

# PRESENCE IN NURSING

Slowing down to a pace of care, connection, and attunement

## AIM

To explore and Cultivate Presence in Various Nursing Contexts



### Research Focus

- Conducting research on presence in nursing education, geriatric care, and psychiatric/mental health nursing.
- Utilizing qualitative, quantitative, systematic, and integrative literature review methodologies.
- Engagement of PhD and Masters degree students in our ongoing studies.



### Expected Outcomes

- Formation process for nurses: Developing introspection, reflection, and mindfulness skills.
- Facilitating presence within oneself, colleagues, and nursing students.
- Result: Fostering relational care and enhancing patient outcomes.



### Dissemination of Findings

- Utilizing diverse channels: Social media, research articles, and a short learning program (Relational Care and Leadership).
- Sharing insights to benefit nurse researchers, educators, and practitioners.



## Practice of Presence

Implementing sensory stimulation therapy to emphasize nurse-patient relationships.  
Creating multi-sensory environments for calmness, relaxation, acceptance, and well-being.  
Demonstrating the practical application of presence in daily nursing practice.

## Linked projects

Presence workshops Tshepong / Potchefstroom hospitals  
Presence workshops HeamOncoCare & Activo Health  
Stimulation programme Witrand psychiatric hospital



[www.caringpresence.co.za](http://www.caringpresence.co.za)



[YouTube Link](#)



[FaceBook Link](#)

## Programme Lead

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