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Applying Watson's caring theory in the nursing care for a middle-age patient with esophageal cancer

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This case study described the caring experience of 49 years-old male patient who was diagnosed with esophageal cancer suffering from physical and psychological problems. During the care period from Aug 11, 2017 to Aug 23, 2017, nurse used the Watson's caring theory to provide care for and nurture patient with an awareness of and respect for the individual's uniqueness. After collecting data through observation and interviews, three major nursing diagnoses were identified, including hopelessness, imbalances nutrition: Less than body requirements and ineffective protection. Under the guidance of Watson's caring theory, theory-based clinical practice that focuses on the patient's needs was provided to build a trusting relationship, to improve positive orientation and strengths and to set mutual goals with the patient. In the meantime, nurse applied evidence-based complementary and alternative therapies to facilitate patient's well-being, such as mindfulness-based interventions, aromatherapy, meditation, music therapy and encouraging expression of positive and negative perceptions. In the end, the patient ultimately achieved goals of positive adaptability and coexistence with the disease.

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