In The Name of God
Development Of Nursing Practice Theory

BScn semester  2016

Nursing Theories And Models

Unit one

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OBJECTIVES

• At the end of learner will be able to,
  1) What is Theory.
  2) Components of Theory.
  3) What is Paradigm.
  4) What is Domain.
  5) How does Domain Relate To Nursing Theory.
  6) Purposes of Nursing Theory.
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7) Types of Nursing Theory.
8) Why on earth do we study Nursing theory.
9) How do Nurses use theory in everyday Practice.
10) Classification of Nursing Theory.
11) 7 Nursing Theories To Practice.
What is a theory?

• A set of concepts, definitions, relationships, and assumptions that project a systematic view of a phenomena

• It may consist of one or more relatively specific and concrete concepts and propositions that purport to account for, or organize some phenomenon (Barnum, 1988)
What are the components of a theory?

• **Concepts** – ideas and mental images that help to describe phenomena (Alligood and Marriner-Tomey, 2002)

• **Definitions** – convey the general meaning of the concepts

• **Assumptions** – statements that describe concepts

• **Phenomenon** – aspect of reality that can be consciously sensed or experienced (Meleis, 1997).
What is a paradigm?

- A model that explains the linkages of science, philosophy, and theory accepted and applied by the discipline (Alligood and Marriner – Tomey, 2002)
What is a domain?

- The view or perspective of the discipline
- It contains the subject, central concepts, values and beliefs, phenomena of interest, and the central problems of the discipline
How does domain relate to nursing theory?

• Nursing has identified its domain in a paradigm that includes four linkages:
  1) person/client
  2) health
  3) environment
  4) nursing
Purposes of nursing theory

"Do you want to speak to the man in charge or the nurse who knows what's going on?"
What are the purposes of nursing theory?

- It guides nursing practice and generates knowledge
- It helps to describe or explain nursing
- Enables nurses to know **WHY** they are doing **WHAT** they are doing
Types of nursing theories

- **Grand theories** – broad and complex
- **Middle-range theories** – address specific phenomena and reflect practice
- **Descriptive theories** – first level of theory development
- **Prescriptive theories** – address nursing interventions and predict their consequences
Why on earth do we study nursing theory?

- Everyday practice enriches theory
- Both practice and theory are guided by values and beliefs
- Theory helps to reframe our thinking about nursing
- Theory guides use of ideas and techniques
- Theory can close the gap between theory and research
- To envision potentialities (Gordon, Parker, & Jester, 2001)
So how do nurses use theory in everyday practice?

• Organize patient data
• Understand patient data
• Analyze patient data
• Make decisions about nursing interventions
• Plan patient care
• Predict outcomes of care
• Evaluate patient outcomes

(Alligood, 2001)
Classification of nursing theories

• **A. Depending On Function**
  • *Descriptive*-to identify the properties and workings of a discipline
  • *Explanatory*-to examine how properties relate and thus affect the discipline
  • *Predictive*-to calculate relationships between properties and how they occur
  • *Prescriptive*-to identify under which conditions relationships occur

• **B. Depending on the Generalisability of their principles**
  • *Metatheory*: the theory of theory. Identifies specific phenomena through abstract concepts.
  • *Grand theory*: provides a conceptual framework under which the key concepts and build up.
7 Nursing Theories To Practice

- Virginia Henderson
- Martha Rogers
- Dorothea E. Orem
- Betty Neuman
- Hildegard Peplau
- Madeleine Leininger
- Patricia Benner
1) Virginia Henderson

- Often called "the Nightingale of Modern Nursing," Henderson was a noted nursing educator and author. Her "Need Theory" was based in practice and her education. She emphasized the importance of increasing a client's independence to promote their continued healing progress after hospitalization. Her definition of nursing was one of the first to mark the difference between nursing and medicine.
The unique function of the nurse is to assist the individual, sick or well, in the performance of those activities contributing to health or its recovery (or to peaceful death) that he would perform unaided if he had the necessary strength, will, or knowledge. And to do this in such a way as to help him gain independence as rapidly as possible. She must in a sense, get inside the skin of each of her patients in order to know what he needs."
2) Martha Rogers:

- Rogers honed her theory through many years of education. She was not only a diploma nurse, she held a Master's of Public Health from Johns Hopkins University and completed her Doctorate of Nursing there as well. She saw nursing as both a science and an art. Rogers' theory is known as that of the **Unitary Human Beings**.
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• Nursing seeks to promote symphonic interaction between the environment and the person, to strengthen the coherence and integrity of the human beings, and to direct and redirect patterns of interaction between the person and the environment for the realization of maximum health potential. Her development of this abstract system was strongly influenced by an early grounding in arts and background of science along with her keen interest in space
3) Dorothea E. Orem

- Known as the **Self-Care Theory**, Orem's vision of health is a state characterized by wholeness of developed human structures and of bodily and mental functioning. It includes physical, psychological, interpersonal and social aspects.
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- Her major assumptions included that people should be self-reliant and responsible for their own care and the care of others in their family. She said that a person's knowledge of potential health problems is necessary for promoting self-care behaviors. Orem defined nursing as an art, a helping service and a technology.
4) Betty Neuman:

- The System Model, developed by Neuman, focuses on the response of the client system to actual or potential environmental stressors and the use of several levels of nursing prevention intervention for attaining, retaining and maintaining optimal client system wellness.
Neuman defines the concern of nursing is preventing stress invasion. If stress is not prevented then the nurse should protect the client's basic structure and obtain or maintain a maximum level of wellness. Nurses provide care through primary, secondary and tertiary prevention modes.
5) Hildegard Peplau:

- Four phases define Peplau's Interpersonal Theory or nursing. She defines the nurse/patient relationship evolving through orientation, identification, exploitation and resolution. She views nursing as a maturing force that is realized as the personality develops through educational, therapeutic, and interpersonal processes.
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• Nurses enter into a personal relationship with an individual when a felt need is present. Peplau's model is still very popular with clinicians working with individuals who have psychological problems.
6) Madeleine Leininger:

- One of the newer nursing theories, **Transcultural Nursing** first appeared in 1978. According to Leininger, the goal of nursing is to provide care congruent with cultural values, beliefs, and practices. Leininger states that care is the essence of nursing and the dominant,
distinctive and unifying feature. She says there can be no cure without caring, but that there may be caring with curing. Health care personnel should work towards an understanding of care and the values, health beliefs, and life-styles of different cultures, which will form the basis for providing culture-specific care.
7) Patricia Benner:

- **From Novice to Expert** is probably the simplest nursing theory to understand. Benner describes five levels of nursing experience: *novice, advanced beginner, competent, proficient and expert*. The levels reflect a movement from reliance on abstract principles to the use of past concrete experience.
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• She proposes that a nurse could gain knowledge and skills without ever learning the theory. Each step builds on the previous one as the learner gains clinical expertise. Simply put, Benner says experience is a prerequisite for becoming an expert. Benner published her "Novice to Expert Theory" in 1982.
Thank you!