

# Sample critical thinking on nursing

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## **The importance or significance of nursing theory in the profession of nursing**

Nursing theory is the phrase given to the body of knowledge that is used to describe or explicate the various aspects of the profession of nursing. The theory is meant to offer a framework for nursing practice, examination, tutoring, and management and provides professional boundaries all geared up to make nursing an independent profession. There is various importance or significance of nursing theory in the profession (Alligood, 2010). For instance, the nursing theory aims at describing, predicting, and explain the phenomenon of nursing. In addition, it provides the basis of nursing practices helping to engender further knowledge as well as offering that the guidelines nursing ought to take in the future. It as well enables to bring out the distinction that forms the pillar of nursing practice enhancing its professional status it has gained over the years (Meleis, 2007). Historical phases of theory development

It is without doubt that the nursing theory went through various phases to reach where it has reached in the contemporary times. The first phase was the stage of practice that traces its origin back to the late 19th century flowing to the early 20th century (Alligood, 2010). It was as a result of the need for care and upkeep for the wounded soldiers at the Crimean War that necessitated such a group. From a personal perspective, the first phase of the nursing theory development was characterized by the creation of a positive environment. An environment through which handling of patient's surrounding, something that would enhance the recovery process. Moreover,

it was through the Florence Nightingale's efforts that hygiene was taken as a crucial factor in the development of nursing as a profession (Meleis, 2007).

## **Reference**

Alligood, M. R. (2010). *Nursing theory: Utilization & application*. Maryland Heights, Mo: Elsevier Mosby.

Meleis, A. I. (2007). *Theoretical nursing: Development and progress*. Philadelphia, Pa: Lippincott Williams & Wilkins.