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UTILISATION OF NURSING THEORIES IN NURSING PRACTICE – A REVIEW

Nursing

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ABSTRACT

Nursing theorists have contributed towards the development of a body of knowledge to the profession. Benefits of having a definite body of knowledge include quality patient care and improved professional status. Nurses need to recognise the need for utilising nursing theories to practice. The demand for evidence based practice have gained great momentum in the current Nursing scenario. A shift from theory development to theory utilisation has contributed to a variety of scholarly approaches to practice of nursing. The purpose of this article is to illustrate successful use of nursing theories in various practice settings. Nursing theorists have tried to explain nursing in their own perspectives and it is the challenge of individual nurse to utilise the one suited to their setting.

KEYWORDS

Nursing theory, nursing practice, utilisation.

Introduction

The demand for evidence based practice have gained great momentum in the current Nursing scenario. Nurse's potential for meaningful human service rest on the union of theory and practice for its fulfillment (Roger's ,1970) .Nursing models and theories have been widely used in different nursing practice area. The use of nursing theories in the various care settings helped nurses to integrate science to practice.

Literature review says that majority of applications of theory have a focus on nursing practice in terms of medical conditions (Alligood & Wood,1997).Yet another set described nursing practice in terms of a developmental or life span focus, a particular group in society, a type of care or type of health. A smaller portion of model and theory use focus on nursing intervention or the nursing role. As such, the application of theories and models by the members of a profession produces knowledge that is a guide to practice . Model-based nursing practice literature reflects growth towards normal science.

Kings theory of goal attainment

Imogene King was the pioneer in theory development. For those who wish to shift the focus of nursing from individuals to family, groups and community, Imogene Kings theory of goal attainment serves best guide.

Imogene King, after a review of 20 years of nursing literature, identified multiple concepts used by nurses to describe nursing. King believes that her interacting system framework is concerned with not fragmenting human beings and the environment but with human transactions in different kinds of environments.

Kings theory focuses on a conceptual system based on three interacting systems : personal system, the interpersonal system and the social systems. Theory of goal attainment addresses Nursing as a process of human interaction. King's emphasis on the role of client as well as nurse in planning and implementation of health care is consistent with evolving philosophies of health care (Meleis,1997).

Caregivers and their families face a lot of problems, when they care for ill ,frail and disabled family members. Temple and Fawdry (1992), explains how Kings theory of goal attainment helped a nurse in minimising her filial role strain while helping her parents and family to cope with the problem of illness and death . The application of the theory helped the parent to maintain his roles and functions with a degree of comfort and aided self esteem.

User's participation is recognised as a vital element in improving the health care services.It is a right defended in health policies nowadays. Rodrigo and Marcia(2016) analysed King's theory to explain the phenomenon of user's participation in nursing care. They found that the theory sets an appropriate guide to nurses in defense of users participation in nursing care.

Laura Mc Queen(2017) presents Kings theory of goal attainment as an important mentoring tool for nurse educators. The theory provides a framework to guide and mentor the upcoming graduate nurses who are highly techno savvy, confident and self directed . Future nurse educators need to have the ability to support the millennial nurses and their goal attainment through different learning modalities.

Limpangog utilized a study design for the client with chronic renal failure using goal attainment theory. It was found that the comprehensive nursing interventions facilitated the client in the palliative management and prevention of complications leading to better health.

According to Tungpunkham (2015) Kings theory of goal attainment has its application in psychiatric rehabilitation as it is significantly based on the interaction between nurse and patient as well as goal setting between two of them to achieve the goals.

King's theory also provides successful framework in the care of adults with diabetes (Allison,1988), heart failure (Amine,Yasmine,2017) and family health care (Alligood,2010).

Orem's self care deficit theory

Dorothea Orem, the great theorist assumes that persons should be self reliant and responsible for their own care and the dependents in their family. Orem attempted to define the domains of nursing . According to her nursing includes set of actions that help an individual move towards self reliance. Orem's theory is highly regarded for its usefulness in all aspects of nursing.

Fouad and Belal (2017) applied Orem's theory of self care in the care of elderly patients with urinary diversion and found that there was significant improvement in the knowledge and self care practices of the group who followed Orem's self care guidelines.

Adamakidou and Athanasopoulou investigated the self-care deficit of cancer patients receiving outpatient health care based on Orem's Self-Care deficit theory. Self care needs addressed by the patients included need for information on treatment , lymphedema care, wound care, need for attention and care by the family and emotional needs of respect.

Orem's Theory of Nursing serves as a practical guide for the application of services for clients with urinary incontinence and provides a consistent framework that encourages strong client responsibility for recovery and maintenance. (Francie Bernier,2002)

Betty Newmans system model

The Newman's systems model is based on a general system theory and considers living organisms as open systems in interaction with each other and with the environment. The system strives for stability and illness is a state of instability. She viewed nursing as a unique

profession concerned with all the variables affecting an individual's response to stress.

Khatiban and Oshvandi (2016) ,in a systematic review of outcomes of applying Newman's System theory in Intensive care units found that identifying environmental stressors and controlling them resulted in high quality patient care. Correct assessment during the care process leads to identification of stressors in nurses , patients , families and intensive care environment and appropriate strategies results in reduction of stress and treatment satisfaction.

Ahmadi and Sadeghi (2017) applied Neuman systems model to the care of clients with multiple sclerosis. Intrapersonal stressors ,interpersonal stressors and extra-personal stressors were identified. Nursing diagnoses were formulated and nursing care at three levels of prevention delivered. The results suggested the desirability of care and patient/client satisfaction.

Conclusion

Although several practice based on nursing theories has been noted ,there are many more areas of nursing for expansion of theory based practice. The use of theories may also contribute to derivation of several middle range theories. However, use of scientific knowledge ultimately benefits the patients who receive the care.

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