

Essay on nursing theory

[Sociology](#), [Communication](#)



How does aging affect the family unit, and what theories can be used in your current nursing practice and future APN practice to limit the stress for families involved with caring for an older family member? Aging affects the family in various ways such as emotionally and financially. Taking care of aging family members such as parents may elicit emotions as guilt, anger fear and anxiety. It can also have positive impacts such as the creation of enriching relationships as well as the caregivers feeling like they can give back to the community. Family connections may also be strengthened through taking care of aging family members. Financially, caring for aging family members results into higher expenditure such as those resulting from home health care, medical expenses and the cost of long-term care. One of the theories that can be used is the System Model theory by Betty Neumann which emphasizes the need to provide care on the primary, secondary and tertiary levels in order to prevent the occurrence of negative health states and if they do occur, prevent their progression and harmful effects. By focusing on prevention, the family members experience less distress.

- Bertalanffy, von, L. (2013). General systems theory. New York: Braziller.
- Littlejohn, S. W. (2011). Theories of Human Health. Belmont, CA: Wadsworth/ Thomson Learning.

What family theory approach best fits with your APN practice plans?

The family systems theory which states that families are systems that are made up individuals who are both independent while at the same time interconnected. it is important to first understand the family system of an individual before understanding the individual. The relationships between

people in the family system is the main focus of the family systems theory. Each part of the system has an effect on the other.

- Laarmans, R. (2009). The Family.
- Goldman E, Marshall E. NIH grantees: where have all the young ones gone? Science. (2009); 298: 40-41.
- Bloom FE. Presidential address. Science as a way of life: perplexities of a physician-scientist. Science.(2009)
- 4 Long JA, Chang VW, Ibrahim SA, Asch DA. Update on the health disparities literature. Ann Intern Med. (2011); 141: 805-12.

Describe the family viewed as an open social system with a communication process and its internal organization. The family is viewed as an interconnection of people, as a structure that is composed of related parts. Each action that is undertaken affects the other individuals in the family. The elements of the family structure are numerous and can be seen through the interactions that take place in the system. Its organization entails family rules, family roles, boundaries that are set and adaptation. Communication is a key aspect as the members of the family have to constantly communicate in order to adapt, set and respect the boundaries as well as come up with the rule that create harmonious interactions.

- Infante, D. A., Rancer, A. S. & Womack, D. F. (2011). Building communication theory. Prospect Heights, Illinois: Waveland Press.
- Ley TJ, Rosenberg LE. The physician-scientist career pipeline (2010): build it, and they will come.

Describe the Theory of Aging that best fits your worldview, and will most likely be used in your APN practice. Tell us why, with references.

The activity theory which is also referred to as the implicit theory is based on the argument that the needs of the elderly especially the social and psychological needs are similar to those of the middle-aged therefore making it abnormal for the older people to be isolated and withdrawn. This, therefore, meant maintaining the activities of middle age for as long as possible because successful ageing is active ageing. Studies have shown that people who combine paid work with volunteering have better mental health as it increases levels of life satisfaction.

- Lehmann, N. (2013). *Aging Theories*. Frankfurt am Main: Suhrkamp.
- Midgley, G. (Ed.) (2009). *Systems thinking*. London: Sage.

References

- Bertalanffy, Von, L. (2013). *General systems theory*. New York: Braziller.
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- 4 Long JA, Chang VW, Ibrahim SA, Asch DA. Update on the health disparities literature. *Ann Intern Med*. (2011); 141: 805-12.
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