a bid to effect the healing potentials and possibilities. It moves beyond ego-self and transcends to spiritual connections between a practitioner and their patient.

The ten carative factors and theories of nursing help in understanding Watson's caring-healing-loving-model. The theory states that in delivering healthcare to clients, one needs to formulate a humanistic-altruistic system of values while instilling faith and hope in the patient. The practitioner needs to cultivate a certain level of sensitivity to others and to themselves thus a helping-trusting relationship becomes established between the practitioner and the patient. The promotion of positive feelings and the acceptance of negative feelings are also important and these problems are solved using a scientific method for making decisions.

Other carative factors involve assistance through gratifications of people's

needs, while providing support, protection, and an enabling environment for mental, physical, socio-cultural and spiritual growth. The practitioner should also allow for misery/ miraculous forces as this may be important to the patient's recovery. (Watson, 1985, p. 9-10)

Works cited

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