

## DEFINITIONS

**Theory:** a set of related statements that describes or explains phenomena in a systematic way

**Concept:** a mental idea of a phenomenon, are the building blocks (the primary elements) of a theory.

**Construct:** a phenomena that cannot be observed and must be inferred

**Proposition:** a statement of relationship between concepts

- **Conceptual model**: made up of concepts and propositions
- **Variables** : Variables are the operational forms of constructs. They define the way a construct is to be measured in a specific situation.
- **Nursing theory** is the term given to the body of knowledge that is used to define or explain various aspects of the profession of [nursing](#)

# Types of nursing theories

- 1- Grand nursing theories
- 2- Mid-range nursing theories
- 3 -Nursing practice theories

*Grand nursing theories* have the broadest scope and present general concepts and propositions. Theories at this level may both reflect and provide insights useful for practice but are not designed for empirical testing

*Middle-range nursing theories* are narrower in scope than grand nursing theories and offer an effective bridge between grand nursing theories and nursing practice

*Nursing practice theories* have the most limited scope and level of abstraction and are developed for use within a specific range of nursing situations. Nursing practice theories **provide frameworks** for nursing interventions, and **predict outcomes** and the **impact** of nursing practice.

## Objectives of theories

1. to assess the patient condition by the various methods explained by the nursing theory
2. to identify the needs of the patient
3. to demonstrate an effective communication and interaction with the patient.
4. to select a theory for the application according to the need of the patient
5. to apply the theory to solve the identified problems of the patient
6. to evaluate the extent to which the process was fruitful.

# Characteristics of a Useful Theory.

A useful theory makes assumptions about a behavior, health problem, target population, or environment that are:

1. Logical
2. Consistent with everyday observations
3. Similar to those used in previous successful programs
4. Supported by past research in the same area or related ideas.

# Importance of nursing theories

1. Nursing theory aims to describe, predict and explain the phenomenon of nursing
  2. It should provide the foundations of nursing practice,
- .Theory is important because it helps us to decide what we know and what we need to know
- 3-It helps to distinguish what should form the basis of practice by explicitly describing nursing.

- 4- The main exponent of nursing – caring – cannot be measured, it is vital to have the theory to analyze and explain what nurses do
- 5- As medicine tries محاولات to make a move towards adopting a more multidisciplinary approach to health care,
- 6- This can be seen as an attempt by the nursing profession to maintain its professional boundaries



# **purposes of nursing theories**

## **In Practice:**

1. Assist nurses to describe, explain, and predict everyday experiences.
2. Serve to guide assessment, interventions, and evaluation of nursing care.
3. Provide a rationale for collecting reliable and valid data about the health status of clients, which are essential for effective decision making and implementation.

4. Help to describe criteria to measure the quality of nursing care.
5. Help build a common nursing terminology to use in communicating with other health professionals.
6. Ideas are developed and words are defined.
7. Enhance autonomy (independence and self-governance) of nursing through defining its own independent functions.

- **In Education:**

1. Provide a general focus for curriculum design
2. Guide curricular decision making.

**In Research:**

1. Offer a framework for generating knowledge and new ideas.
2. Assist in discovering knowledge gaps in the specific field of study.
3. Offer a systematic approach to identify questions for study; select variables, interpret findings, and validate nursing interventions.
4. Approaches to developing nursing theory

5. Borrowing conceptual frameworks from other disciplines.
6. Inductively looking at nursing practice to discover theories/concepts to explain phenomena.
7. Deductively looking for the compatibility of a general nursing theory with nursing practice.
8. Questions from practicing Nurse about using Nursing theory

# Major nursing theorists and theories

## 1- Orem's **Self-Care Deficit** theory

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# Universal self-care requisites

<b>Air</b>	<b>Breaths without difficulty, no pallor cyanosis</b>
<b>Water</b>	<b>Fluid intake is sufficient. Edema present over ankles.</b>
<b>Food</b>	<b>Hb – 9.6gm%, BMI = 14. Food intake is not adequate or the diet is not nutritious.</b>
<b>Elimination</b>	<b> voids and eliminates bowel without difficulty.</b>
<b>Activity/ rest</b>	<b>Frequent rest is required due to pain. Pain not completely relieved, Activity level has come down. Deformity of the joint secondary to the disease process and use of the joints.</b>
<b>Social interaction</b>	<b>Communicates well with neighbors and calls the daughter by phone Need for medical care is communicated to the daughter.</b>
<b>Prevention of hazards</b>	<b>Need instruction on care of joints and prevention of falls. Need instruction on improvement of nutritional status.</b>
<b>Promotion of normalcy</b>	<b>Has good relation with daughter</b>

## 2- Betty Neuman's System Model

***Health is a condition in which all parts and subparts are in harmony with the whole of the client.”***

### ***Nursing***

Neuman believes that nursing requires a holistic approach that considers all factors affecting a client's health—physical, physiological, psychological, mental, social, cultural, developmental and spiritual well-being.

### ***Person***

Neuman regarded the concept of a person as an individual family community or the society.

She sees a person as an open system that works together with other parts of its body as it interact with the environment.

## *Environment*

The environment can be an internal and external. Stressors are the forces created by the environment.

**Stressors** are tensions that produce alterations in the normal flow of the environment.

### *These stressors can be:*

1. **Intrapersonal** - occurs within the self and comprises of man as a psycho-spiritual being
2. **Interpersonal** - occurs between one or more individual and consists of man as a social being
3. **Extra personal** - occurs outside the individual and may include environmental factors



# The four phases of nurse-patient relationships are:

## 1. Orientation:

During this phase, the individual has a *felt need* and seeks professional assistance.

The nurse helps the individual to recognize and understand his/ her problem and determine the need for help.

## 2. Identification

The patient identifies with those who can help him/ her.

The nurse permits exploration of feelings to aid the patient in undergoing illness as an experience that reorients feelings and strengthens positive forces in the personality and provides needed satisfaction.

### **3- Exploitation**

During this phase, the patient attempts to derive full value from what he/ she are offered through the relationship.

The nurse can project new goals to be achieved through personal effort and power shifts from the nurse to the patient as the patient delays gratification to achieve the newly formed goals.

## 4- Resolution

The patient gradually puts aside old goals and adopts new goals. This is a process in which the patient frees himself from identification with the nurse.

The purpose of **Neuman systems model** for nurse is to retain this system's stability through the three levels of prevention:

**Primary prevention** to protect the normal line and strengthen the flexible line of defense.

**Secondary prevention** to strengthen internal lines of resistance, reducing the reaction, and increasing resistance factors.

**Tertiary prevention** to readapt and stabilize and protect reconstitution or return to wellness following treatment.

# Florence Nightingale Theory

## *Nightingale as a Role Model*

Environment theory

Focuses on nursing and the patient environment relationship.

ركزت على بيئة المريض وبيئة التمريض

nursing "is an act of utilizing استعمال the environment of the patient to assist him in his recovery

## Environment

, physical,  
psychological, and  
social

## Nursing

- Provided fresh air, warmth, cleanliness, good diet, quiet to facilitate person's reparative process

## Health

- 1- Maintain wellbeing by using person power
- 2- maintained by control of environment

## . Person Patient

1. who is acted on by nurse
2. Affected by environment
3. Has reparative powers

Nightingale's  
Concepts

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graph TD; Environment[Environment] --> Concepts((Nightingale's Concepts)); Nursing[Nursing] --> Concepts; Health[Health] --> Concepts; Person[Person] --> Concepts;
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## *Environmental factors affecting health*

1. **Pure fresh air**- "to keep the air he breathes as pure as the external air without chilling him."
2. **Pure water**- "well water of a very impure kind is used for domestic purposes. And when epidemic disease shows itself, persons using such water are almost sure to suffer."
3. **Effective drainage**- "all the while the sewer maybe nothing but a laboratory from which epidemic disease and ill health is being installed into the house."
4. **Cleanliness**- "the greater part of nursing consists in preserving cleanliness."
5. **Light**(especially direct sunlight)- "the usefulness of light in treating disease is very important."



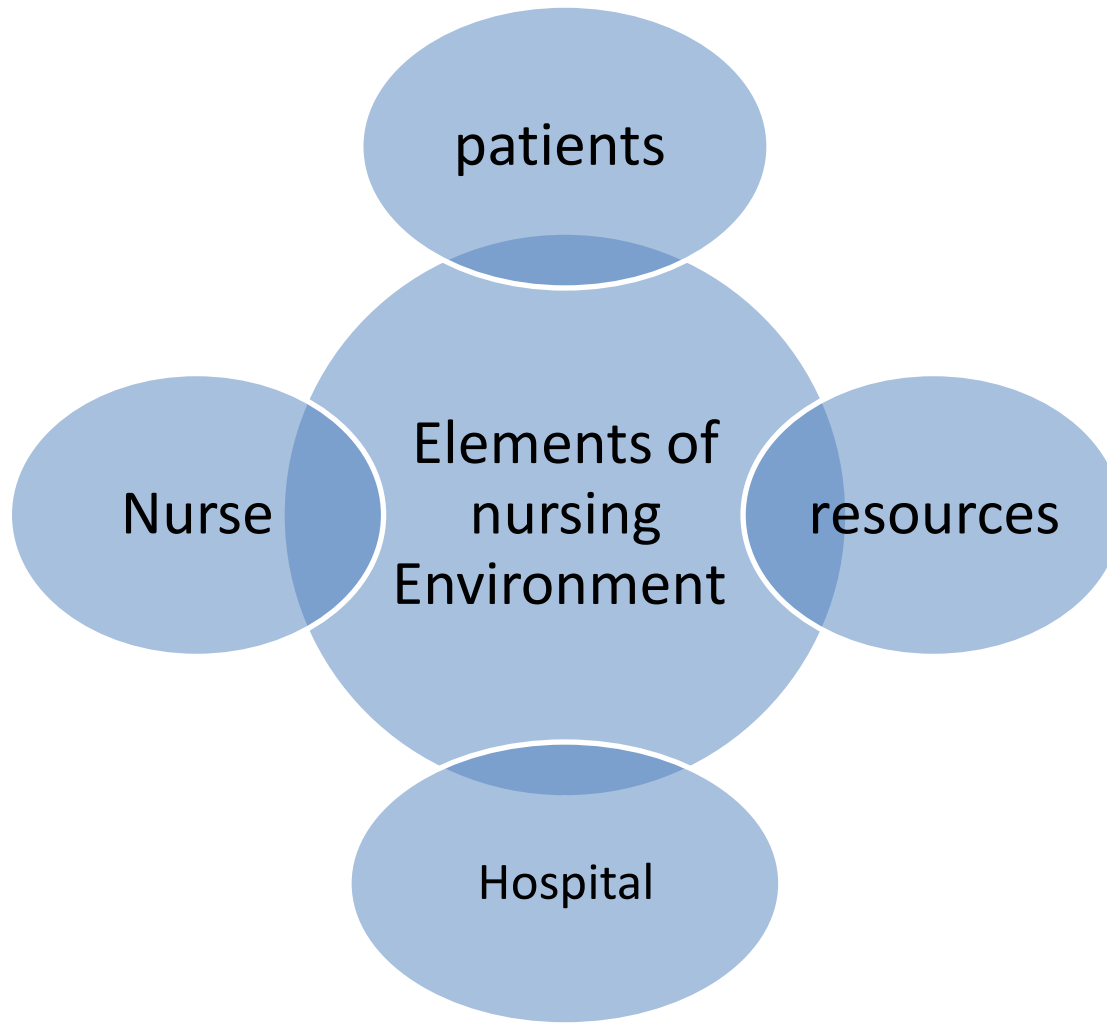
# Environmental nursing developed through

**Nursing Practice ( based on Scientific Principles & Practical Experience)**

**Nursing Education based on theory**

***Good Nursing only come from Good Education***

# Nursing Environment



# Patients Environment

