

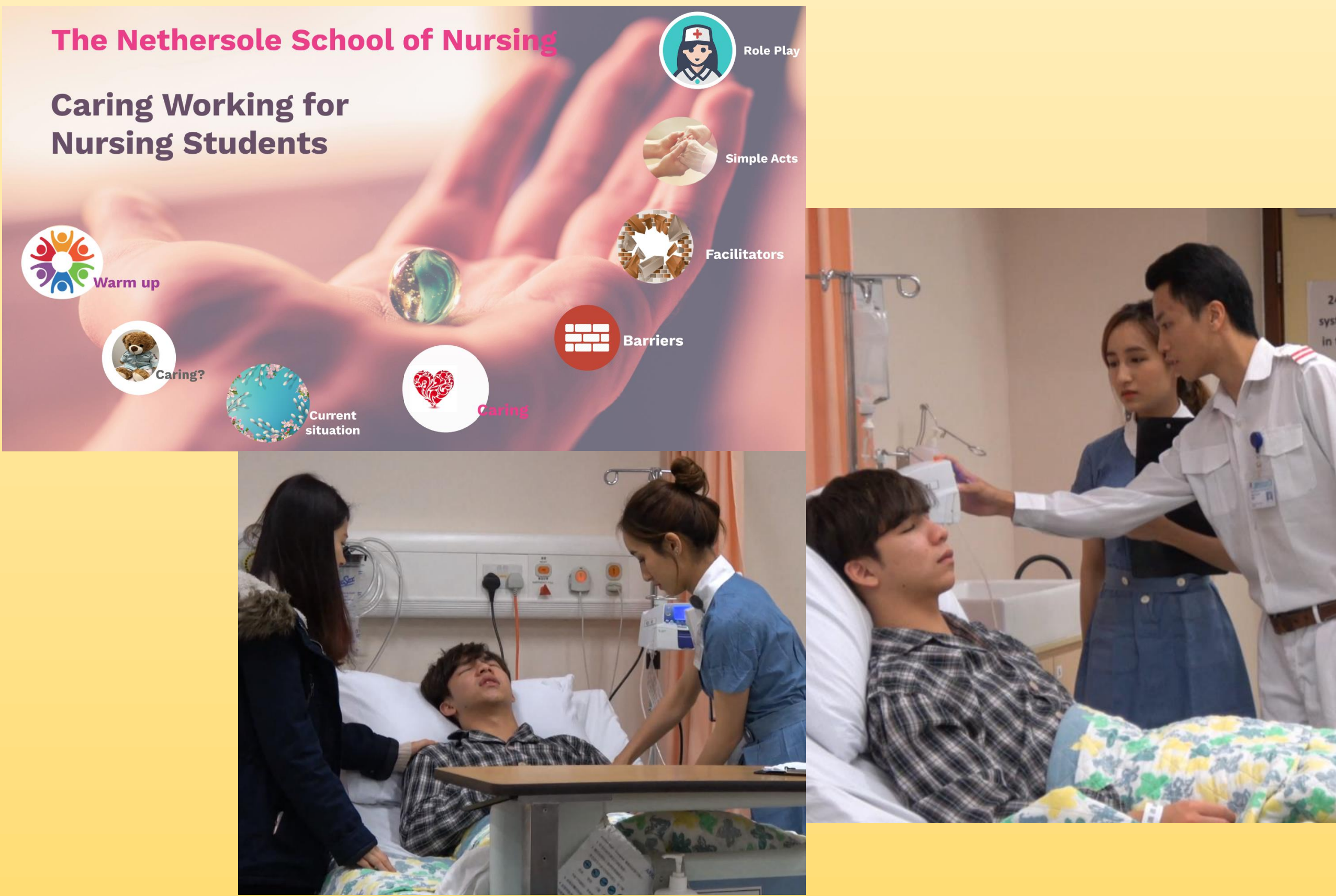
Caring Workshop of Nursing Students: Assimilation of Caring Values through Reflective Writing

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Introduction

The value of caring is extensively recognised as the essence of nursing. However, nursing students are observed to experience a loss of the caring ideal because of socialisation and exposure to clinical reality during clinical placement. To nurture future nurses, who are expected to embrace caring value in practice, nursing faculty should strategically strengthen the caring characters of nursing students. An intensive caring workshop is piloted to strengthen the caring characters of nursing students.



Methods

Thirteen second-year nursing students participated in the caring workshop. The half-day caring workshop provided cognitive inputs of caring knowledge, practice of caring behaviours, and reflection on caring perceptions. Teaching modalities included didactic teaching, video viewing, scenario-based discussions, and role playing. After completion of the workshop, the students wrote a reflective journal on the caring issues that they learned from the activities.

Results

The reflective writing activity shows that students assimilated caring values of the nursing profession:

- Being concerned that a hasty clinical environment would undermine their caring character
- Emphasised affirmation of the original motive to pursue the nursing profession for sustaining the caring passion
- Learned that caring behaviours begins with caring for oneself
- Realised that acknowledgment of the feelings and emotions of care recipients is fundamental in caring practice

Discussion

Teaching the concept of caring goes beyond providing information and knowledge to students. This process requires students to internalize caring as a personal and professional value, thereby motivating them to develop caring attitudes and behaviours. Reflection is a key component to introduce the abstract concept of caring to nursing students. Journal writing enables them to reflect on their learning experience, thereby stimulating their affective responses and prompting them to internalise caring attitudes.

Being nurses, we have lot of interaction with our patients every day. If someone does not care, does not show empathy to patients, that is unworthy of being a nurse...	... we must not reject their feelings, like "no need to be worry", "never mind, it will be okay". That means to deny their feelings. Instead, we should show our acknowledgement of their emotions...
(Student 1)	(Student 2)
... the fast-paced clinical environment would affect our care delivery. Yet, we shouldn't forget why we chose this profession...	Working in this bustle working environment, even though we are facing helplessness and heavy burden, we cannot ignore the passion what we had at the beginning...
(Student 5)	(Student 8)
To be a caring nurse, the first thing needs to do is care for the carer, including patients, family, colleagues and the own self. Under the busy work load, we always forget our initial reason for being a nurse. We will then become a Robert to perform routine job...	Many barriers in clinical setting affect nurses to care their patients. However, I believe that provide caring in not a difficult thing as we thought...
(Student 9)	(Student 11)