

Final exam

Health & Medicine, Nursing



Final exams-Nursing Question Nursing theory refers to rigorous yet creative structuring of thoughts and ideas that project systematic, tentative and purposeful view to various phenomena. The theories enhance the practice of nursing since they provide nurses with a basic blue print that influences their approach to the various phenomena they encounter. The nursing theories are grand theories, mid-range theories and nursing practice theories. Just as their names suggest their applications occur at different levels depending on their similarities and differences. The key differences in the three category of theories arise from their definitions thus application. Grand nursing theories are broadest in scope and, therefore, present general propositions and concepts. Mid-range theories act as bridges between grand and nursing practice theories. They have narrower scopes and offer effective concepts. Nursing practice theories, on the other hand, offer the most limited scope and strive to address the specific issues in nursing.

The three types of theories differ in their application of grand and mid-range theories proving useful in nursing researches thus contributing to the development of knowledge in the practice. Nursing practice theory offers reliable ways of handling situations by specifying the conduct of nurses and their relationships with the patients in order to enhance the recovery of the patient. Despite the above differences, the theories have a number of similarities given the fact that they enjoy immense relations. The three types of theories broaden a nurse's understanding of the practice thereby improving professionalism. They all provide objective ways of analyzing different categories of challenges that nurses encounter in their practice thus improving the productivity of the nurses (Kim & Kollak, 2006).

Question 4

In his hypothesis entitled, The helping art of clinical nursing Ernestine Wiedenbach asserts that helping process should meet the needs of the patient by individualizing the care (Sitzman & Eichelberger, 2011). After observing Mary for a while, it becomes evident that she suffers from depression. Mary has a relentless feeling of loneliness, helplessness, and hopelessness that proves her depressed condition. Her condition is unique and, therefore, requires the type of individualized care that Ernestine Wiedenbach describes. Her environment enhances her depression. As such, I will advise Mary to join social groups and engage in activities of the group. Additionally, I will advise Mary to get a house help who will help provide her with the desired companionship.

The person component of the practice shows that Mary's depression affects her spiritual and social needs. Mary needs adequate food, which implies that she requires a reliable meal plan coupled with the prerequisite appetite to enable her to enjoy her meals. I will reach out to Mary's children and encourage them to form such basic behaviors as coming home occasionally. Mary will always look forward to their visits thus uplift her spirits. Taking part in social groups within the society will further engage her. Lack of adequate meals has caused Mary to lose weight and may suffer from malnutrition. I will create a holistic care for Mary that will include the provision of appetizers and antidepressants to help uplift her spirits and improve her appetite in order to provide her with the necessary body mass. This way, she will have the ability to take part in social activities and interact with her family appropriate thereby forgetting her sorrows.

References

Kim, H. S., & Kollak, I. (2006). *Nursing theories: Conceptual & philosophical foundations*. New York, NY: Springer Pub. Co.

Sitzman, K., & Eichelberger, L. W. (2011). *Understanding the work of nurse theorists: A creative beginning*. Sudbury, Mass: Jones and Bartlett Publishers.