

ORIGINAL PAPER

Implementation of Watson’s Theory of Human Caring: A Case Study

Yeter Durgun Ozan, PhD, BSN

Assistant professor, School of Nursing, University of Dicle, Diyarbakır, Turkey

Hülya Okumuş, Ph.D

Professor, Şifa Üniversit, Faculty of Health Sciences, Izmir, Turkey

Ayhan Aytekin Lash, PhD, RN, FAAN

Professor Emeritus, School of Nursing and Health Studies, Northern Illinois University DeKalb, Illinois, USA

Correspondence: Ayhan Aytekin Lash, Professor Emeritus, School of Nursing and Health Studies, Northern Illinois University DeKalb, Illinois, USA E-mail: ayhanalash@gmail.com

Abstract

This manuscript presents a case study detailing the application, and the outcome, of the Watson's Theory of Human Caring to an infertile woman receiving in vitro fertilization treatment. The implementations of the ten carative factors, inherent in the theory, to provide a supportive nursing care are chronicled. The sustained nurse-patient interaction and the achievement of the ultimate goal of having the patient reach the phase of “health-healing-wellness” (carative factor #7) were detailed. This case study is an example of the value of a theory-based nursing practice that can enhance human health and healing in stressful life events, such as “the moment” when the patient in this case study realized her inability to have conceived a much desired child, even with promising medical treatments, and turned to her nurse for healing.

Keywords: Infertility, unsuccessful IVF treatment, Watson’s theory of human caring