

# Kristen Swanson's *Caring Theory* Processes:

- Knowing and understanding the experience of the patient and their family
- Being with and in the moment with the patient
- Doing for patients as they would do for themselves if it were at all possible
- Enabling the capacity of the patient to care for themselves and their family
- Maintaining belief and sustaining faith that the patient can face a transition and move forward with their lives.