THE PHILOSOPHY OF NURSING CARE THROUGH COLORS

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INTRODUCTION

Sometimes I asked myself about Existence, just as most of the mortals did, and I tried to find answers in philosophy, in physics, in biology, in psychology and in many others fields of knowledge. I tried to find answers not only about the Existence of the human being, but also of what does Exist and what doesn’t. What I mean is, how do we know that a person, an object, an emotion, a memory or anything else Exists? How can we identify the Existence without invoking the dogma of Faith, the beliefs or the existentialism itself? How can I define the Existence from the nursing regarding point of view, avoiding the strictly biomedical vision, or humanist vision, or a blending of both?!

I also questioned myself many times through my life time, about the essence of caring, about the depth of caring, about the significance of the existence of caring. What is the essence of caring? What is the purpose of caring? Why does the caring exist? What is caring? But the most important of all, why did I fall in love with caring?

An answer to this question will be given at the end of this meditative article.

Sometimes, too many questions for a nurse like me who is looking for simplicity inside the complexity, the obvious above the incomprehensible, the coherence, which for many can be incoherence.

Sometimes way too many questions for a Nurse who doesn’t imagine the Existence and the caring without Colors.

Without a doubt I do accept all the critics, but maybe my love for art and caring make me see and translate the life by a different view, nor better neither worse, simply different.

ABOUT “THE EXISTENCE”

I shall start with a statement that would surprise but it arises from the meditative analysis of my own nursing view.

The existence is something touchable and untouchable, is past, present and future. The Existence is something holistic. Everything that is presented or is expressed through the Colors is Existence. An emotion that has passed, which I mentally can identify with Colors is Existence; or a sensation that can be expressed by Colors is also Existence. The touchable (the material world), and the untouchable (the emotional world), is presented through colors. There is nothing without Colors.

Without Colors there is no Existence.
We as persons, identify the Existence through Colors and give shape to the objects, to the concepts, including to the emotions. Not only that the Existence is expressed through Colors, but also the Colors impact themselves the Existence, being able to modify it.

I can express that the perception of the Existence is determined by the impact which Colors have over the persons and on the Existence itself.

I invite you to imagine the sadness, imagine the sadness on a person's face. Is it possible to imagine a sad face without giving it shape through Colors? Imagine a tear, imagine the sea, imagine the hate, imagine the hope. On our imagination we use the Colors to identify those things we imagine. The type of Color, the intensity of the color, the hue of the color, the tone of the color is the perception of what we have about the things we imagine is the experience of what exists.

Now, do not imagine, look around yourself and identify an object without Color. There is no object without Color. The transparency itself IS Color. Our artists/painters have been able to express the transparency through the help of Colors.

If the Existence can be shown with the help of Colors then, without doubt, Caring can be also expressed through Colors.

**ABOUT “THE CARING”**

I am not going to define “Caring” as a specific concept part of a study science; Caring is more of a general concept. All professions have as target the Caring. There is more, the Caring is the desire of all studying sciences. Professions are following the Caring. Without Caring, studying sciences would not exist, well... including Caring itself. Let us think about a profession, whatever profession you like, from any field/branch, and you will see that all of them are looking for Caring. The science, the empirical knowledge, scientific evidence, the rational, all is Caring.

Caring is beyond science curricula. On normal situations, we as human beings are Caring: within a family, a group, or a society. The animal kingdom is governed by Caring, the surviving rule is following the Caring of the species. Nature itself guaranties Caring. The Universe is governed by Caring.

Universal rules of nature impact and determine every side of our lives, they are the power who determine every aspect of the creation, including every event, conditions and circumstances that
we experience, both as individual and group. These rules of nature pursue also the Caring.

Caring is guaranteeing the order, non-Caring is causing disorder and chaos to all areas and all dimensions, including to those that our intelligence was not already able to approach or detect. I can say that all that goes close to the irrational or is irrational is NOT Caring and leads to chaos and confusion.

If the universal rules pursue the Care and all the “Being”, is through the help of Colors, without a shade of doubt Caring and Colors are guaranteeing the order of the “Existence”.

THE NURSING CARE

It might be that I am not the ideal nurse to speak about the nursing care. Great nurses, ones I admire, have defined with accuracy the nursing care and I fully coincided with their vision about Nursing Care.

I disagree with the fact that the Care is an issue that belongs exclusively to the nurse profession, I understand the caring as a generic form and from a cosmovision point of view. Besides, nobody can consent caring, nor can we consent to appropriate caring.

Well now, the Care as a intentional shape with a humanistic essence (but not humanization), based on the knowledge, on the science and applied on a specific situation of a person’s life, of a family or a community and from a holistic view, it gets closer to the Nurse Caring, and I am saying that is getting closer because I do not accept Nurse Caring without Colors, I do not accept the Nursing without art, and it is out of the union of art and science where it comes the Nurse Caring. It’s out of the union between art, science and caring where it comes out the nursing view as a form of artist view.

When we speak about Nurse Caring we relate it with empathy, sympathy, compassion, understanding and other qualities that are essentially humanist and necessary in the work of Care Nursing. Concepts as dynamicity, plasticity, transformation, innovation, approximation, closeness, knowledge, evidence, dialog, listening, silently keeping company, humbleness, adaptation, and so on, these are dimensions who also have to be included in the Nurse Caring. Definitely Nurse caring is based on the nurse virtues that transform the caring into excellency. It is essential that care nursing has to have a vision.

Nursing virtues inside the caring exist, and are expressed through colors. It is about this way we will talk about mixing the caring, caring for care, sculpt the care, tailor the care, and paint the nurse
caring with thousands and thousands of colors.

**The Colors in Caring**

If the nursing care exists it is shown through Colors and if the persons exist, we do express ourselves through Colors.

What if we adapt Colors of care to the Colors that a person needs? What if we are able to detect people’s health issue, families’ health issues or community’s health issues through Colors? And if we are able to adapt nurse cares to the artistical expressions of our patients?

As human beings we communicate to each other by artistical expressions and though we can communicate through different artistic expressions, there is always a dominant one among others that determine our behavior, our manner to see the world, and our approach to the integration of the stimuli, the information and how we analyze it.

There are persons who use the realism and the naturalism, they explain what they need with enough accuracy. These persons are very biophysiological. They are describing their own reality, but mostly connected to the material rather than to the emotional. There are persons which we can identify with works of art by Murillo, Julio Romero de Torres, Courbet, Millet, Zuloaga, etc.

Other persons are using the photographic realism, describing their reality by the smallest detail, they do care very much about details. For these persons it is most important the specific than the general. We can identify them in paintings of Leonardo Da Vinci or Caravaggio. Sometimes they insist way too much on details that might offend. They’re simply biophysiological. For them is more important to show the details of the body than the soul.

The Baroque followers, decorate the reality in a bombastic manner. It is to my believe that with age we end up having a touch of baroque style. Let us remember the patients who on a waiting room in the hospital are competing about who is feeling worse. For a younger patient is difficult to be baroque; but nevertheless, elderly people are usually very baroque and we need to be able to remove the “bombastic adornments” in order to get closer to the truly artistic feature. There are many Velázquez, Rubens, Bernini, José de Ribera, Zurbarán, etc.

Persons who are always in need of a thread of hope, to see the light at the end of the tunnel. They are impressionists. They always use this typical sentence “as long as you have life, you have hope”. They give more importance to the
emotional than to the body. They are searching more the light and the contact with the nature, they don't want to know the reality, only want to be told that everything is going to be alright. They need to feel free. These are persons we can identify them with the yellow from Van Gogh’s yellow, Monet’s light green, or the sky blue from Manet’s breakfasts.

The expressionists are always talking to us about the soul, they don’t give too much importance to the corporal and they describe us their emotions and feelings by a simple and smooth form. They are natural sufferers. Us, the nurses, we are very expressionists, with a halo of romanticism. My beloved Edvard Munch always said that if he would’ve not been a painter, most certainly he would’ve have been a nurse.

There are persons who want to live on their own reality, on their own world. They are translating the information to suit their own convenience. These ones are followers of the surrealistic current. They are non-complainers by nature and one need to know to agree a minimum with them. They are disorganized, but they achieve to keep a balance within their own world. There are many Salvador Dali, Rene Magritte, Frida Kahlo, etc.

The abstract ones are rectangular, rectilinear, very methodical/ordered. They order everything in their own world. These persons are of scaled ideas and in the same time creative, is very difficult to understand them and they feel themselves underestimated.

And yes, the nurse regarding has been able to catch the artistic expression of the patient and adapt the nurse caring to its artistic expression?

And if we associate the nursing intervention to the colors?

And if we apply the colors to the caring and transform the nursing regarding to an artistic regard?

To offer the polychromy through the nursing care to the patients who present themselves by the monochromy taking in consideration the dominant artistic expression within a person.

There are many colors as there are many nursing interventions based on the scientific evidence. And every color has shades, hues just as every nursing interventions has many activities based also on knowledge.

The patients need that care should be based on colors, but not whatever color is enough, only that one or those ones which transform the caring in art.

The nursing care is very powerful within the analysis of work of art, through the qualitative methodology, using as analysis tool the work of art dissection by
the nursing regard (personal tool of #CuidArte), but this will be a subject to a future article.

Now you will have an idea why I fall in love with the nursing care.

Painting the caring with thousands and thousands of colors.

The Caring is written with C

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