

Free applied nursing theories and nursing theorists critical thinking example

[Health & Medicine](#), [Nursing](#)



1. Discuss specific contributions to nursing science that have been influenced by applied theories

Nursing theories contribute to the improvement of the nursing science by providing a framework for thought when examining different situations. When new situations are encountered in the daily nursing practice, this framework serves as a structure for analysis, organization and decision-making (Alligood & Marriner-Tommy, 2010). Moreover, nursing theories provide a mechanism for communication among the health care team. In essence, nursing theories help the nursing science discipline in clarifying values, beliefs and goals. Furthermore, the theories are pertinent in defining the special contribution of nursing in the care of patients. Professional nurses use theories from behavioral sciences and nursing to collect, classify and organize patient data and to analyze, interpret and understand patient's health situations. Nursing theories are important in guiding nursing research in order to evolve the nursing practice and achieve better care outcomes in the future (Parker & Smith, 2010). For example, Carl Rodgers's, a theorist developed a person-centered model that helps nurses to understand that each client is unique. Of course, understanding that each client is a unique individual leads to improved care outcomes.

2. Identify Nightingale's contributions to the development of nursing as a discipline and profession.

In her age, Nightingale contributed in the development and improvement of health. In essence, she innovatively used her experience of the Crimean war to illustrate the first examples revealing the interconnection theory, research and practice (Selanders, 2010). Given her intelligence, determination, insight

and influence she promoted educational systems and campaigned in favor of public health. Historical review of Nightingale's achievements reveals that she contributed to the recognition of the nursing profession as one of dignity and innovative that prioritizes prevention and patients instead of diseases and cure. The knowledge of statistics helped her to design mechanisms for monitoring the maternal mortality and the health care system that are working to improve care outcomes even today (Mick & Shay, 2014).

3. Identify Florence Nightingale's paradigmatic concepts of nursing, environment, person and health. How applicable is Nightingale's theory and concepts to today's clinical practice?

Nightingale's philosophy entails four concepts including nursing, health, environment and the person (Dessonie, 2011). Nursing as a concept is considered different from medicine. In fact, nursing entails placing the patient in the best attainable conditions for nature to take its course. Nursing comprises of the activities that promote health. For the person concept, it follows that people are multidimensional in the sense that they have psychological, biological and spiritual components. Similarly, health entails both well-being and the ability to use well our powers. In this regard, disease is seen as the absence of discomfort.

Nursing practice utilizes the principles of Nightingale's theory (Levitt & Adelman, 2011). As such, it is the duty of nurses to minimize noise and lower patient anxieties and help them to sleep. This is important in order to provide the best environment for nature to take its course. Thus, the environmental adaptation theorized by Nightingale is relevant in holistic nursing care.

4. Describe the interplay of applied theories and nursing in directing practice and clinical care

Nursing practice evolves every day with more improved outcomes and complexities as well (McFarlane, 2012). As usual nursing research is objective, thus tends to continuously tests existing theoretical principles and generating new ones as well. Theoretical concepts provide directions in all phase of the nursing process including the evaluation of nursing care, planning, implementing and explaining outcomes of care (White, 2010). Essentially, the concepts provide categories that help a nurse to determine what information is relevant and needs to be obtained in order to formulate nursing diagnoses. In addition, the theoretical concepts highlight appropriate nursing interventions and client outcomes to be incorporated into the care plan.

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