

*Fostering Commitment to Self-Care and Well-Being
among BSN Students
with
Reflective Practice: An Integrative Learning Strategy
for Caritas Literacy*

Dr. Ludy Llasus
Nevada State University
School of Nursing

1

Learning Objectives:

1. Describe the integration of a reflective practice learning activity: Clinical Journaling to Cultivate Caritas Literacy guided by Jean Watson's Caritas Processes® in fostering self-care practices & well-being among student nurses.
2. Describe the outcome of the implemented Caritas Processes® guided reflective practice learning activity.



2

2



- Henderson, Nevada
- 4-year Minority Serving public institution (Hispanic Serving Institution (HSI) and an Asian American Native American Pacific Islander Institution (AANAPI))
- Pre-Licensure BSN & RN to BSN Programs

3

Background

- Nurses experience high rates of burnout
- Unhealthy behaviors can adversely impact the quality and safety of care delivery (AACN, 2022)
- The National Academy of Medicine released the National Plan for Health Workforce Well-Being (2022) to drive collective action to strengthen health workforce well-being.
- Caring as one of nursing discipline's foundational knowledge, the educational preparation of the student nurse should include how to care for self.
- Engagement in self-care practices to foster resiliency and well-being is emphasized in the AACN Essentials.
- Little is known on what learning strategies promote student engagement in commitment to personal health and well-being



4

4

Caring Science Grounded BSN Curriculum

- Nursing = Caring & Healing
- Medicine = Curing
- All Ways of Knowing → Nursing Knowledge
- Cultivate Caritas Literacy
- Teaching-learning approaches is anchored in the curriculum's nursing disciplinary knowledge of the Caring Science.



5

5



Caritas Processes®

- Guide the teaching-learning approaches
- Introductory course: *Professional Role Development & Communication*
- Concepts of resilience, self-care, well-being & leadership are introduced in the beginning of curriculum



NEVADA STATE UNIVERSITY

6

6

Caritas Processes®

1. Theory of Human Caring (Watson, 2008)
2. Universals of human caring phenomena and practices
3. Guide to develop one's nurse being (role development)
4. Caring-Healing relationship
5. Compassionate care

<https://www.watsoncaringscience.org/jean-bio/caring-science-theory/10-caritas-processes/>



Curriculum Integration

- Medical/Surgical courses lead faculty collaboration
- Guided Clinical Reflective Journal a required assignment for all the Med/Surg clinical courses
- Evaluation assigned as Complete/Incomplete.



Teaching & Learning Approach

- Reflective Practice
- Clinical Reflective Journal: Personal Journey to Cultivating Caritas Literacy Self-Care and Well-Being
- Purpose: Cultivation of Caritas Literacy by developing one's awareness and practice of loving-kindness to self and others (Caritas Process 1)
- Promote self-care and commitment to personal health and well-being, demonstrate healthy, self-care behaviors that promote wellness & resiliency



Essentials Competency

1. Domain 2 Person-Centered Care
 - 2.8 Promote Self-Care
2. Domain 10 Personal, Professional, and Leadership Development
 - 10.1 Demonstrate a commitment to personal health and well-being
 - 10.1a Demonstrate healthy, self-care behaviors that promote wellness and resiliency
 - 10.2a Engage in guided and spontaneous reflection of one's practice.



Reflective Practice Activity

A structured guided reflection on:

1. How the student practices Caritas Processes® with focus on Caritas Process 1 **Embrace (Loving-Kindness)** Sustaining humanistic-altruistic values by practice of loving-kindness, compassion and equanimity with self/others
2. One's own self-care preferences and practices that allows one to sustain the caring spirit and thrive in clinical practice.
3. Describe how self-care practices impacts the caring healing relationship for compassionate care.



Results

Engagement:

- 58% Somewhat Engaged to Extremely Engaged
- 27% Slightly Engaged
- 15% Not at all Engaged Final Med-Surg course (seniors)

Effectively utilize the self-care techniques/practices in clinical practice

- 83% Somewhat Confident to Extremely Confident
- 7% Slightly Confident
- 8% Not at all confident

Effectively utilize the self-care techniques/practices in in their own life.

- 72% Somewhat Confident to Extremely Confident
- 10% Slightly Confident
- 8% Not at all confident

Response rate 29%, N=67



Results

How helpful was engaging in reflection about self-care practices in managing stress level in clinical practice:

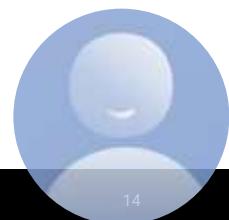
- 25% Very Helpful to Extremely Helpful
- 53% Slightly Helpful to Somewhat Helpful
- 21% Not at all helpful

How helpful was the activity in their commitment to personal health and well-being:

- 21% Very Helpful to Extremely Helpful
- 55% Slightly Helpful to Somewhat Helpful
- 21% Not at all Helpful.



Current Narrative



Implications for Nursing Education

Reflective practice guided by Jean Watson's Caritas Processes® as a pedagogical approach in fostering student's commitment to personal health and well-being is recommended



15

15

If one is to work for a caring healing paradigm, one must live it out in daily life

(Watson, 1997, p.51)



16

16

With Gratitude

Dr. Zarah Gayrama-Borines, DNP, MSN/Ed, RN, COI, WCSI Caritas Coach®
Pamela Call, MSN, APRN, FNP-C, CNE
Dr. Joy Patrick, DNP, APRN, CNS-AG, CCRN
Dr. Kelly Morrow, PhD, RN-BC, CNE, COI, WCSI Caritas Coach®

Pilot Project funded by AACN and Johnson & Johnson



17

17



CONNECT WITH ME

Dr. Ludy Llasus

Ludy.Llasus@nevadastate.edu
702-992-2001

Thank you!



NEVADA STATE UNIVERSITY

18

18

References

- American Association of College of Nursing (2021). *The essentials: Core competencies for professional nursing education*. <https://www.aacnnursing.org/essentials>
- National Academy of Medicine (2022). *National plan for health workforce well-being*. The National Academies Press. <https://doi.org/10.17226/26744>.
- Watson, J. (1997). The theory of human caring: Retrospective and prospective. *Nursing Science Quarterly*, 10 (1), 49-52
- Watson, J. (2008). *Nursing: The philosophy and science of caring* (Rev. ed.), University Press of Colorado.
- Watson Caring Science Institute. *10 Caritas Processes®*. <https://www.watsoncaringscience.org/jean-bio/caring-science-theory/10-caritas-processes/>
- ZDoggMD. (2019, May 5). *Always a nurse. A tribute from a doctor*. [Video]. YouTube. <https://www.youtube.com/watch?v=id3KlaCwBmg>

