

Discussion 700

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Discussion 700 Discussion 700 Hildegard Peplau developed the Interpersonal Relations nursing theory in 1952 (Peterson & Bredow, 2009). She was inspired by the realization of the importance of partnership between nurses and clients to the success of treatment. Peplau's theory can guide the clinical problem of using JNC guideline in treating hypertension because of the quality of care needed in this activity. The appropriateness of this theory to this clinical problem can be captured better through a careful consideration of its concepts and assumptions.

One of the assumptions of Interpersonal Relations theory is that nurses and patients can interact. This assumption is underpinned by the fact that there is a point of intersection between patients' seeking clinical care because of their problems and nurses availing themselves in willingness to offer the care. The theory assumes that therapeutic interaction cause patients and nurses to mature. This is because both of them end up learning something new from the encounter. Thirdly, the theory assumes that interviewing skills and communication skills will remain essential to nursing. Through these skills, nurses gather information about the issues of the patient in order to decide accurately about the most appropriate care. The last assumption is that self-understanding is important for nurses to facilitate patient growth and not limit the patient's choices (Meleis, 2007).

Man is an important concept to this theory and it perceives man as an organism that seeks ways of reducing the tensions drawing from their felt needs. According to this theory, health denotes a concept that shows progress of human processes towards community, productive and constructive living ((Basavanthappa, 2007)). Peplau perceived society or environment as containing mores and culture that are important to

treatment. Nursing entails a relationship between persons in need of health services and health workers trained to recognize and address these needs. The theory is clear that a therapeutic alliance is imperative for a nursing process to succeed. It has remained consistent through time (Peterson & Bredow, 2009). Finally, the theory holds that the nursing process happens in stages. These stages are orientation, identification, exploitation, and resolution.

References

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