

## PUBLICATIONS OF THESES AND DISSERTATIONS ADDRESSING THE HUMAN CARING THEORY: A BIBLIOMETRIC STUDY

Publicações de teses e dissertações sobre a teoria do cuidado humano: estudo bibliométrico

Concepciones sobre tecnologías del cuidado y educar en la praxis del enfermero hospitalario

Vania Pessoa de Carvalho Dantas<sup>1\*</sup>; Carla Braz Evangelista<sup>2</sup>; Monica Ferreira de Vasconcelos<sup>3</sup>; Dayse Kalyne Gomes da Costa<sup>4</sup>; Maria Emília Limeira Lopes<sup>5</sup>

### How to quote this article:

Dantas MS, Evangelista CB, Vasconcelos MF, et al. PUBLICATIONS OF THESES AND DISSERTATIONS ADDRESSING THE HUMAN CARING THEORY: A BIBLIOMETRIC STUDY. Rev Fun Care Online. 2021. Jan./Dec.; 13:822-828. DOI: <http://dx.doi.org/10.9789/2175-5361.rpcfo.v13.7590>

### ABSTRACT

**Objective:** The study's main purpose has been to analyze the scientific production addressing the Jean Watson's Human Caring Theory in theses and dissertations, at the national level. **Methods:** it is a bibliometric study composed by 41 theses and dissertations published in the Catalog of Theses and Dissertations from CEPEn, the Capes theses and dissertations database, the Public Domain Portal, the TESESENF, and the BDTD, from 2000 to 2016. **Results:** over the period from 2000 to 2016, there was verified the largest scientific production addressing such topic. The southern region was more prominent in publications, with more studies produced at the Universidade Federal de Santa Catarina. There was a predominance of dissertations and nursing researchers. **Conclusion:** considering the period studied, the publications on the studied topic show a non-expressive quantitative impact. It is suggested to carry out new studies on the subject, in order to support the theory applicability towards the care services.

**Descriptors:** Nursing theory, Nursing care, Bibliometrics.

<sup>1</sup> Nursing Graduate by the *Faculdade Santa Emília de Rodat (FASER)*, MSc in Nursing by the *UFPB*, Registered Nurse working at *Hospital Universitário Lauro Wanderley – HULW/UFPB*. Hospital Universitário Lauro Wanderley – HULW/UFPB, Brazil. Centro Universitário de João Pessoa (UNIPÊ), Brazil.

<sup>2</sup> Nursing Graduate by the *UFPB*, MSc in Nursing by the *UFPB*, PhD student enrolled in the Nursing Postgraduate Program at *UFPB*, Professor of the Nursing Graduation Course at *UNIPÊ*.

<sup>3</sup> Nursing Graduate by the *FASER*, MSc in Nursing by the *UFPB*, PhD student enrolled in the Nursing Postgraduate Program at *UFPB*, Registered Nurse working at *Centro Médico Buriti. Universidade Federal da Paraíba (UFPB)*, Brazil.

<sup>4</sup> Nursing Graduate by the *UFPB*, MSc in Nursing by the *UFPB*, Professor at *IEET. Instituto de Ensino de Educação Técnica de João Pessoa (IEET)*, Brazil.

<sup>5</sup> Nursing Graduate by the *UFPB*, MSc in Nursing by the *UFPB*, PhD in Education by the *Universidade Federal do Rio Grande do Norte (UFRN)*, Professor of both Nursing Graduation Course and Nursing Postgraduate Program at *UFPB. Universidade Federal da Paraíba (UFPB)*, Brazil.

## RESUMO

**Objetivo:** Analisar a produção científica acerca da Teoria do Cuidado Humano de Jean Watson em teses e dissertações, no âmbito nacional.

**Métodos:** estudo bibliométrico constituído de 41 teses e dissertações publicadas no banco de teses e dissertações do CEPEn, catálogo de teses e dissertações disponível no portal da CAPES, no Portal Domínio Público, na TESESENF e BDTD, no recorte temporal de 2000 a 2016. **Resultados:** os anos de 2000 e 2016 foram os de maior produção sobre o tema. A região sul obteve um maior destaque nas publicações, com maior quantidade de estudos produzidos na Universidade Federal de Santa Catarina. Houve predominância de dissertações e de pesquisadores da área da enfermagem.

**Conclusão:** sugere-se a realização de novos estudos sobre a temática, no sentido de auxiliar a aplicabilidade da teoria no ambiente de cuidados.

**Descritores:** Teoria de enfermagem, cuidados de enfermagem, Bibliometria.

## RESUMEN

**Objetivo:** Analizar la producción científica acerca de la Teoría del Cuidado Humano de Jean Watson en tesis y disertaciones, a nivel nacional. **Método:** estudio bibliométrico constituído por 41 tesis y disertaciones publicadas en el banco de tesis y disertaciones del CEPEn, catálogo de tesis y disertaciones disponible en el portal de la CAPES, en el Portal Dominio Público, en la TESESENF y BDTD, en el recorte temporal de 2000 a 2016. **Resultados:** los años 2000 y 2016 fueron los de mayor producción sobre el tema. La región sur obtuvo un mayor destaque en las publicaciones, con mayor cantidad de estudios producidos en la Universidad Federal de Santa Catarina. Hubo predominio de disertaciones y de investigadores del área de enfermería.

**Conclusión:** se sugiere la realización de nuevos estudios sobre la temática, en el sentido de auxiliar la aplicabilidad de la teoría en el ambiente de cuidados.

**Descriptores:** Teoría de enfermeira, Atención de enfermeira, Bibliometría.

## INTRODUCTION

Nursing, as a science searching for consolidation, has been based on theories, to support the practice, systematizing care, and thus strengthening itself as a profession. Accordingly, reflections on theoretical principles of nursing characterize an important aspect for the increase and demarcation of their professional field, since nursing theories enable the argumentation and improvement of professional practice and guide the care of human beings.<sup>1</sup>

It is known that nursing practice, based on theory and guided by values and beliefs, influences the way nurses observe their activities, organize themselves, communicate, make decisions and create an environment for the development of care.<sup>2</sup> Nevertheless, there is a difficulty for nurses to align the care provided with nursing theories.<sup>1</sup>

The effectiveness of the care provided by nursing requires that its foundation be based on a theoretical framework, to guide the practice and, in this sense, allow the achievement of goals through the chosen theory. Among the nursing theories that can assist in patient care, the Human Caring Theory stands out, which was developed by Margaret Jean Watson in the 1970s, after the publication of the book "The Philosophy and Science of Caring".<sup>3</sup>

This theory leads conventional science to integrate nursing practices, through an action centered on care, so

that healing and integrity can be enhanced, based on a care practice that contemplates the individual in the physical, mental, emotional and spiritual fields.<sup>1,4,5</sup> It suggests the union between metaphysics and the material world<sup>6</sup> and allows the integrality between body, mind, and soul, based on a transpersonal process,<sup>7</sup> in which the nurse and the patient connect and embrace each other in spirit, starting from authentic and complete attention, transmitting a concern with the interior life and with the personal meaning of the other. This relationship between the nurse and the patient begins with all the attention at the moment of care and then radiates to unlimited spiritual connections, which lead to subtle and potential healing possibilities.<sup>4</sup>

The objectives of Jean Watson's theory involve human growth, in the mental, spiritual, and the aspects of self and other consciousness. Therefore, it makes it possible for human beings to find meaning in their suffering and experiences and to discover internal powers and controls and the potentiation of instances of transcendence and self-recovery.<sup>8,9</sup>

Reflections on the Human Caring Theory demonstrate how much Nursing needs to improve its practice to fill the care gap that meets the patient's needs (these are certainly not covered by the biomedical approach) and fulfill the mission of their profession and evolve as a science.<sup>1</sup>

The theoretical basis and the appreciation of humanistic aspects can contribute to nursing care and, consequently, promote the improvement of the patient's health status, considering the complexity of being, in its biopsychosocial and spiritual aspects. Given this perspective, the significant contribution of Jean Watson's theory to support these concepts and reinforce more coherent, more empathic and true nursing care is evident.<sup>1</sup>

Therefore, it is relevant to research the knowledge produced in postgraduate programs vis-à-vis the Human Caring Theory, as this is essential to the training and practical performance of nurses, since it encompasses the human being in its entirety, considering the body, mind, and soul, bringing to light the need for care that involves not only the biological, but consider the connection between the other dimensions that make up the human being and contemplate needs that are sometimes overlooked by professionals.

Bearing in mind the aforesaid, this bibliometric study was guided by the following question: What is the scientific production at the national level addressing the Jean Watson's Human Caring Theory in theses and dissertations?

Hence, this study aims to analyze the scientific production addressing the Jean Watson's Human Caring Theory in theses and dissertations, at the national level.

## METHODS

It is a bibliometric and descriptive study with a quantitative approach, having a documental base consisted

of abstracts and full texts of theses and dissertations published in Brazil, over the period from 2000 to 2016, addressing the Jean Watson's Human Caring Theory.

To carry out this study, three operational stages were considered as follows:

In the first stage, a bibliographic research of scientific productions addressing the Jean Watson's Human Caring Theory was carried out and the sample was selected. There were made searches for publications on the subject in the thesis and dissertation database of the *Centro de Estudos e Pesquisa em Enfermagem (CEPEm)* [Center for Studies and Research in Nursing] from the *Associação Brasileira de Enfermagem (ABEn)* [Brazilian Nursing Association], in the thesis database of the *Coordenação de Aperfeiçoamento de Pessoal de Nível Superior (CAPES)* [Coordination for the Improvement of Higher Education Personnel], in the *Biblioteca Digital Brasileira de Teses e Dissertações (BDTD)* [Brazilian Digital Library of Theses and Dissertations], in the *Base de Teses e Dissertações em Enfermagem (TESESENF)* [Nursing Theses and Dissertations Base], and the Public Domain Portal, over the period from April to June 2017.

To select the sample, the term "transpersonal care" and "Jean Watson's theory" were used. Then, the following inclusion criteria were applied: publications in the forms of dissertations and theses, published in the Portuguese language, available in full and published in the period from January 2000 to December 2016. Among the exclusion criteria, the following stood out: articles, letters to the editor, editorial, course completion works, and studies in duplicate.

Considering these criteria, the sample consisted of 41 studies. To make data collection feasible, an instrument was used that included the following variables: authorship, research level (dissertation or thesis), year of formal presentation, theme addressed, geographic region, educational institution linked to research, authors' professional training, study type, research approach, research development scenario, group participating in the study and academic training.

In the next stage, the data obtained were entered into a Microsoft Excel 2010 spreadsheet, presented through graphical representations and analyzed using absolute and relative frequency and the literature regarding the matter.

## RESULTS

The sample of the present study was composed of 41 academic papers (theses and dissertations) addressing the Human Caring Theory.

**Table 1** shows the data related to the research level (dissertation or thesis) and the theme addressed by the dissertations and theses regarding the Human Caring Theory.

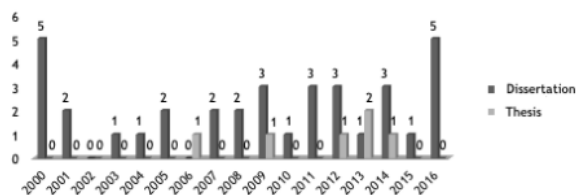
**Table 1** – Distribution of the scientific production of theses and dissertations produced in Brazil addressing the Human Caring Theory, according to the research level and the theme addressed. João Pessoa city, Paraíba State, Brazil, from 2000 to 2016.

| Research level | Theme addressed  |
|----------------|--|
| Dissertation   | Approach to the spiritual dimension in nursing care  |
| Thesis         | Music as a complementary therapy for pain relief in hospitalized elderly people                              |
| Dissertation   | Care provided by the family of patients bearing spinal cord injury   |
|                | Music as a therapeutic strategy for nursing care for cancer patients and their families                      |
| Thesis         |  |
| Dissertation   | Music as a therapeutic strategy for nursing care   |
| Dissertation   | Spirituality as a strategy for coping with breast cancer   |
| Dissertation   | Elaboration of an instrument to assess affective-expressive care behaviors in students                       |
| Dissertation   | Relationship between babies, family and nursing team in the vaccine room                                     |
| Dissertation   | Music as a therapeutic strategy for nursing care   |
| Dissertation   | Care for traffic accident victims in home care   |
| Dissertation   | Transpersonal care at the home of family members of neonates who were in the ICU                             |
|                | Construction of a model of transpersonal care in home nursing  |
| Thesis         |  |
| Dissertation   | Care technologies applied in neonatal ICUs   |
| Dissertation   | Home care for people with mental disorders and their families  |
| Dissertation   | Care process with nursing undergraduates   |
| Dissertation   | Humanistic and technological care in a sector of hemodynamics  |
| Thesis         | The care and care of the client with pharyngocutaneous fistula   |
| Dissertation   | Application of the clinical <i>caritas</i> process to clients bearing oral cavity cancer                     |
| Dissertation   | Nursing care for family members of children with cancer  |
| Thesis         | Caring process in nursing homes  |
| Dissertation   | Dimensions of care in the ICU  |
| Dissertation   | The social network of families living with drug users  |
| Dissertation   | Spiritual dimension of ICU care  |
| Thesis         | Analysis of the spirituality concept   |
| Dissertation   | Coping with sexual abuse against children and adolescents  |
| Dissertation   | Process of puncture of vessels for hemotherapeutic purposes and the occurrence of peripheral vascular trauma |
| Dissertation   | Transpersonal clinical care directed at the patient in the perioperative period of cardiac surgery           |
| Dissertation   | Spiritual elements of cancer patients undergoing acupuncture   |
| Dissertation   | Transpersonal care offered in pastoral care for HIV-positive patients  |
| Dissertation   | Nursing care received by the elderly family undergoing palliative care                                       |
| Dissertation   | Health care for women in wheelchair during prenatal care, childbirth and birth                               |
| Dissertation   | The help and trust relationship between nurses and families of hospitalized children                         |
| Dissertation   | Spiritual dimension of ICU care  |
| Dissertation   | Perception of home caregivers about self-care and the care received by the health team                       |
| Dissertation   | Nursing care for elderly people in prolonged hospitalization   |
| Dissertation   | Clinical home nursing care for women with heart disease  |
| Dissertation   | Nursing interventions for spiritual suffering  |
| Dissertation   | Transpersonal care at home for patients bearing neoplastic disease and their families                        |
| Dissertation   | Caring for families undergoing alcoholism issues   |
| Dissertation   | Building a new way of caring   |
| Dissertation   | Perception of the nursing team working in the ICU about self-care and caring for others                      |

Given the results, it was possible to evidence the publication of 6 theses and 35 dissertations on the Human Caring Theory. It is inferred that the studies addressed several themes that included from the spiritual dimension of care, to music as a therapeutic care strategy.

Concerning the time frame, it was found that the years 2000 and 2016 presented the largest number of publications, with 5 (12.20%) studies, followed by 2009, 2011, 2012 and 2014 with 4 productions (9.76%), each one. It should be noted that the year 2002 did not present any publication on the subject, as shown in **Figure 1**.

**Figure 1** – Distribution of the scientific production of theses and dissertations produced in Brazil addressing the Human Caring Theory regarding the publication year. João Pessoa city, Paraíba State, Brazil, from 2000 to 2016.



Considering the regions of the postgraduate programs in which the studies were carried out, it was found that the south stood out with 17 (41.46%) studies addressing this subject, followed by the southeast, with 15 (36, 59%), the northeast with 7 (17.07%). It should be noted that the midwest and north presented only 1 (2.44%) study, each.

Concerning the higher education institution to which the researchers were linked, the largest number of studies produced was concentrated at *Universidade Federal de Santa Catarina*, with 8 studies (19.51%), at the institution in the southern region, which presented the largest number of publications, followed by UFRJ, in the southeast region, with 5 (12.20%), as shown in **Table 2**.

**Table 2** – Distribution of the scientific production of theses and dissertations produced in Brazil addressing the Human Caring Theory, according to the country region and the higher education institution. João Pessoa city, Paraíba State, Brazil, from 2000 to 2016.

| Higher education institution                         | Dissertation | Thesis   | N         | %             |
|--|--------------|----------|-----------|---------------|
| <b>Southeast</b>                                     | <b>12</b>    | <b>3</b> | <b>15</b> | <b>36.59%</b> |
| <i>Universidade de São Paulo</i>                     | 3            | 1        | 4         | 9.76%         |
| <i>Universidade Federal do Rio de Janeiro</i>        | 3            | 2        | 5         | 12.20%        |
| <i>Universidade do Estado do Rio de Janeiro</i>      | 2            | 0        | 2         | 4.88%         |
| <i>Universidade Federal de Juiz de Fora</i>          | 3            | 0        | 3         | 7.32%         |
| <i>Pontifícia Universidade Católica de São Paulo</i> | 1            | 0        | 1         | 2.44%         |
| <b>South</b>   | <b>16</b>    | <b>1</b> | <b>17</b> | <b>41.46%</b> |
| <i>Universidade Federal do Paraná</i>                | 3            | 1        | 4         | 9.76%         |
| <i>Universidade Federal do Rio Grande do Sul</i>     | 2            | 0        | 2         | 4.88%         |
| <i>Universidade Estadual de Maringá</i>              | 1            | 0        | 1         | 2.44%         |
| <i>Universidade Federal de Santa Catarina</i>        | 8            | 0        | 8         | 19.51%        |
| <i>Escola Superior de Teologia</i>                   | 1            | 0        | 1         | 2.44%         |
| <i>Universidade Federal de Santa Maria</i>           | 1            | 0        | 1         | 2.44%         |
| <b>Northeast</b>                                     | <b>5</b>     | <b>2</b> | <b>7</b>  | <b>17.07%</b> |
| <i>Universidade Federal da Bahia</i>                 | 1            | 1        | 2         | 4.88%         |
| <i>Universidade Estadual do Ceará</i>                | 2            | 0        | 2         | 4.88%         |
| <i>Universidade Federal do Ceará</i>                 | 1            | 0        | 1         | 2.44%         |
| <i>Universidade Federal da Paraíba</i>               | 0            | 1        | 1         | 2.44%         |
| <i>Universidade Estadual Vale do Acaraú</i>          | 1            | 0        | 1         | 2.44%         |
| <b>North</b>   | <b>1</b>     | <b>0</b> | <b>1</b>  | <b>2.44%</b>  |
| <i>Universidade Federal do Pará</i>                  | 1            | 0        | 1         | 2.44%         |
| <b>Midwest</b>                                       | <b>1</b>     | <b>0</b> | <b>1</b>  | <b>2.44%</b>  |
| <i>Universidade de Brasília</i>                      | 1            | 0        | 1         | 2.44%         |
| <b>TOTAL</b>   | <b>35</b>    | <b>6</b> | <b>41</b> | <b>100%</b>   |

**Table 3** shows that, among published researches, almost all of them were in the field of nursing (97.56%), as it is a nursing theory. Nonetheless, one of the researchers had a background in theology and pedagogy, representing 2.44% of the publications. Most publications, 11 (26.83%) were

descriptive and exploratory, 31 (75.61%) were qualitative, 21 (48.84%), had hospitals as their scenario. Regarding the group participating in the research, the study showed that just over half of the publications involved patients, with 15 (59.41%).

**Table 3** – Distribution of the scientific production of theses and dissertations produced in Brazil addressing the Human Caring Theory, according to the authors' professional training, study type, research approach, research development scenario and group participating in the study. João Pessoa city, Paraíba State, Brazil, from 2000 to 2016.

| Authors' professional training                     | N         | %           |
|--|-----------|-------------|
| Nursing  | 40        | 97.56%      |
| Theology/Pedagogy                                  | 1         | 2.44%       |
| <b>Total</b>                                       | <b>41</b> | <b>100%</b> |
| Study type   | N         | %           |
| Descriptive and exploratory study                  | 11        | 26.83%      |
| Descriptive study                                  | 5         | 12.20%      |
| Case study   | 4         | 9.76%       |
| Exploratory study                                  | 3         | 7.32%       |
| Care-research                                      | 2         | 4.88%       |
| Convergent care research                           | 2         | 4.88%       |
| Descriptive, exploratory, convergent care research | 1         | 2.44%       |
| Case study, cohort, survey                         | 1         | 2.44%       |
| Descriptive study, multiple case study type        | 1         | 2.44%       |
| Descriptive study/interpretative                   | 1         | 2.44%       |
| Cross-sectional descriptive study                  | 1         | 2.44%       |
| Methodological, descriptive, exploratory study     | 1         | 2.44%       |
| Theoretical research                               | 1         | 2.44%       |
| Not informed                                       | 7         | 17.07%      |
| <b>Total</b>                                       | <b>41</b> | <b>100%</b> |
| Research approach                                  | N         | %           |
| Qualitative  | 31        | 75.61%      |
| Quantitative                                       | 1         | 2.44%       |
| Quantitative and qualitative                       | 3         | 7.32%       |
| Not informed                                       | 6         | 14.63%      |
| <b>Total</b>                                       | <b>41</b> | <b>100%</b> |
| Research development scenario*                     | N         | %           |
| Hospital   | 21        | 48.84%      |
| Home   | 7         | 16.28%      |
| Basic health unit                                  | 4         | 9.30%       |
| Ambulatory   | 3         | 6.98%       |
| Blood Center                                       | 1         | 2.33%       |
| University   | 1         | 2.33%       |
| Nursing home                                       | 1         | 2.33%       |
| Not informed                                       | 1         | 2.33%       |
| Do not apply                                       | 4         | 9.30%       |
| <b>TOTAL</b>                                       | <b>43</b> | <b>100%</b> |
| Group participating in the study*                  | N         | %           |
| Patients   | 15        | 29.41%      |
| Family   | 9         | 17.65%      |
| Nurses   | 7         | 13.73%      |
| Nursing team                                       | 6         | 11.76%      |
| Care givers  | 2         | 3.92%       |
| Pregnant women                                     | 1         | 1.96%       |
| Babies   | 1         | 1.96%       |
| Health professionals                               | 2         | 3.92%       |
| Nursing undergraduates                             | 1         | 1.96%       |
| Researchers  | 1         | 1.96%       |
| Blood recipients and donors                        | 1         | 1.96%       |
| Traffic accident victims                           | 1         | 1.96%       |
| Do not apply                                       | 4         | 7.84%       |
| <b>TOTAL</b>                                       | <b>51</b> | <b>100%</b> |

\*Some studies had more than one research scenario and participating group.

## DISCUSSION

Concerning the production of dissertations and theses, the results showed an oscillation in the number of studies carried out and a low frequency, considering the established



time frame.

In a study,<sup>10</sup> researchers warn that it is necessary to use a theoretical framework in scientific research and report that there is a current trend in Brazilian Nursing to use a variety of theoretical frameworks, including from other areas of knowledge.

Higher education institutions in the south and southeast have the largest number of thesis and dissertation productions that address theory. 2016 data from the *Sucupira* Platform reveal the existence of 76 nursing postgraduate programs, with a greater proportion in the southeast region, followed by the northeast and south regions. The south and southeast regions account for more than 50% of nursing postgraduate programs in Brazil.<sup>11</sup>

There was a small number of publications addressing the topic in the north and midwest regions,<sup>11</sup> which shows a lack of established nursing postgraduate programs in both regions.

A study reports that *Stricto Sensu* postgraduate programs are mostly concentrated in the southeastern region, but the south and northeast regions also played an important role in the development of the nursing postgraduate program in Brazil. In the southeast region, specifically at the *Escola de Enfermagem Anna Nery* [Nursing School], from the *Universidade Federal do Rio de Janeiro (UFRJ)*, the first master program appeared in 1972, followed by the *Universidade de São Paulo* (1973), *Universidade Federal de Santa Catarina* and *Universidade Federal do Rio Grande do Sul* (1976), *Universidade Federal da Bahia* and *Universidade Federal da Paraíba* (1979).<sup>12</sup>

There was a predominance of the production of dissertations when compared to that of theses, corroborating with the study<sup>13</sup> that analyzed the scientific production about moral harassment in dissertations and theses in Brazil, and another study<sup>14</sup> that analyzed the Brazilian scientific production of dissertations and nursing theses about the Adult Intensive Care Unit. This fact is justified by the number of master and doctorate programs offered in Brazil. Data from the *Sucupira* Platform reveal that there are 38 nursing postgraduate programs at the doctoral level and 74 at the master level, 51 of which are academic master's degree programs and 23 professional master's degree programs.<sup>15</sup>

Advances in knowledge production have been realized mainly by the production of studies enrolled in master and doctorate programs.<sup>12</sup> The contributions of nursing postgraduate programs concerning the production of studies that address nursing theories, especially the theory of nursing, emphasizing the Jean Watson's theory, explained here. It is known that nursing theories are the foundation of the profession and need to be studied and implemented. Furthermore, the production of theses and dissertations addressing the Human Caring Theory provides greater visibility of this topic, as in most studies the benefits of applying this theory for assistance are verified, emphasizing

the need for clinical use. In turn, the Human Caring Theory addresses aspects not studied in other theories, such as attention to the patient's spiritual dimension, something so important for those receiving care.

The spiritual dimension and music as a therapeutic strategy were the main themes addressed in theses and dissertations on the Human Caring Theory. Jean Watson's theory presents itself as a relevant guiding vehicle for spiritual assistance in nursing, so that it is necessary to carry out studies that help professionals to meet this dimension.<sup>16</sup>

A study shows that music is a light technology related to nursing care because it promotes comfort, well-being and the formation of bonds, aimed at a humanized conception of care, and allows the possibility of meeting between the nurse-patient. When using music as a resource to humanize care, one must take into account the presence of the nursing team, in a genuine attitude of attention and care,<sup>17</sup> as proposed by the Human Caring Theory.

There was a variety of types of research present in the theses and dissertations on the theme, with emphasis on the descriptive and exploratory study. Thus, authors point out the need to produce studies with a higher level of scientific evidence, such as experimental studies and systematic reviews to support clinical nursing practice, since nursing theories associate theory with practice and contribute to the decision-making process.<sup>14</sup>

As this theory is very subjective, it needs to be explored from the perceptions, knowledge and points of view of the actors involved, thus, qualitative research can provide assistance in the acquisition of relevant information that needs to be explored by the researched. This type of research method seems to be the preferred method when applying nursing care theories and models.

Watson herself highlights the use of qualitative methods for conducting studies that address the Human Caring Theory. Added to these are the interpretative and qualitative-quantitative methods combined to the detriment of the quantitative rationalist research method used exclusively. Therefore, the theory of transpersonal care can use a variety of methods to explore the meanings of human existence, disease, care and the capacity for healing.<sup>8,9</sup>

Most scientific productions were carried out in a hospital, demonstrating the concern of researchers to assist in the care of hospitalized patients, due to the illness itself and the conditions in which the patient is currently experiencing.

Similar data were found in a research.<sup>18</sup> In it, it was observed that environments such as outpatient clinics and homes were also mentioned, which demonstrates the applicability of the theory not only in the hospital environment, expanding its use by nursing.

The populations studied are in accordance with the theory under study, which considers effective care through the transpersonal relationship between patient, professional

and family, thereby developing a climate of harmony and trust necessary for adequate care.<sup>1</sup>

In transpersonal care, each one feels a connection with the other, within the spirit, therefore, it transcends time and space, opening up new possibilities of healing and human connection on a deeper level than physical interaction. In this sense, transpersonal nursing has the ability to focus awareness and intentionality on caring, and not on curing the disease.<sup>19</sup>

## CONCLUSIONS

Taking into consideration the number of nursing graduate degrees in Brazil, this bibliometric review shows that, even when present, theses and dissertations that address the Human Caring Theory are still incipient. Hence, it is evident the need to encourage master's and doctoral students to work with nursing theories, as well as to consider performing new studies on transpersonal care, bearing in mind that they help nurses to perform the care contemplating the human being in its entirety.

Jean Watson's theory reinforces a more harmonious, authentic, and empathetic nursing practice. Hence, it is necessary to rescue its approach in the training of health professionals, as well as in postgraduate programs.

Bearing in mind the aforesaid, it is expected to expand scientific production and consequently the discussions in regards to the Human Caring Theory, so that this encourages new ways of thinking about the nursing care paradigm, bringing to the fore the transpersonal care, as defended by Jean Watson.

## REFERENCES

1. Savieto RM, Leão ER. Assistência em enfermagem e Jean Watson: uma reflexão sobre a empatia. *Esc Anna Nery Rev Enferm* [internet]. 2016 jan/mar [acesso em 20 out 2017];20(1):198-202. Disponível em: <http://www.scielo.br/pdf/ean/v20n1/1414-8145-ean-20-01-0198.pdf>
2. Dyess S, Boykin A, Rigg C. Integrating caring theory with nursing practice and education: connecting with what matters. *J Nurs Adm* [internet]. 2010 nov [acesso em 2 mai 2017];40(11):498-503. Available from: <https://insights.ovid.com/pubmed?pmid=20978419>
3. Favero L, Pagliuca LMF, Lacerda MR. Cuidado transpessoal em enfermagem: uma análise pautada em modelo conceitual. *Rev Esc Enferm USP* [internet]. 2013 [acesso em 2 mai 2017];47(2):500-05. Disponível em: <http://www.scielo.br/pdf/reeusp/v47n2/32.pdf>
4. Sitzman K, Watson J. *Caring Science, Mindful Practice: Implementing Watson's Human Caring Theory: Implementing Watson's Human Caring Theory*. New York, US: Springer Publishing Company; 2013.
5. Gomes IM, Silva DI, Lacerda MR, Mazza VA, Meier MJ, Mercedes NNA. Teoria do cuidado transpessoal de Jean Watson no cuidado domiciliar de enfermagem a criança: uma reflexão. *Esc Anna Nery Rev Enferm* [internet]. 2013 jul/set [acesso em 2 mai 2017];17(3):555-61. Disponível em: <http://www.scielo.br/pdf/ean/v17n3/1414-8145-ean-17-03-0555.pdf>
6. Watson J. *Nursing: the philosophy and Science of caring*. Revised Edition. Colorado: University Press of Colorado; 2008.
7. Carvalho NV, Rezende Neta DS, Silva GRF, Araújo TME. O processo Clinical Caritas de Jean Watson na assistência de enfermagem brasileira: uma revisão sistemática. *Cult cuid*

[internet]. 2011 [acesso em 2 mai 2017];(29):82-88. Disponível em: <http://www.index-f.com/cultura/29pdf/29-082.pdf>

8. WATSON J. *Enfermagem: ciência humana e cuidar uma teoria de enfermagem*. Loures: LUSOCIÊNCIA; 2002.
9. WATSON J. *Human caring science: a theory of nursing*. 2 ed. Ontario: Jones e Bartlett Learning; 2012.
10. Ferrari RFR, Rodrigues DMMR, Baldissera VDA, Peloso SM, Carreira L. Aplicabilidade da teoria de Virginia Henderson para fundamentação na enfermagem: fragilidades e potencialidades. *Arq ciênc Ssaúde Unipar* [internet]. 2014 jan/abr [acesso em 2 mai 2017];18(1):51-6. Disponível em: <http://revistas.unipar.br/index.php/saude/article/view/5158/2984>
11. Plataforma Sucupira. Cursos recomendados e reconhecidos. Brasil: Plataforma Sucupira; 2016 [acesso em 1 dez 2017]. Disponível em: <https://sucupira.capes.gov.br/sucupira/public/consultas/coleta/programa/quantitativos/quantitativos.jsf?areaAvaliacao=20&areaConhecimento=40400000>
12. Scochi CGS, Munari DB, Gelbcke FL, Erdmann AL, Gutiérrez MGR de, Rodrigues RAP. Pós-Graduação Stricto Sensu em Enfermagem no Brasil: avanços e perspectivas. *Rev Bras Enferm* [internet]. 2013 [acesso em 2 out 2017];66(esp):80-9. Disponível em: <http://www.scielo.br/pdf/reben/v66nspe/v66nspea11.pdf>
13. Costa ICP, Costa SFG, Andrade CG, Oliveira RC, Abrão FMS, Silva CRL. Scientific production on workplace bullying/harassment in dissertations and theses in the Brazilian scenario. *Rev Esc Enferm USP* [internet]. 2015 [acesso em 2 out 2017];49(2):267-76. Available from: <http://www.scielo.br/pdf/reeusp/v49n2/0080-6234-reeusp-49-02-0267.pdf>
14. Santos MAB, Sá GGM, Caetano JA, Costa AB, Muniz MLC, Galindo Neto NM. Brazilian nursing dissertations and theses conducted in intensive care units. *Rev Rene* [internet]. 2017 jul/ago [acesso em 2 out 2017];18(4):521-7. Disponível em: <http://www.revistarene.ufc.br/revista/index.php/revista/article/view/3036/pdf>
15. Plataforma Sucupira. Cursos recomendados e reconhecidos. Brasil: Plataforma Sucupira; 2016 [acesso em 1 dez 2017]. Disponível em: <https://sucupira.capes.gov.br/sucupira/public/consultas/coleta/programa/quantitativos/quantitativoAreaConhecimento.jsf?areaAvaliacao=20>
16. Penha RM. A expressão da dimensão espiritual no cuidado de enfermagem em UTI. [dissertação]. São Paulo (SP): Escola de Enfermagem da Universidade de São Paulo; 2008.
17. Bergold LB, Alvim NAT. Visita musical como uma tecnologia leve de cuidado. *Texto & contexto enferm* [internet]. 2009 jul/set [acesso em 2 out 2017];18(3):532-41. Disponível em: <http://www.scielo.br/pdf/tce/v18n3/a17v18n3>
18. Silva EC, Lima CLJ, Zaccara AAL, Evangelista CB, Oliveira ELN, Sousa ATO. The Scientific production about the Human Caring Theory: a bibliometric study. *International Archives of Medicine* [internet]. 2016 [acesso em 2 out 2017];10(79):1-10. Available from: <http://imedicalsociety.org/ojs/index.php/iam/article/view/2428/2076>
19. Watson Caring Science Institute. *Caring Science Theory*; 2017 [acesso em 1 dez 2017]. Disponível em: <https://www.watsoncaringscience.org/jean-bio/caring-science-theory/>

Received on: 28/05/2018  
Required Reviews: 13/12/2018  
Approved on: 15/02/2019  
Published on: 27/04/2021

**\*Corresponding Author:**  
Vania Pessoa de Carvalho Dantas  
Rua Aristides Lobo, 1453  
Centro, João Pessoa, Paraíba, Brasil  
E-mail: [pessoa.vania@gmail.com](mailto:pessoa.vania@gmail.com)  
Telephone: +55 (83) 9 8719-5671  
CEP: 58.297-000

The authors claim to have no conflict of interest.