

Nursing bridge the gap between grand theories

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Nursing theories are guides that help to explain and navigate the nursing profession. There are 3 distinct types of nursing theories: Grand theories, mid-range theories and micro-range theories.

These look at nursing from a broad perspective and are applicable to all areas of the profession (Blais & Hayes, 2016). Grand theories can provide useful data in the nursing practice but are very broad. The second type of theory is middle range 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-range theory is a series of concepts that can explain in the confines of the nursing profession and research. These types of theories are very specific, and are called nursing practice theories, because they relate to the profession of nursing (pg. 101). In this paper I will be going over each theory and giving an example for each. The grand theory is a very broad theory that includes many general concepts that can be linked to all areas of the nursing profession.

It is very general in nature (pg. 101). One example of a Grand theory is Florence Nightingale's Environmental theory (pg. 102). The Environmental Theory completely changed nursing. Florence Nightingale was a nurse during the 1800s. She accompanied soldiers into the battlefield during the Crimean war.

During her time caring for the injured, She noted that there was a connection between the deaths of the soldiers and the environmental conditions that they were in (Petiprin, 2016). Because of these observations, <https://assignbuster.com/nursing-bridge-the-gap-between-grand-theories/>

the Environmental theory was created. There were five different factors that were tied to health and environment: 1. clean air, 2. clean water, 3.

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

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

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

An excellent example of this theory is Patricia Benner's "Novice to Expert" model. In this theory, she explains that the nurse develops skills and an understanding of caring for patients from a mixture of knowledge and experience. This theory recognizes 5 levels in a nurse's career: Novice, Advanced beginner, competent, proficient and expert. As the nurse gains more experience through hands on training in a clinical setting, In my own career as a psychiatric nurse, I believe that I use Hildegard Peplau's the most.

Hildegard Peplau's theory would test every psychiatric nurse to provide care through continued commitment to the importance of the nurse-patient relationship, and also involvement in evidenced-based practice.