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Concept Map  
Walden University

NURS 8110

Date

### Concept Map

A concept map is a visual tool used to present material in a more understandable manner. It connects ideas and promotes critical thinking (Veio, 2010). Grove, Burns, & Gray (2013) conclude that concept mapping is a “research framework” that uses relational connections (p. 132).

### Purpose Statement

The purpose of this study was to investigate the effects of nursing care based on Watson’s Caring Theory on the distress caused by infertility. Infertility causes emotional, social and economic problems that can make patients feel isolation and social shame. Providing caring, supportive interventions can produce better patient outcomes and an improved quality of life.

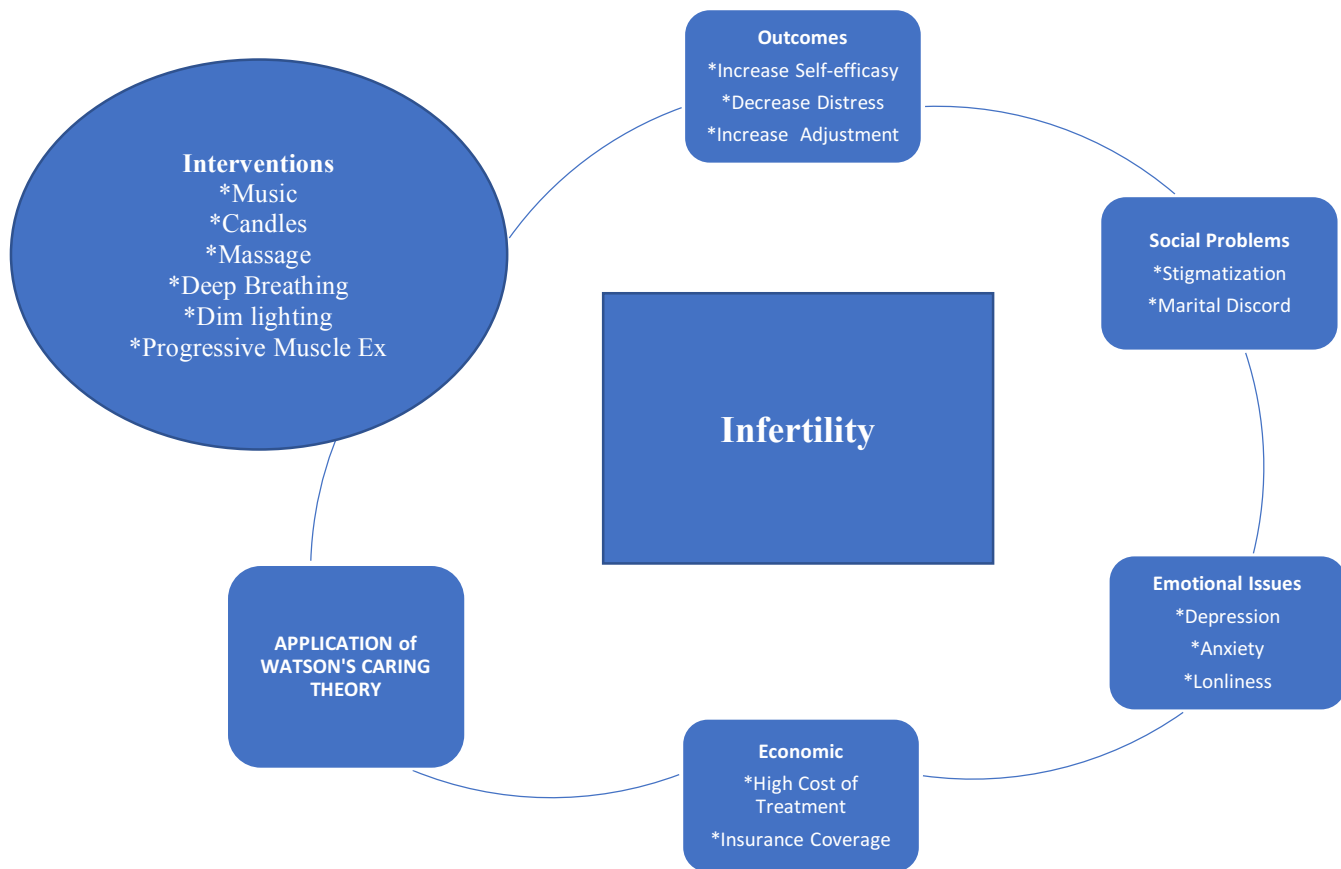
### Relational Statements

The application of Watson’s Caring Theory through strategies that supported interconnectedness were implemented during the study. Some of the interventions used to support a caring and relaxing atmosphere were:

- Relaxing soft music
- Scented candles
- Deep breathing exercises
- Back massage
- Progressive muscle exercises
- Dim lighting

These transpersonal caring-healing modalities incorporated all the senses to promote holistic care of the mind, body and spirit (Arslan-Özkan, Okumuş, & Buldukoğlu, 2014).

### Concept Map



### Summary

Nursing care that is based on Watson's Caring Theory does increase self-efficacy, decrease distress and increase adjustment during infertility treatment. The caring and compassionate interventions decreased the negative impact of infertility and promoted improved results (Arslan-Özkan, Okumuş, & Buldukoğlu, 2014). It is suggested that more research be done in this area and that nurses involved with infertility be educated with this caring theory in mind. The concept of caring is central to the nursing discipline and facilitates holistic healthcare (Sitzman, 2007). Watson's Caring Theory can be applied to most nursing care settings and is a pragmatic approach to positive patient outcomes.

### References

- Arslan-Özkan, İ., Okumuş, H., & Buldukoğlu, K. (2014). A randomized controlled trial of the effects of nursing care based on Watson's Theory of Human Caring on distress, self-efficacy and adjustment in infertile women. *Journal of Advanced Nursing*, 70(8), 1801-1812. doi:10.1111/jan.12338
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