

Essay on theorist comparison paper

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Introduction

Florence Nightingale environmental theory

Florence Nightingale, often considered as the mother of modern nursing, formulated a theory of nursing known as the environmental theory. In this theory, Nightingale compiled the tenets of nursing that she felt should be applied for the most effective nursing practice on patients. Her theory held that, a nurse has to utilize the natural environment in the restoration of the patient's previous state of health. In nursing practice according to this theory, the nurse has to make sure that the patient enjoys the best conditions of nature in order for them to recover. The environment in this theory comprises everything from physical, physiological and social. In this regard, the nurse makes sure that the patients are treated in conditions of low noise levels, ample ventilation, well-lighted spaces, warmth, and unpleasant or harmful odors. Nightingale believed that with the provision of an enabling environment, the body has the capacity to repair itself, and recuperate from illness.

Jean Watson theory of human caring

Jean Watson on the other hand advocated on a model of nursing that holds the view of a combined human and scientific approach to nursing. Nursing is the activity of caring for the sick, taking measures to prevent illness, promoting practices of good health and restoring health in patients. In the humanistic approach to nursing, Watson noted that aspects such as loving and kindness, which involves aspects such as nurturing hope in patients, improve the value of nursing in patient rehabilitation. Using this approach,

the nurse is encouraged to form a sense of personal caring commitment to the client, in a way that they feel responsible and committed. By application of the values espoused, the patient is satisfied of their human needs in consideration of not what the patient is now, but of what they may become in a nurturing environment.

Similarities in Watson's caring theory, and Nightingale's environmental theory

Nightingale in her theory emphasized on the humanistic approach to nursing, by use of meticulous data analysis of patients and their relation to their environment. The aspects that the patients responded to were conditions of a careful alignment of the environment of the patient to enable their recuperation. In this respect, Nightingale addressed the human aspects of nursing. Similarly, Watson proposes a theory, which encompasses a unity of all things in the universe for the recuperation of the patient. In this, the humanistic approach takes a frontal role where Watson proposes the establishment of a caring relationship between the client and the nurse, treat patients with the consideration of their whole beings, considering their body, mind and spirit in their rehabilitation processes.

Differences in Watson's caring theory, and Nightingale's environmental theory

While both theories have a clear emphasis on the humanistic approach to nursing, there are profound differences between them. Nightingale's theory seems to suffer from an underdevelopment. Florence developed a majority of her theories in the period when she took care of soldiers injured in the Crimean war. The failure of this theory in explaining the place of medicine

and the role doctors play in the treatment of patients is a major distinguishing factor. Nightingale worked with doctors in helping the injured soldiers recover, yet the contributions and the interworking doctors need to have with nurses does not feature. Healthy environment is a major factor to the recuperation of patients, but can only be effective for a limited scope of cases.

Jean Watson's theory in contrast, while it places a central role for the humanist approach to nursing, also lays a strong emphasis on the scientific approach to nursing. The scientific aspect of nursing is therefore the main contrasting factor in Watson's theory; it is an enriched version of Nightingale's theory covering aspects, in addition to the environment, left out by Nightingale.

References

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