

Caring Moments Theory VS Practice

Victor N. Kokaly

R.N, BSN, Perioperative Nurse Specialist.
Operating Rooms - Hadassah Ein Karem

Caring

- Feeling and exhibiting concern and empathy for others.
-
- To have regard, affection, or consideration.
-
- To provide physical needs, help, or comfort.

Practice

- The actual doing of something, as opposed to the theory or idea.
- The act or process of doing something; performance or action.
- The repeated performance or exercise of something in order to learn to do it well.

Theory

An idea or explanation which has not yet been proved to be correct.

A system of rules, procedures, and assumptions used to produce a result.



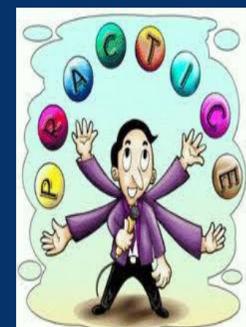
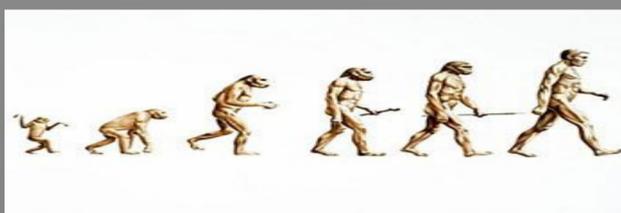
Theory

The main principles and ideas in an art, science etc as opposed to the practice of actually doing it.

moments also extend to uninterrupted time spent



family members



Quotes of theory and practice

“In theory, theory and practice are the same. In practice, they are not.”
Albert Einstein.



"In theory, practice is simple"
Trygve Reenskaug.

"But, is it simple to practice theory?"
Alexandre Boily.

In Theory everything is possible; however, I live in Practice and the road to Theory has been washed out.
Don Knuth.

Caring moments also extend to uninterrupted time spent with family members.

Caring Theory

Carative Factors (Spiritual, emotional, and human care-giving factors that are added to, and meshed with, clinical care factors).

A transpersonal Caring Relationship (The nurse and patient mutually search for meaning and wholeness.)

Caring Moments (Uninterrupted time spent with a patient to make a human-to-human connection.)

What is Caring?

Care as an emotional offer:

1. Love.
2. Concern.
3. Sensitivity.
4. Touch.



Care as a service:

1. Professional duty.
2. Moral obligation.
3. A professional routine.

International journal of caring sciences

Care as a biological and psychological support:

1. Emotional support.
2. Bodily support.

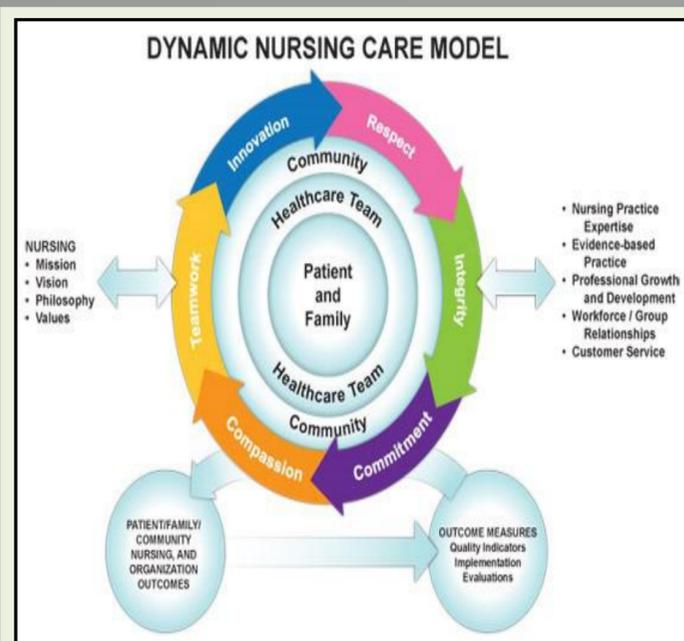
Care as caring activities provided to an individual or a group:

1. Care for an individual.
2. Care for a group.

Care as a constant phenomenon:

1. A life-long experience in the family.
2. Lifelong interaction and commitment.
3. Generalized phenomenon.

*(From caring comes courage.
Lao Tzu)*

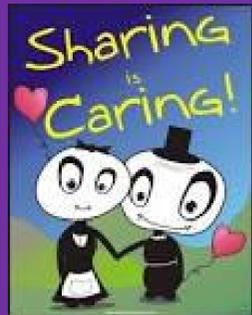


Reflection

Sharing the Caring:

It is our goal that we share our caring moments with each other in hopes of:

- creating laughter, shedding happy tears.
- Inspiring one another, while giving us hope, strength, and conviction!

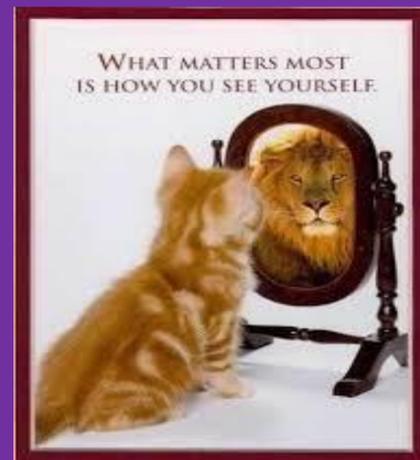


You may assume that positive people are not being realistic.

That doesn't mean that being realistic is automatically negative.

If you're not grateful except when things go right, you are negative.

- Reflection is a critical thought practice.
- Reflection is a professional motivator to “move on and do better within practice”. (Bulman, Lathlean, & Gobbi, 2011).
- Reflection is an ongoing practice within the field of nursing.
- It encourages growth and helps nurse continue to provide the best care to patients.



Our Energy:

- Positive people are drawn to positive energy;
 - Positive people seem to get what they want out of life, and even if things don't go their way, *they still enjoy their lives...*
- Negative people are drawn to negative energy.
 - Sometimes we feel negative – as in, “go away and leave me alone,
 - That's because negativity sometimes wears a disguise called 'reality'.

Positive Energy Positive Results



The positive energy will make us feel happy, energized, full of life, inspired, motivated, and healthy;

While the negative energy makes us feel tired, unhappy, sad, depressed, and angry but the extreme volume of negative energy will create sickness.



Behind the Mask

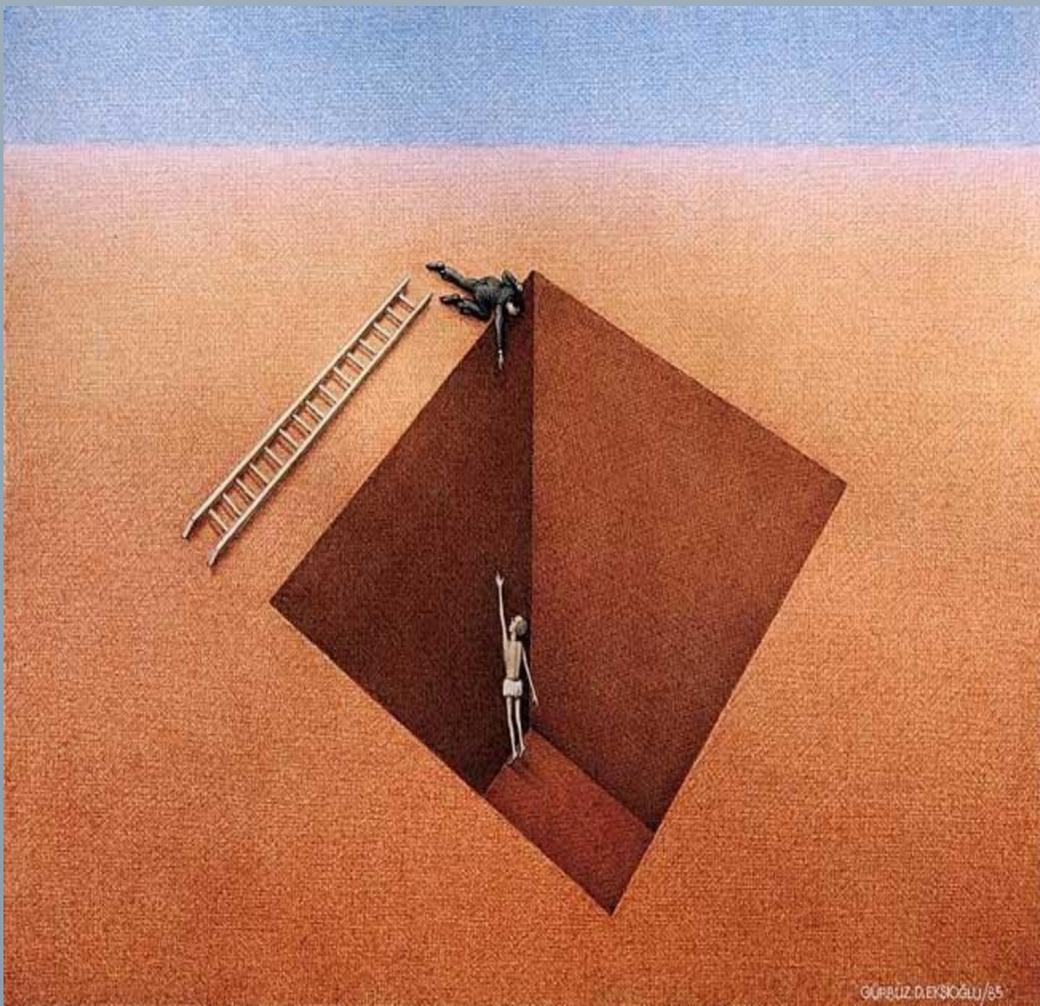
- I come to work every day with a different mask. So,
- Do my inner feeling affects the care I have to give? And
- If I am satisfied as a care giver, so why burn out?

Behind the Mask



Help is defined by the recipient. Peter Drucker

FIND YOUR OWN WAY TO HELP.



*When caring
of my own
family
member:*

Am I a
professional?
or, am I a
family
member? and,

What do my
family member
wants from
me?