

Caring

Caring is an essential aspect for the practice of nursing, the distinctive feature of nursing. It is the ideal in nursing that involves the desire to care, the goal to care, and the implementation of caring actions. Caring is intentional and may be verbal or non-verbal. It is grounded in the human values of kindness, concern, and love of others and, also, of self. Although a universal phenomenon, the nurse must be aware that it is expressed differently in different cultures. As a nurse, caring is having things matter so that you are motivated, focused on others, and are able to presence yourself (be present mentally, emotionally, intellectually, as well as physically). This is applied to your patients, your nursing unit, and your profession.

You can already identify caring actions. They include courtesy, positive attitude, respect, enthusiasm (CARE), listening, confidence, friendliness, effective communication skills, collaboration, explanations, focus on the patient.

Complete the Caring Exercise.

Underline each of the words that indicate a caring behavior or attitude.

comfort	hope
cursing	changing subjects
compassion	presence
coldness	rushed behaviors
concern	sharing
respect	not listening
trust	touch
honesty	empathy
patience	helping the nurse tech