



Objectives: The learner will

1. Articulate the difference in patient's perceptions of care when the nurse provides authentic presence.
2.Define intersubjectivity
3. State 3 changes in practice that will enhance the patient's lived experience of care.
4. Name 3 benefits that the nurse will receive when practicing mindfully in the present

Definitions

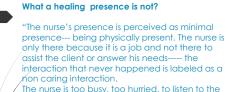
Heal: to restore or regain health or soundness; to set right or repair; to make whole.

Presence: the state of being with or in the same place as a person or thing; attendance association. Area immediately surrounding a person or object.

Close your eyes and think about how you feel when in the presence of someone that cares for you?

Take some deep breaths and think about your most loving relationship

Do you feel relaxed? Is your stress relieved?
What's happening in your body?
Relaxation decreases the adrenaline in our
bodies and allows heart rate and breathing
to slow down (relaxation response 1999)



The nurse is too busy, too hurried, to listen to the clients concerns- client feels devalued as a unique human being because the client feels treated as a non human being leading to feelings of frustration, fear, depression, anger and distress."

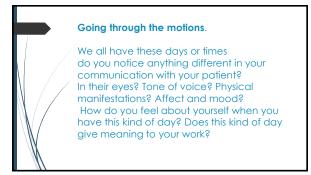
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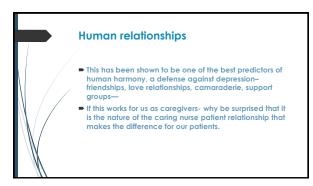












This is really a philosophical as well as a practice construct.

There may be more questions than answers today
Here are as few philosophers that addressed presence, healing and connection
Heidigger Rogers
Sartre Buber

Martin Heidigger (1889-1976) German philosopher asked the question, "What is being?"

Existentialism is a philosophy about experience. In qualitative research you will often hear the term, "Lived experience"

What was the experience like for the person that lived it?

Some ponderables are:

What is it to be human? (Dasein- or being there) Dasein is defined as caring.

Authenticity, or truthfulness in our relationship with and to time(we are finite beings)

Heidigger continued

Decisions have consequences

Personal responsibility and self discipline

One fights for ones life

Traditional rules of religious and secular society are arbitrary

Worldly desire is futile.

What is the nature of truth?

Existentialism continued,

What is a lived experience?

How does this connect with nursing presence?

How does this impact on people that we care for as nurses?

Do you make a conscious decision about how you will "be" when in the presence of a patient? Does this decision have consequences?





