The 7 Cs of Human Caring

CARING is the vehicle through which nurses interact with patients and assist them to cope with suffering, to find meaning in their experiences, to promote health and wellness and to die with dignity. CARING is action that nurtures; action that fosters growth, recovery, health and protection of those who are vulnerable. CARING is the empowering of those for whom care is given (Roach, 1997).

CARING is the framework through which we as nurses implement the art and science of professional practice.

1. COMPASSION:

Compassion means to be with another in their suffering. It is empathy and sensitivity to human pain and joy that allows one to enter into the experience of another. It is the understanding of whom that person truly is for whom one is caring. According to Simone Roach, “With compassion, one becomes a colleague of humanity” (Roach, 1992, p. 18). Compassion is an essential component of the nurse patient relationship.

2. COMPETENCE:

Competence is acquiring and using evidence-based scientific and humanistic knowledge and skill in the application of therapeutic interventions in the current practice of nursing. Competence is reflected in the cognitive, affective and psychomotor domains of learning. It is the knowledge of the role of the nurse in the health care delivery systems of the hospital and the community.

3. CONSCIENCE:

Conscience directs moral, ethical and legal decision-making. It motivates us to increase the knowledge and skills needed to respond appropriately to moral, ethical and legal issues faced by oneself and others. It directs us to adhere to the standards of professional nursing practice. It directs us to respond to social injustices. It is the increased awareness of local, national and global health concerns and current trends in health care that affect all ages and populations. It is the sense of accountability, responsibility and leadership for patient CARE.

4. CONFIDENCE:

Confidence is trust in one’s ability to CARE for others. It is the belief that our skilled, professional presence can make a difference. Confidence is necessary to effectively implement the roles of the nurse as caregiver, teacher, counselor, advocate, leader, manager, and researcher. Confidence in our own ability to create CARING environments serves as a catalyst for change. Confidence empowers both ourselves and others
to define and accomplish goals. Confidence is developed through the successful utilization of knowledge and experience.

5. COMMITMENT: Commitment is maintaining and elevating the standards and obligations of the nursing profession and assuring the delivery of excellence in nursing CARE. Commitment is the loyal endeavor to devote ourselves to the welfare of patients. It assures that CARING will be part of every nurse patient interaction. It is a conscious effort to grow within the nursing profession through dedication to continuing education, life-long learning, and becoming more skilled, socially conscious, ethical, politically competent and CARING.

6. COMPORTMENT:

Comportment is the professional presentation of us as nurses to others in behaviour, attitude, appearance, dress and language that communicate a CARING presence. It includes the need for self-awareness, awareness of impact of self on others, and accepting responsibility for our actions. This extends to responsibility for the healthcare environment and the behaviour of others who contribute to it.

7. CREATIVITY:

Creativity is having a vision of how nursing care can be, and making it better. Creativity in nursing requires thinking reflectively, critically and imaginatively to create healing environments and enhance CARE-giving practices. It requires the nurse to develop the qualities of envisioning, risk-taking, openness and resourcefulness. Creativity results in integrating new insights into existing nursing knowledge and awareness. It creates the potential for the nurse to individualize CARE and embrace change.
