

# Nursing theory

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



Nursing Theory due: The grand theory in my opinion that can be applied to research is Newman's theory of health as expanding consciousness (Peterson & Bredow, 2009). This philosophy of health as expanding consciousness is founded on:

- 1) A unitary, ever changing view,
- 2) Pattern, as an identifier of wholeness, and,
- 3) Transformative developing as a process of change

The theory has one assumption that life is a process of expanding consciousness. Consciousness is described as a unitary pattern of data that is inclusive related to the wholeness of the universe and that supply an unlimited repertoire of possible action and infinite capacity to love (Picard & Jones, 2005).

This theory finds its application in research because research takes the form of practice. According to Picard & Jones (2005), the theory research practice idea is a unitary process (p. 8). The patients talk about the significant events in their lives, and the pattern of relationships appear, understanding occurs and with it coherence of possible action. As the patients begin to recognize the pattern of their relationships, they have more faith in themselves and become more confident.

In the unitary, transformative model, research is defined as not repeatable or predictable but as applicable and enlightens the patient on meaning and possible action. The model also informs the process of practice. It is praxis, which is a reciprocal process, and it is a comprehension rather than forecast (Picard & Jones, 2005). The idea of discussion is basic; it is feeling with.

Praxis is more elemental than technique, and it is a different category of

research.

#### References

Peterson, S. J., & Bredow, T. S. (2009). Middle range theories: Application to nursing

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Picard, C., & Jones, D. A. (2005). Giving voice to what we know: Margaret Newmans theory

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