

Nursing Theory

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Nursing Theory

A nursing theory is an organized body of knowledge that defines what nursing is, what nurses do, as well as why they do it. It provides a way of defining nursing practice as a unique discipline that is distinct from other healthcare disciplines. A nursing theory is a framework of purposes and concepts that are aimed at guiding nursing practice at a more specific and concrete level (Ahtisham & Jacoline, 2015). As a profession, nursing is committed to recognizing its own distinct body of knowledge that is critical to nursing. This body of knowledge is referred to as nursing science. The first nursing theories came into the late 1800s when a stout emphasis was placed on nursing education (Ahtisham & Jacoline, 2015). Two nursing theories have influenced my values and goals throughout my practice as a nurse. They include Florence Nightingale's model "Environmental Theory" and Theory of Interpersonal Relations" by Hildegard Peplau.

Environmental Theory

Florence Nightingale's model, "Environmental Theory" explores the act of using the environment of the patient to promote recovery. The theory entails nurse's initiatives to configure environmental settings to favor the speedy recovery of the patient. The environmental theory also focuses on the external factors that are associated with the patient's surroundings that impact the physiologic and biologic processes of his development (Medeiros *et al.*, 2015). The environmental theory has helped me to appreciate the concept of paying close attention to patient's environment that has a significant impact on their recovery. Nightingale's Environmental theory has four major concepts that include nursing, health, environment, and patient. Nursing practice puts the patient in the best condition for nature to act upon him. Nursing should promote care to the ill and healthy and nurses should strive to promote care. The physical environment has a significant impact on the health of the patient. Nightingale defines human

beings with relation to their environment and the impact upon which the environment places on them (Medeiros *et al.*, 2015). She stated that nursing ought to signify the proper use of fresh air, cleanliness, warmth, light, light, and proper selection and administration of diet. The concept of the patient in Nightingale's model is regarded as someone consisting of emotional, spiritual, and physical intellectual, and social aspects. Nurses can apply the environmental theory to create a conducive environment for the speedy recovery of their patients (Medeiros *et al.*, 2015). The environmental theory fits my professional practice by emphasizing the importance of being conscious of the patient environment.

Theory of "Interpersonal Relations"

Peplau's "Interpersonal Relationship Theory" emphasizes that the nurse-patient relationship forms the basis of nursing practice. The theory advocates for the give-and-take of the nurse-patient relationship that has been seen as a breakthrough in nursing practice (Senn, 2013). This theory has improved my relationship with my patients by helping me to understand approach strategies to my clients. The theory has four components including nursing, health, environment, and person. According to Peplau, nursing is a significant therapeutic interpersonal process that works collaboratively with other human processes, health is a symbol that signifies a forward movement of nursing and personality, an environment that encompasses the existing forces outside of the patient, and a person which is a developing organism that strives to minimize anxiety caused by needs.

In nursing, the common goal therapeutic interaction between the patient and the healthcare provider provides the incentive for the therapeutic process in which both patients respect each other. A planned and professional relationship between the nurse and client focuses on the client's ideas, problems, feelings, and needs (Senn, 2013). However, this goal is attained

through a sequential pattern including the “orientation phase, identification phase, exploitation phase, and resolution phase.

The orientation phase involves the nurse engaging the patient in treatment by providing information and explanations, and responding to the client’s questions. Identification begins when the patient works interdependently with the healthcare provider expressing his or her feelings and begins to feel better. In the exploitation phase, the patient utilizes all the services offered. The resolution phase is characterized by the termination of the professional relationship and the client no longer needs nursing services (Senn, 2013). Nurses can apply Peplau’s theory to improve their interpersonal skills that will enhance nurse-patient relationships.

The interpersonal theory has shaped my nursing practice in a way that I able to relate and interact with my patient well. Being social and communicating well with my patients makes them have confidence in me. This good relationship makes my work as a nurse a good experience. Many patients whom I interact with have turned out to be my friends.

Historical nursing figures: Florence Nightingale and Hildegard Peplau

Florence Nightingale

Born on May 12, 1820, in Italy, Florence is known as the founder of modern nursing (Shetty, 2016). She was popularly known as “The lady with a lamp” because of her contribution to the profession of nursing. She helped define nursing practice by suggesting that nurses needed to know more than just disease processes like the medical field. They needed to know how to deal with patients’ symptoms and changes associated with the diseases as well as caring for the patient through the environment. Nightingale introduced various concepts in nursing practice such as assessing the condition of her patients, self-care that involved engaging patients to

promote healing and gain independence (Shetty, 2016). She also introduced infection control in nursing practice that entails cleaning the entire healthcare facility from top to bottom. She also introduced spiritual healing and therapeutic healing.

Hildegard Peplau

Hildegard Peplau was born in 1909 in Pennsylvania 1909 (Adams, 2017). She is remembered by nurses worldwide as the “mother of psychiatric nursing. Her scope of influence had a profound effect on the nursing profession, nursing practice, and nursing science and transcended her psychiatric specialty. She made a major contribution to the nursing profession, nursing science, and psychiatric nursing specialty through the development interpersonal relations paradigm that emphasized the importance of the nurse-patient relationship (Adams, 2017). The significant nature of the nurse-patient relationship and its therapeutic modality creates the foundation for both the science and art of nursing practice. Peplau’s theory of interpersonal relationships has been widely employed by nurses and clinicians in developing more therapeutic and sophisticated interventions.

The two nurses have inspired and shaped my profession as a nurse. I wish to leave a mark through my nursing skills and dedication to get into historical books like Nightingale and Peplau. Their influence and contribution are still evident in nursing practice today. Nurses and clinicians have borrowed a lot from these historical nursing figures. For instance, today’s nurses borrow a lot from Florence Nightingale's philosophy of the nursing environment to promote healing. Peplau’s contribution to psychiatric nursing is still felt in today's nursing practice. She was the pioneer of psychiatric nursing and her contributions are emulated around the world.

Differences between the State Board of Nursing and the American Nurses Association

With over a hundred national nursing boards and associations throughout the United States, it can be a little confusing at times to decipher the difference between the two because both have a significant impact on the scope of the nursing and nurse practitioner profession. BON committee is founded by law to regulate the practice of nursing (Tastan *et al.*, 2014). The legislature of each state determines the organization and composition of BON. BON protects the health of the public by ensuring safe nursing practices within its jurisdiction. It regulates the profession of nursing by issuing disciplinary actions and issuing licenses. In some countries, BON is also responsible for regulating nursing assistant programs.

Unlike the BON, America Nurses Association is a private professional membership organization. They require members to remit their membership fees to enjoy the benefits of being members. Nursing associations are governed by a Board of Directors who are elected by members of the association (Tastan *et al.*, 2014). They work actively to empower the nursing profession and promote quality of care through leadership, research, advocacy, education, and practice. Nursing associations also serve as a united voice for nurses. Nursing associations help professionally to develop and advance nurses in their careers by offering unique opportunities for educational conferences, role-related competencies, certification, and continuing education. BON and ANA directly influence my practice as a nurse. The BON define my roles in my area of specialization and influence my actions as a nurse while ANA advocates for my rights.

Requirements for License Renewal

Renewal of nursing license in California is after every two years. All registered nurses (RNs) who wish to maintain an active license are required to complete thirty contact hours of continued education for the renewal of their license (Pulcini *et al.*, 2010). Continuing education is offered by the board. A renewal fee of \$35 is paid to facilitate renewal of the license. If one

does not comply with all renewal requirements as indicated by nursing regulatory bodies, it can lead to their license renewal being considered incomplete.

Consequences of failure to renew license

Failure to meet license requirements can have adverse effects on me as a nurse. The most obvious of these undesired effects is that I will not be allowed to practice as a nurse. The effect can even take a legal obligation whereby I may be deregistered for not complying with license renewal requirements.

The nurse licensure compact (NLC) allows a registered or vocational, licensed practical to have a multistate license which allows practice in both their home state as well as other compact countries (Pulcini *et al.*, 2010). Unless a nurse is under restriction or discipline, a compact license permits them to practice across lines in all NLC states.

However, a nurse whose primary state of residence (PSOR) is noncompact is not allowed to possess a multistate license when applying for licensure in a compact state. The nurse is provided with a single state license that is only valid in the country of issuance (Pulcini *et al.*, 2010). Also, compact regulations do not apply to a non-compact state resident. Every state has different regulations and requirements. A nurse needs to know the requirements of the state in which they hold a license and others that they may wish to work for.

Functional differences between CMS and FAO

Centers for Medicare and Medicaid Services (CMS) is an agency that is part of the U.S Department of Health and Human Services (HHS). CMS was set up to provide health insurance options to Americans who are dealing with financial adversities (Adashi & Gruppuso, 2021).

The primary goal of this agency is to provide quality care at a subsidized cost. Statistics indicate

that 1 out of 3 Americans is enrolled with CMS's services (Adashi & Gruppuso, 2021). CMS has created an improvement model, tied payment to better outcomes, and created value-based incentives.

The Food and Drug Administration (FDA) is an agency within the U.S Department of HHS. The main role of this body is to protect the public by overseeing food substances, veterinary medicine, tobacco, and medical products, and global regulatory policies and operations (Das *et al.* 2018). FDA ensures that the public food substances are safe for human consumption and are properly labeled. They oversee medical devices to ensure that they are effective and safe. The agency protects the public from electronic radiation. FDA regulates dietary supplements and cosmetics to ensure that they are safe and labeled.

CMS and FDA play a crucial role in the nursing profession. The policies and regulations imposed by these agencies guide nurses and other health care providers in delivering services to the patient. When a new procedure or medical equipment is developed, healthcare must first seek authorization from FDA before it is implemented into practice (Das *et al.* 2018).

Patient Advocacy

For nurses, the most critical part of their profession is to deliver quality care. However, there is more to high-quality care than knowing diseases. Nurses also act as patient advocates. As a nurse and patient advocate, I help my patients make informed decisions. For instance, when a patient requests alternative therapy, I would help them navigate through the complex medical system and help them make informed decisions in seeking alternative therapy.

Purposes of the Nurse Practice Act and its impact on nursing practice

The intimate nature of nursing practices means that the likelihood of accidents happening is high. My state's Nurse Practice Act (NPA) has put together laws and regulations to protect and reduce the risk of harm to patients by ensuring the highest level of competence. The main goal of NPA is to ensure that patients receive quality care and to promote patient safety (Aebersold & Tschannen, 2013).

As a registered nurse, I have to understand my state's NPA and adhere to its provisions. I make sure that I fully implement whatever I learned in school and collaborate with my colleagues to provide quality and patient-centered care. I ensure that I'm aware of the laws that regulate my profession and I keep myself updated on any changes made to the nurse practice to ensure that I'm evolving the scope of nursing that is expected of me.

Nursing Scope of Practice

The scope of nursing practice defines the type of care that nurses are eligible to perform. It varies from state to state. For example, the scope of practice for a registered nurse in California requires that they must abide by the rules and regulations set forth by the California's board of licensure (Aebersold & Tschannen, 2013). For instance, in California, only trained and registered nurses in the field of anesthesia may operate an epidural pump except obstetrical nurses.

A registered nurse can delegate or assign some aspects of nursing care. In California, delegation for a registered nurse is defined as allowing a delegatee to perform a specific nursing procedure, skill, or nursing activity that is not routinely performed and is beyond the delegatee's traditional role (Aebersold & Tschannen, 2013). When used appropriately, delegation can result in effective and safe nursing care. However, the rule of delegation is that a registered nurse is still responsible for ensuring that the delegated task is performed correctly and to completion.

Application of different roles in the nursing profession

Nurse as a detective

Detectives are charged with the role of investigating various security issues that affect society and evaluate such incidences to bring the culprits to book. To a more significant extent, nurses carry out similar roles in their line of duty. For instance, as a nurse, I use clinical imagination and nursing science to evaluate health issues affecting a patient so that I can determine the exact cause of such problems. I expect to use my knowledge and clinical experience to prevent the possible harm which my patients may go through. I'm also mandated to use my clinical skills and knowledge to create a conducive environment for the patient to recover quickly. Nurses and detectives must be knowledgeable. Detectives must understand their territory well to know the best strategy possible to employ to get criminals. The territory of a nurse is the patient and the nurse must understand fully the problem of the patient (Winland-Brown *et al.* 2015).

Nurse as a scientist

Nurses employ translational science to design best healthcare practices and decisions. They spend more time with patients than any other healthcare provider. The responsibility of caring for patients puts me in a unique position to ask important questions and find suitable answers either as primary investigators and partners with professional colleagues. Nurses have a special responsibility in supporting research (Broome & Corazzini, 2016). As a nurse, I'm often involved in structuring research projects and putting the investigators in touch with the resources which they need to achieve their research objectives.

Nurse of the Manager of Healing Environment

A healthy and healing environment supports and fosters a difference in inpatient care. Studies show that an unhealthy environment leads to medical errors, stress, conflicts, and ineffectiveness among healthcare. Nurse managers are pivotal in promoting a healthy and healing environment for patients (Broome & Corazzini, 2016). They are strong advocates for patients and are perceived as risk-takers. As a manager for the healing environment, a nurse establishes a conducive where members of the team grow the profession and are excited to work. A nurse manager can employ a wide range of techniques such as creating an environment where humor is encouraged, creating an open-door policy, and recognizing volunteerism to set up a positive working environment.

Provisions from the American Nurses Association Code of Ethics

Nurses save lives and every day they deal with matters of human rights and ethics. To help nurses to solve complicated ethical issues, ANA in partnership with the Center for Ethics and Human Rights has established a nursing code of ethics that has given out various provisions (Winland-Brown *et al.* 2015).

One of these provisions of ANA is that the nurse's primary commitment is to the patient. Nurses apply this provision to take care of patients and provide support, and resources which they need (Winland-Brown *et al.* 2015). If a conflict arises in the patient's family, nurses can help to settle the issue in a way that meets the needs of the patient. Nurses can also help to eliminate conflicts that occur in their workplace.

Another provision by the ANA is that the nurse should protect the right, advocates for, and promotes the health and safety of the patient (Winland-Brown *et al.* 2015). Nurses employ this provision in helping safeguard their patient's privacy and confidentiality. When conducting

research where human participants are involved, nurses play a critical role by ensuring that patients give informed consent before participating. To achieve this, nurses provide sufficient information about the research and create awareness of special concerns raised by research involving vulnerable groups.

Nursing errors commonly revolve around equipment injuries, documenting errors, medication errors, infections and patient falls. In a clinical setting medication errors is a common occurrence that should be avoided at any cost (Winland-Brown *et al.* 2015). When administering medications, a nurse should ensure that he or she has minimal distractions because they are major causes of errors. Extra caution should always be taken to reduce the likelihood of medical errors because they result in devastating results. However, the ANA provision of promoting safety to the patient can help to avoid medication errors.

Leadership qualities that represent excellence in nursing

Leadership is a critical element in nursing. A nurse should be a leader in many aspects of nursing (Scully, 2015). The four leadership for excellence includes communication, critical thinking, integrity, and emotional intelligence. For instance, at the bedside, a nurse can show leadership qualities by organizing her team into shifts and encouraging and inspiring his or her followers. Within the nursing team, a nurse can show leadership qualities in the way he or she responds to emergencies and how they relate with each other. A nurse with good interdisciplinary and team leadership skills can interact well with fellow professionals and patients.

In nursing practice, nurses are expected to make informed decisions that promote professional development. Nurses are expected to stay up to date with modern nursing

advancements and develop the skills they get in the field (Scully, 2015). Keeping updated helps to provide quality and holistic care to the patient. A working environment plays a critical role in developing good leadership skills, professional development and making informed decisions because the nurse is able to consult freely among other healthcare professionals. As a practicing nurse, I have been able to understand my roles and responsibilities that help me to ensure that the community that I serve remains in good health.

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