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Nursing believes caring is the central construct and the basis of nursing scholarship and practice (McEwen & Wills, 2002). Caring also said to be the essence of nursing (Boykin & Scoenhofer, 2001). Caring characterizes an essential human need that is the foundation of professional nursing (McEwen & Wills, 2002). A full understanding of caring and the ways it manifests assists nurses to provide quality healthcare (Boykin & Scoenhofer, 2001). The nurses' caring is not only for being physically present but directly related to the satisfaction and sense of well-being of the patient (Bishop & Scudder, 2001). In contrast, caring gives priority to relationships and how the relationship between nurses and patients are socially constructed (Bishop & Scudder, 2001).

Though the process of caring is central to nursing practice, it still remains poorly defined in nursing practice and education. Benner, Tanner and Chesla (1996) stated a construct of caring should allow nurses to develop better pedagogy. Whether caring is really important to nursing, there no evidence to show that caring can be persuasively claimed and defended as an exclusive resource of nursing, even in the rather special and complex way (Johnson, 1972). Even though caring is included in several conceptualizations of the discipline of nursing it nevertheless does not represent a wide disciplined viewpoint.

One may argue that caring is a common concept among various disciplines, and it is not unique to the discipline of nursing (McEwen & Wills, 2002). However, Patistea (1999) stated a full understanding of caring and the way it manifests assists nurses to provide quality health care. Newman (2002) believes that though caring cannot provide the resources of an exclusive jurisdiction for nursing, it can provide the energy for nurses to nurse the patient with care.

Furthermore, caring reinforces the resolve to speak for the patient's need.

As our common sense will tell us, to care just as to love, has a different meaning to all of us. Perhaps the nature of nursing, being more hands on than other disciplines, allows nursing to lay more claims on caring (Newman, 2002). Therefore while caring cannot provide the resources of an exclusive and defensible jurisdiction that might liberate nursing from the technical hegemony of medicine. It also provides the insight and energy that liberates nurses both from the often superficial and misinformed perspective of physicians who spend too little time with the patient. Newman (2002) suggests caring people are those who recognize they have responsibility to discern the real and recognizable trouble of this world and to respond by meeting others needs.

Cara (1999) on the other hand emphasizes that caring must be more than an attitude and result in some kind of responsive action. Cara (1999) further added that caring is a constant willingness to respond if and when the situation demands. A personal value of responsibility, persistence, and sacrifice is the last component of the dimension of caring behaviors (Cara, 1999). Thus, caring reinforces the resolve to speak for the patient's needs (Watson, 2001). On the other hand, Cheung (1998) emphasizes that caring and nursing will remain intrinsically linked regardless of whether the claims about the centrality of caring in nursing is accepted or rejected. Nurses interact with clients in a manner of acknowledging the human beings and their unique health experiences. In summary, a full understanding of caring and the way it manifests assists nurses to provide high quality of nursing care. Without us neither knowing nor realizing, nursing is actually caring in nature.

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