

# See below for instruction

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Neuman's Theory and Its Application to the Nursing Practice Introduction The dynamics in the nursing profession are dependent on a combination of factors that define service delivery. Individuals have various relationships that determine how best they can perform their functions. Stress is one of the issues that professional nurses have to deal with while in the line of duty. Betty Neuman developed a theory that provided an explanation of how individuals relate to stress, reaction and re-formation elements have dynamic connotations. The systems model developed by Neuman provides a system based and holistic approaches that exhibit some flexibility tendencies. This paper discusses the components of Betty Neuman's theory and how they can be employed in the nursing practice

#### Assumptions of the theory

Every system that deals with patients is an exceptional array instrument that responds to the environment. Ideally, the responses are covered in a structure that determines the relationship with the environment.

Consequently, the theory assumes that there are stressors that have universal tendencies that have a potential of upsetting the stability of the patients. The theory also assumes that the line of defense should act as a caveat to environmental stressors (Meleis, 2011). Essentially, the assumption is that in the absence of a barrier enables the stressor to penetrate the line of defense effectively affecting the well-being of the patient. Every patient has the internal mechanisms that act as a resistance to any form of external aggression.

It is essential that potential risks to patients are determined and appropriate measures taken to deal with the issues that may affect the stability of the

clients. The theory also notes that clients in hospital environments constantly exchange energy with external surroundings. Moreover, the model intimates that there should be prioritization in terms of identifying the first line of action in so far as dealing with the stressors is concerned (Meleis, 2011). The treatments should be ranked as a consequence of making treatment effective.

#### Theory into perspective

Neuman's theory focuses on the extent to which an individual can interact and relate to the environment. Patients have a basic reaction to the environment, and the degree of response leads to the depletion of energy effectively leading to illness. The flexible line of defense is an important component that acts as a barrier to potential threats (Meleis, 2011).

Stressors portend a number of negatives that may affect the stability of a patient. Prevention is critical in dealing with the stressors. The primary treatment is important and comes before a client reacts to potential stressors.

#### Implementation of the components of the practice

The implementation of the theory in the practice has fundamental importance in so far as patients, and nurses relationship is concerned (Memmott et al., 2010). Nurses have an obligation of responding to a stressor in a manner that does not jeopardize the well-being of the patients. Nurses should assist stressors to maintain their stability and ensure their stability. The perception of the nurses defines the extent to which they can provide care (In Smith et al., 2015).

#### Conclusion

Neuman's theory provides a broad perspective over which a number of issues can be painted. Patients respond to the environment in unique fashions, and the line of defense determines the extent to which stressors can affect them. Nurses have a responsibility of providing care to the patients to ensure that their stability is maintained, and stressors kept on the periphery.

#### References

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Meleis, A. I. (2011). Theoretical nursing: Development and progress. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins.

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