Megan Wilson, MSN, RN, BA is a former Nurse Manager for 4 units at a community hospital near Charlotte, NC. She obtained her MSN in 2012. While working on her degree, she had the opportunity to utilize her knowledge concerning nursing theory to develop and transform a new unit into a caritas environment. She has been married for 35 years, has 2 grown children and now that she and her husband are empty nesters, they are looking forward to more frequent travel adventures.
Using Caring Science to Design a Healing Environment for Radial Cath Recovery

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May 30, 2013
International Convention of Human Caring

“Do it for Nursing”

• My Roots
• Family
• Education
  Allegheny College, B.A., Psychology, Meadville, PA
  Presbyterian Hospital School of Nursing, R.N., Charlotte, NC
  Queens University of Charlotte, MSN, Charlotte, NC

The Cath Café

• Purpose of talk
• Radial vs. femoral approach to caths
• How the Radial Lounge or Cath Café was developed
• Why nursing theory?
• How Watson’s theory of human caring is the cornerstone for the unit
Radial vs. femoral

- Femoral straight to coronary sinus
- Femoral is larger
- Access the radial artery in the wrist area—brachial—axillary—coronary
- Radial is smaller

Recovery after Transradial Cath

Radial access
- 2 hour recovery time in chair
- TR band therefore visual reminder
- Body type and size is not an issue
- Mobile instantly

The Radial Lounge concept

- Radial training fall 2010. Dr. Gary Niess
- Informatics class and idea born from article
- Struggles with multiple units and recovering patient in bed
- Proposal presented early 2011 to split ADU into a Radial Lounge and CTU
The planning stage
- Meetings with administration, project manager and architects
- Continuing to develop the plan
- Meetings with nursing staff

Environment
- Caritas process #8: Creating a healing environment at all levels
- A physical and nonphysical, subtle environment of energy and consciousness, whereby wholeness, beauty, comfort, dignity and peace are potentiated (Being/Becoming the environment)

She said the object and colors in the materials around us actually have a physical effect on us, on how we feel.

Florence Nightingale

Application of Watson’s Theory to the Environment
- All activity is centered around and within a peaceful setting to promote wellness
- Layout
- Artwork
- Lighting
- Nature
- Music
Teaching-learning

- Caritas consciousness 7: engaging in genuine teaching-learning experience that attends to unity of being and meaning, attempting to stay within others' frames of reference
- Application of caritas consciousness to teaching role
- Caritas coach
- Deeper level of knowledge of patient and situation
- Self awareness and authentic listening, create the healing moment

Effects on staff

- Caritas Process 4 refers to developing and maintaining an authentic caring relationship
- Four different layers of relationships: nurse to self, nurse to patient, nurse to community and nurse to nurse
- Care and love are core values of human caring relationship and the nursing profession
- Caring and connecting with other staff
- Mature as person and nurse through connecting with inner spirit

Outcomes

- Nurse enables healing through many avenues
- Provide optimum of both physical and mental care
- Fewer complications from caths
- Employee and patient satisfaction