

Theory final

Health & Medicine, Nursing



Theory Final Supervisor: THEORY FINAL Nursing theories are meant to analyse and relate nursing care, guide practicing nurses and also acts as the basis for clinical decision-making. Several nursing theories have been put forth, and they can be broadly into; grand theories, middle range theories and nursing practice theories. Grand theories are those theories that are applicable on a great scale; it is made up of theoretical and general concepts. Middle-range theories are relevant to a smaller subset situation and can be measurable empirically. Nursing practice theories guide the nursing practice; it gives a guideline on the nature and endeavours of the profession (Alligood, 2013. pp. 19-25).

The three theories differ in complexity and the concepts they put forward. Grand theories are comprehensive, middle-range theories have a middle view reality, and practice theory is on a narrow view of reality. The prepositions in grand theories are not always explicit, middle-range theories are whereas in the propositions are well defined. Grand theories are more general in terms of the setting; middle-range theories are more particular to practice areas, and practice theories are to special populations or an identified field of practice. The similarities that exist between the three approaches is that they all view nursing as a profession that involves administration of care. Also, all the theories are aimed at improving service delivery for the general well being of human beings (Koshar, n. d. pp. 35-42).

An interactive-integrative framework involves viewing phenomena as having multiple, interrelated parts in relation to a particular context. Virginia Henderson concepts of the nature of nursing will be most helpful. It

describes the role of a nurse as that of facilitating the activities of a sick or well person that contribute to general health or recovery. The theory states that a nurse should help patients recover and regain independence as soon as possible. The nurse to fit into the shoes of patients so as to identify and relate to their actual needs. This theory will suit the workplace as the hospital is a centre for the senior citizens who need special attention and follow up. The theory will be helpful, therefore, in addressing the needs of the elderly in a more personalised manner (Fawcett, 2005).

Case Study

Roy's six-step nursing process would be most appropriate for development of Mary's care plan. The model was established via the concept of an open system for human beings. The concept can respond to environmental stimuli through the development of survival mechanisms. First it is important to assess Mary's behaviour. Secondly, the stimuli that affect her actions will be evaluated. Third a detailed diagnosis of her adaptive state will be made. Fourth, achievable goals will be set to help Mary adapt to her current state. Fifth, nursing interventions will be made by controlling the stimuli to augment the patient in adaptation. Lastly, a detailed evaluation will be done to assess the effects of the plan on the patient's current condition. In Mary's current state a plan would be that would allow her communicate with friends and relatives in expressing her fears, needs and emotions. Also, she should be able to eat, drink, worship and participate in recreational activities. Through the manipulation of the patient's environment, a right atmosphere is created for better interaction between the patient and the environment. The health of a patient is enhanced since there is more interaction with their

environment. The plan aims at manipulating the stimuli and not the patient. Nursing care emphasises on transforming stimuli or fortifying adaptive processes resulting in adaptive behaviours (McCance et al, 1999).

References

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