

# Nursing Experience with Using Watson's Caring Theory on Hemodialysis Patient with Depression

*Yu-Wen Huang Suh-Mian Wu\* Yu-Chu Chung\**

## Abstract

This case report describes nursing experience with applying Watson's theory in caring for a 73-year-old hemodialysis patient with depression. The period of nursing care for this patient was from November 3, 2009 through to December 5, 2009. After primary diagnosis, data was collected through observation, interview, physical examination and review of medical records. The patients' condition was assessed in five dimensions and three nursing problems were identified: inadequate nutrition, insomnia and hopelessness. Suicidal tendencies due to the negative feelings of hopelessness were noted. The author began by approaching the patient with a sincere, compassionate and accepting attitude in order to establish a therapeutic relationship. Watson's theory was then applied when caring for this client. Life review, using a caring attitude and enhancing the support system enabled the client to face the impact of disease as well as overcome the physical and mental discomfort. The patient still undergoes regular hemodialysis therapy to this date. This case report hopefully provides a useful reference for nursing personnel caring for similar cases.

**Key words: Watson's theory, hemodialysis, depression**

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RN, HDR, Wei Gong Memorial Hospital

RN, Lecturer, School of Nursing, Yuanpei University\*

RN, Assistant Professor, School of Nursing, Yuanpei University\*\*

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Correspondence : Yu-Chu Chung No.306, Yuanpei Street, Hsinchu, Taiwan, R.O.C.

Telephone : (03) 5381183 Ext. 7504 E-mail : yuchu@mail.ypu.edu.tw