Developing an Evidence-based Caring Science Course
Sigma Theta Tau International’s 27th International Research Congress
July 2016

Sara Horton-Deutsch, PhD, RN, PMHCSN, FAAN, ANEF, Caritas Coach
Director, Watson Caring Science Center and Endowed Chair
Why does it matter?

Resilient Nurses
How health care providers handle their stressful profession

HUMANMEDIA.ORG/NURSES
The Challenge
New Ways of Learning
“If the pedagogy and instructional design of online courses fail to shorten the transactional distance between teacher and learner, there is significant risk of minimal student engagement—a disservice to both students and faculty.”

-Horton-Deutsch and Drysdale, 2015
Humanizing Online Education through Caring Science
What is Caring Science?

- Philosophy
- Ethic
- Practice
Unitary World View

- Humans Reside in a Unitary Field of Consciousness
As an ETHIC we recognize the Connectedness of all Living Things
As a PRACTICE we recognize
Caring is Biogenic:
Quality Norms

• Consistent Navigation
• Visible Competency Alignment
• Clear Accessibility to Instruction
• Clearly-Stated Expectations for the Use of Media and Technology
• Welcoming and Intuitive Homepage
Course Mapping

Tech Requirements:
To be successful in this course, students will be expected to have consistent access to the following: a persistent internet connection, web cam and microphone, and access to Canvas.

Practice Epistemology: Expanding Ways of Knowing

Week 1: Ways of Knowing I
- Chapters 1-5 of Reflective Practice
- Introduce yourself
  - In a video. Share your story with the class.

Week 2: Ways of Knowing II
- Carper, Johns, Watson articles
- DEAL assignment: first iteration of iterative course assignment.
- Discussion: Learning Through Reflective Practice
- Discussion: Caring Literacy

Week 3: Reflective Practice I
- Chapters 6, 9, 10 in Reflective Practice & Life in Medicine stories
- Paper: Commitment to Change

Week 4: Reflective Practice II
- Watson 2006 ch. 1-3
- Discussion: Applying Narrative Pedagogy

Week 5: Narrative I
- Chapter 7 in Reflective Practice, Carel 2019-Illness
- Discussion: Applying Postmodern Concepts

Week 6: Narrative II
- Watson 1999 ch 10, 12, 17
- Discussion: Reconstructing the meaning of health, illness, and nursing practice.

Week 7: Expanding Ways of Knowing I
- Chapters 12, 13, 14, 15 in Reflective Practice
- Summary Reflection video

Week 6: Expanding Ways of Knowing II
- No readings
- DEAL project: re-evaluation based on class experience

Competency 1:
- Analyze the complexities of the client’s lived experience

Competency 2:
- Create and evaluate a detailed life story or client narrative

Competency 3:
- Synthesize common themes in life stories

Competency 4:
- Interpret the empathic and caring nature of nursing practice in light of transformational course experience.
Attributes of Caring Science Education

- Positive Environment
- Student-centered learning
- Community Atmosphere

(Gdantz, 2016)
Nodding's 4 Ingredients of Caring Curriculum

Modeling
Practice
Authentic Dialogue
Confirmation/Affirmation
Authentic Presence

A practice of genuineness, self knowledge and ability to:

• Self-reflect
• Of caring communication;
• Of being in the moment; and
• Of being honest with oneself and others.

Lombard & Horton-Deutsch, 2012
Learners are engaged when they are invested in their work, overcome challenges and obstacles, and take pride in their accomplishments.

Horton-Deutsch & Drysdale, 2015
Activities that Support Meaningful Learning
CARING IN THE MOMENT
Caring Moment

• What did authentic presence bring to this encounter?

• What did being fully engaged mean to you? To your patient?

• How did it manifest in the moment of care?
Evaluation

Caring Course focus on:
• Acquiring insights,
• Seeing patterns,
• Find meanings and significance,
• Seeing balance and wholeness,
• Making compassionate and wise judgments…
• and creatively find pathways to new knowledge.
References


