

NURS 235: Theoretical Foundations III: Esthetics, the Art of Nursing

Spring, 2003

Wednesday, 8 - 11 a.m.

WebCT and Storrs Hall 002

Course Instructor:

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Office hours: Thursday, 11-12 a.m., Wednesday, 11:30 a.m. to 12:30 p.m. Also by appointment.

Course Description: An exploration of the aesthetic way of knowing in nursing.

Credits and Prerequisites: 3 credits. Prerequisites: Nurs 225, 227 or RN license.

Course Objectives:

1. Examine the usefulness, value and function of esthetic knowing within the discipline of nursing.
2. Explore the experience of nursing as an art form.
3. Analyze the similarities and difference of, and the common ground between, the art and science of nursing.
4. Examine the concept of caring as healing and other healing modalities used to promote holistic health.

Text and required readings:

Rogers, Natalie (1993). *The Creative Connection: Expressive Arts as Healing*. Palo Alto, CA, Science & Behavior Books.

All other readings are on electronic course reserve available from the WebCT class site.

Recommended:

Chinn, P.L. (2001) *Peace and Power: Building Communities for the Future* (5th ed). Sudbury, MA: Jones & Bartlett.

Philosophy of the Course Design:

"... the knowledge of nursing ... of how to put the constitution in such a state as that it will have no disease, or that it can recover from disease, takes a higher place. It is recognized as the knowledge which every one ought to have - distinct from medical knowledge ... "

Nightingale (1967, p. 3)

"... the art of nursing ought to include such arrangements as alone make what I understand by nursing, possible."

Nightingale (1967, p. 9)

This course is based on Nightingale's fundamental beliefs about nursing, and on recent scholarly investigations related to the art of nursing. Through my research, the art of nursing came to be recognized as the ability, through arrangements of movement and words, to transform experience from what is, to what is possible. Consistent with Nightingale's views, nursing is conceived as a healing art. Healing is viewed as a process of movement toward wholeness, and is

equally important for those who are well as for those who are sick. The primary "tool" used by the nurse is the Self - the artistic, therapeutic use of Self to bring health and wholeness to a situation. The knowledge that the nurse brings to healing art practice includes knowledge of the Self -- knowledge that comes through experiences of Self care, Self healing, and Self love. In this course, we will focus on the art of self healing and self care, the art of healing and caring for others, and the use of art as a medium for healing.

Nightingale believed that the art of nursing places the person (body/mind/soul) in the best possible situation for the person's own healing powers (the reparative process) to bring about health and healing. The nurse as healer uses knowledge of the environment, and its effects on health and healing, to create a context for healing. Therefore this course addresses various approaches to bringing about a healing environment, and approaches to placing the person in the best situation for Self healing.

On Site and Virtual Classrooms: Storrs 002 and WebCT:

Everyone is required to attend 4 class periods dedicated to basic healing/self-care practices. There is also a weekly optional on-site hour devoted to review of the readings. Everyone is expected to be actively engaged in WebCT discussion based on the class readings. Here are the features of each:

Storrs 002

- Every Wednesday from 8 to 9:15 will be devoted to a review, group interaction and learning activities that are based on the week readings for the week.
- From 9:30 to 11, those who have signed up for that week's self-care experience will be present. If you sign up for one of these periods and are not able to attend, you will need to arrange a make-up session.

WebCT

- A power point presentation that is given in Storrs 002 on Wednesday morning is posted on WebCT in the "Weekly Activities" module.
- There is a discussion board related to each week's readings, and everyone will actively participate in at least one discussion thread each week.
- All assignments and tests will be completed on WebCT.

Course Policies:

1. All learning activities must be submitted by the due date for full credit.
2. Everyone must attend the final examination at the date, time and place announced by the University.
3. There ordinarily will be no incomplete grades for this course. If you are not able to keep up with the course requirements, please consider withdrawing from the course and re-enrolling at a later date.
4. Please review the [UCONN student honor code](#). All students enrolled in courses at the University of Connecticut are expected to understand and honor this code.

Course Requirements and Grades:

There are 5 components to the course requirements:

1. On-site healing/self-care participation (20 points - 5 points each session). Everyone will participate in 4 on-site class sessions devoted to healing/self-care experiences. If an on-site session has to be canceled, it will be re-scheduled for a portion of another Wednesday class time and the time frame for all on-site groups on the alternate day will shift. If a student has to miss an on-site session, arrangements can be made for a make-up experience.
2. WebCT discussion (30 points - 3 points each week). There are 10 "discussion weeks," with discussion topics and questions posted on specific discussion boards. The discussion weeks will be the weeks of January 27 through the week of April 14, with the week of March 12 "off" for the midterm exam.
3. Midterm exam (15 points). This will be a multiple choice and short essay exam.
4. Shared paper/presentation (20 points) based on a personal journey with a selected healing modality. The presentation will be posted on WebCT between April 21 - 30.
5. Final Exam (15 points). This is a creative presentation to the class that portrays your ideas about the meaning of becoming a nurse/healer.

The due dates of all requirements are shown on the course calendar, and specific information about the assignments is given on the "Assignments" page, and on the weekly activities pages.

Grades will be assigned based on the following scale:

- A: 93-100
- A-: 90-92
- B+: 87-89
- B: 84-87
- B-: 80-82
- C+: 77-79
- C: 74-77
- C-: 70-72
- D+: 67-69
- D: 64-67
- D-: 60-62
- F: 59 and below

Topical Outline

I. January 22 - 25: Introduction

- No on-site class on Jan. 22.
- Individual review of course materials
- Post any questions on the WebCT discussion board
- Overview of daily self-care practices (handout)
- Overview of nursing's patterns of knowing (handout)

II. January 27 - Feb 1: What is the art of nursing?

Reading:

Chinn, Peggy L. , & Kramer, Maeona K. (1999). *Theory & Nursing: Integrated Knowledge Development*. (5th ed.). St. Louis: Mosby. Chapter 9 "Aesthetic Knowledge Development", pgs. 183-206.

Rogers, Chapter 1

- Jan. 29
 - 8 - 9:15 am: Discussion based on reading.
 - 9:30 - 11 am: Optional on-site meeting to clarify any questions about the course and to finalize sign-up schedule for the healing/self-care experiential sessions
- Required WebCT discussion based on readings

III. February 3-8 : What is the art of nursing? (continued)

Reading:

Chinn, Peggy L. , & Kramer, Maeona K. (1999). *Theory & Nursing: Integrated Knowledge Development*. (5th ed.). St. Louis: Mosby. Chapter 9 "Aesthetic Knowledge Development", pgs. 183-206.

Rogers, Chapter 2

- February 5:
 - 8 - 9:15 am: Discussion based on reading.
 - 9:30 - 11 am Group 1: Writing
- Required WebCT discussion based on readings.

IV. February 10-15 : How do I develop an aesthetic criticism?

Reading:

Rogers, Chapter 3

Handout: Artistic Validity and Criticism

- February 12:
 - 8 - 9:15 am: Discussion based on reading.
 - 9:30 - 11 am Group 2: Writing
- Required WebCT discussion based on readings.

V. February 17-22 : How do I develop an aesthetic criticism? (continued)

Reading:

Rogers, Chapter 4

Handout: Artistic Validity and Criticism

- February 19:
 - 8 - 9:15 am: Discussion based on reading.
 - 9:30 - 11 am Group 3: Writing
- Required WebCT discussion based on readings.

VI. February 24-March 1: How is narrative used in nursing?

Reading:

Maeve, M. Katherine. (1994). *Coming to Moral Consciousness through the Art of Nursing Narratives*. In P. L. Chinn & J. Watson (Eds.), *Art and Aesthetics in Nursing* (pp. 67-89). New York: National League for Nursing.

Rogers, Chapter 5

- February 26:
 - 8 - 9:15 am: Discussion based on reading.
 - 9:30 - 11 am Group 1: Movement
- Required WebCT discussion based on readings.

VII. March 3-8: How can expressive arts be used in guiding healing processes?

Readings:

Watson, Jean. (1999). *Postmodern Nursing and Beyond*. New York: Churchill Livingstone.
Chapter 11, pp. 159-169.

Rogers, Chapter 6

- March 5:
 - 8 - 9:15 am: Discussion based on reading.
 - 9:30 - 11 am Group 2: Movement
- Required WebCT discussion based on readings.

VIII. March 7-15: Midterm Exam (on webCT)

- March 12:
 - 8 - 9:15 am: Discussion reviewing all readings to date
 - 9:30 - 11 am Group 3: Movement
- No required WebCT discussion.

March 16-23 is SPRING BREAK - Enjoy!! ☺

IX. March 24-29: How does the environment influence healing processes?

Reading:

Rogers, Chapter 7

- March 26:
 - 8 - 9:15 am: Discussion based on reading.
 - 9:30 - 11 am Group 1: Drawing
- Required WebCT discussion based on readings.

X. March 31-April 5: How are wholistic healing modalities related to the art of nursing?

Readings:

Keegan, Lynn. (1994). *The Nurse as Healer*. Albany, NY: Delmar Publishers. Chapters 1 (pgs. 3-9) and 3 (pgs. 29-40).

Rogers, Chapter 8

- April 2:
 - 8 - 9:15 am: Discussion based on reading.
 - 9:30 - 11 am Group 2: Drawing
- Required WebCT discussion based on readings.

XI. April 7-12: Music and Sound

Readings:

Rogers, Chapter 9

- April 9:
 - 8 - 9:15 am: Discussion based on reading.
 - 9:30 - 11 am Group 3: Drawing
- Required WebCT discussion based on readings.

XII. April 14-19 : The healing power of touch

Readings:

Rogers, Chapter 10

- April 16:
 - 8 - 9:15 am: Discussion based on reading.
 - 9:30 - 11 am Group 1: Singing and Sound
- Required WebCT discussion based on readings.

XIII. April 21-26: Meditation and Guided Imagery

Readings:

Rogers, Chapter 11

- April 23:
 - 8 - 9:15 am: Discussion based on reading.
 - 9:30 - 11 am Group 2: Singing and Sound
- Posting of (and response to) presentations

XIV. April 28-May 3: Healing Relationships and Transformation of Conflict

Readings:

Chinn, Peggy L. (1995). *Peace & power: Building communities for the future*. (4th ed.). New York: National League for Nursing Chapters 9 & 10.

- April 30
 - 8 - 9:15 am: Discussion based on reading.
 - 9:30 - 11 am Group 3: Singing and Sound
- Posting of (and response to) presentations