

# Application of a borrowed nursing theory to a nursing issue

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Nursing theories have profound effects on nursing practice. They offer a structure to support and express nursing practice and assist in offering solutions to practice problems (McEwen & Wills, 2014). An example of a middle-range theory that has been applied to nursing leadership is Jean Watson's theory of human caring. This theory offers an ethical structure for nursing management, organizational effectiveness and quality management. According to Watson (2008), the theory of human caring offers a structure that nurse leaders can employ to reinstate the nurses' value-oriented mission of care that permits the leaders to care for nurses and promote wellness. As a result, Watson's theory of human caring can be used to solve staffing issues in the organization (Wade et al., 2014).

In reference to Douglas (2010), staffing of nurses is an imperative aspect of patient care delivery. Nurse leaders can adopt the theory of human caring to solve staffing issues in myriad ways. One way can be through impacting nursing staff through supporting them to take part in self-care activities and practice kindness and love for self and others. Additionally, the nurse leaders can use the theory to develop and adopt policies that guarantee healthy work settings, restricting work hours and offering time for the nurses to relax and rejuvenate (Wade et al., 2014). By portraying the application of the theory by the nurse leaders, it offers an alleyway for the nurses to commence caring in an analytical manner in their practice and change in the way they interact with patients (McEwen & Wills, 2014). This can assist in reducing compassion fatigue, which results in many nurses resigning from acute care where they are needed most.

## References

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