

# [Nursing bridge the gap between grand theories](https://assignbuster.com/nursing-bridge-the-gap-between-grand-theories/)

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Nursingtheories are  guides that help to explainand navigate the nursing profession. There are 3 distint types of nursingtheories: Grand theories, mid-range theories and micro-range theories.

Theselook at nursing from a broad perspective and are applicable to all areas of theprofession (Blais & Hayes, 2016). Grand theories can provide useful date inthe nursing practice but are very broad. The second type of theory is middlerange theory. These focus more narrowly on specific aspects of the profession (pg. 101).

They bridge the gap between Grand Theories and Micro-range theories. Micro-rangetheory is a series of concepts that can explain in the confines of the nursingprofession and research.  These types aretheories are very specific, and are called nursing practice theories, because theyrelate to the profession of nursing (pg. 101). In this paper I will be goingover each theory and giving an example for each. The grand theory is a very broadtheory that includes many general concepts can that can be linked to all areasof the nursing profession.

It is very general in nature (pg. 101).  One example of a Grand theory is FlorenceNightingale’s Environmental theory (pg. 102). The Environmental Theory completely changed nursing. Florence Nightingale was a nurseduring the 1800s. she accompanied soldier into the battlefield during the Crimeanwar.

During her thime there caring for the injuried, She noted that there was aconnection between the deaths of the soldiers and the environmental conditionsthat they were in (Petiprin, 2016). Because of these observations, the Environmentaltheory was created. There were five different factors that were tied to healthand environment: 1. clean air, 2. clean water, 3.

efficient drainage, 4. Light, 5. Cleanliness.  The reason why this canbe considered a Grand theory is because it can be applied to all areas ofnursing and heath care. The second typeof theories that I will discuss is middle-range theories.

Middle-range theoriesare not as complex as their information is much more limited. This theory isnot as broad as the grand theories. An example of a middle-range theory isHildegard Peplau’s theory of Interpersonal Relations model. There are fourdifferent parts this theory: orientation, identification, exploitation, and resolution(Petiprin, 2016).

This is a good example of a middle range theory because it islimited to the nurse’s behavior and purpose. It is mainly used in Behavioralhealth and psychiatric scenarios (Blais & Hayes, 2016). The third typeof nursing theory is Micro-range theory, also known as the nursing practicetheory, because it mainly focuses on nursing practice.

An excellent example ofthis theory is Patricia Benner’s “ Novice to Expert” model. In this theory, sheexplains that the nurse develop skills and anunderstanding of caring for patients from a mixture of knowledge andexperience. This theory recognizes 5 levels in a nurse’s career: Novice, Advanced beginner, competent, proficient and expert. As the nurse gains moreexperience through hands on training in a clinical setting,  In my own career as a psychiatricnurse, I believe that I use Hildegard Peplau’s the most.

Hildegard Peplau’stheory would test every psychiatric nurse to provide care through continuedcommitment to the importance of the nurse-patient relationship, and also involvementin evidenced-based practice.