A Nursing Experience of Applying Watson’s Caring Theory to a Patient with Pregnancy in ICU

Tsai-Rung Lin    Chiu-Chu Lin *

Abstract

This report describes the nursing experience in caring for a patient with pyelonephritis and gestation in the intensive care unit. In the process, she underwent the endotrachea tube insertion and premature delivery. Information was collected by care taking, observation, communication and performing physical skill tests. Five main domains on health problems were determined: “infection, fever” and “pain”, “anxiety and fear”, “sad and grieving; and “poor social support system”. We used Watson’s caring theory for nursing assessment, intervention and evaluation with mutual confidence foundation, and providing individual protective nursing. We actively provided care and offered our concern at the appropriate time for the patient to get through this time of grief with her relatives. Not only did we take care of the major physiological problems, but also the mental and the social problems, while providing the care she really needed. Nursing experience will be shared as reference for those who might deal with a similar situation in the future.

Key words: Watson’s caring theory, pregnancy, pyelonephritis