

Comparison of Nursing Theories

NURS 500 Theoretical Foundations of Nursing Practice

Introduction:

Nursing theory is defined as an inventive and arduous structuring of ideas that project a cautious, decisive and systematic view of phenomena. Through these theories, nurses are able to develop knowledge and information relevant to improve the patient's care and safety. Nursing theories provide a plan for reflection to examine the situation and the direction where care plan is needed (Smith & Parker, 2015). Whenever the novel condition is encountered by the healthcare professionals, these theories help in management, examination and decision-making. Nursing theories help the nursing development in framing beliefs, ethics and objectives. These theories also direct the nursing research and practice. There are two types of nursing theories. Grand nursing theories and middle range nursing theories (George, 2011).

In this draft paper I will explain two theories which are Florence Nightingale Environmental theory and Virginia Henderson, theory of Self-Efficacy.

Florence Nightingale, Environmental Theory:

Background of Theorist:

Nightingale was born on May 12, 1820, in Florence, Italy and in many places globally, people still privileged her birthday. She got predication by her father in classical tradition. From young age, age she was persuaded to take care of ill and wounded people. Florence's mother wanted to engage her life in societal elegance. But despite of her mother's choice, Nightingale favored to care of sick people from school life. For this purpose, in 1850 and 1851, she joined nursing programs in Kaiserswerth, Germany. She completed her formal nursing education from there (McEwen & Wills, 2017). She also worked as a nursing superintendent at the Institute of Care of Sick Gentlewomen, where she brought various variations to amend the care of patients. During the Crimean War, she was appointed by Sidney Herbert to support in delivering care to injured soldiers.

The terrible situations of British servicemen provoked the government to brought variations in the healthcare system of country. Nightingale introduced a structure of care that apparently cut fatalities from 48% to 2% within almost two years (McEwen & Wills, 2017). When she was working in army hospital, she noticed that most of injured soldier's deaths are occurring due to the transportation to hospital and conditions of hospital. She observed that open drains and absence of sanitation, pure air, pure water and healthy food are major cause of soldier's deaths instead of their wounds. After that she executed some changes to discourse the issues (Cook, 2018). At Scutari, due to her night visits to the wards of soldiers to review their care, she titled as "lady with the lamp". Nightingale introduced a structure of record keeping and modified a statistical reporting process known as the *polar area diagram* or Coxcomb chart to examine the data she so thoroughly collected. Therefore, Nightingale was the first nurse to collect and examine evidence that her methods were working (McEwen & Wills, 2017).

Philosophical Underpinnings:

The work of the Nightingale is considered a broad philosophy. The researcher points out that this is a "perspective". On the contrary, it was stated that her work is a fundamental philosophy. The researcher explains that, according to Nightingale's philosophy, "its main principle was healing, and the principles of leadership and global actions that are necessary to support healing at the deepest level are secondary to it." Nightingale's work has influenced the nursing profession and nursing education for almost 160 years. For Nightingale, nursing is a matter for women, but it is an independent practice (McEwen & Wills, 2017).

The nurses should, however, practice in accordance with the doctors whose nurses' instructions were to be carried out in good faith. Nightingale did not believe that the nurses were supposed to obey the doctors. Rather, she believed that nursing was an independent profession or independent vocation. The Nightingale educational model is based on

predicting and meeting the needs of patients and is focused on the work that a nurse must do to meet these needs. The Nightingale philosophy was inductively derived, abstract, but descriptive in nature, and most nursing writers are classified as a great theory or philosophy (McEwen & Wills, 2017).

Major Assumptions, Concepts and Relationships:

Concepts:

Nightingale alleged that healthy environment is essential for the care and healing of patients. The major focus of her theory was on the environment. She defined environment by the concepts of ventilation, warmth, light, cleanliness, diet and noise. She alleged that suitable lightening, healthy diet, proper ventilation and clean air are the necessary factors for care. She suggested that buildings hospital buildings should be erected to admit light to every inhabitant and should permit the flow of fresh air. Moreover, she also documented that managing appropriate domestic conditions contribute to the healing and care of patients in the area where they lived (Sohail et al, 2019).

Assumptions:

Florence Nightingale also addressed the four metaparadigms in her theory named as human, environment, health and nursing.

In Nightingale theory, patients are considered as human or person and environmental factors should be controlled during the care of patients.

Environmental factors are highlighted in her theory of Nightingale, she believed that care of patient's can be improved through the improvements in environment. Such as noise is harmful and obstruct the need of the patient's rest (Sohail et al, 2019). Similarly, clean air and proper lightening also contribute in the care of patient.

Health is defined as a state of well-being by Nightingale. She described that disease condition is naturally instituted process in a person when he or she do not care about health. He explained that person can maintain his or her health via preventing the disease through environmental control.

Nightingale documented that every woman in he life would be a nurse because she had to take care any ill person in her life. The difference is that trained nurses are much more compatible as the ore skilled in observations and practices (Sohail et a, 2019).

Relationships:

Nightingale alleged that nurses must make precise observations of their patients and account the condition of the patient to the doctors in a tidy way. She elucidated that nurses must think critically about the care of the patient and do what was suitable and required in assistance the patient to heal. She defined that nursing is an art, while medicine is a science, and specified that nurses must be faithful to the medical strategies but not submissive. During her writings, Nightingale counted tasks that nurses should complete to care for ill individuals, and most of the tasks she delineated are still applicable now a day (Sohail et a, 2019).

Clinical Applications:

Nightingale wrote on the hospitals, nurses and community health in 19th and 20th century and worked is still considered as basic to educate the nurses in hospitals. Her works educate the nurses about environment and tells how environment is important in in nursing to establish the interventions for population healthcare. Her theory tells that five points are essential to achieve the healthy house. These five factors are pure, air, pure-water, cleanliness, drainage and light. Nightingale's theory is important to make an outline for nurses to learn the influence of "built environment" on health, concentrating on susceptible populations. Nursing

educators worldwide continue to use Nightingale's ideals in teaching nurses (Sher & Akhtar, 2018).

Nursing Practice:

Nightingale theory can be applied in nursing programs and schools to educate nurses. Nightingale was a noted nurse of her time. She was the first nurse who promoted the analysis and collection of health records. This approach helps the current nurses to analysed their collected health records of patients. Furthermore, nurses can learn that how the clean air, lightening, appropriate drainage in hospital settings are beneficial to improve the healthcare of sic people. Her work proved as an affective guideline for young nurses to care and healing of patients. Moreover, nurses can educate the families about the cleanliness factors that have to maintain in the house to improve the heath of patient (Pirani, 2016).

My Clinical Practice:

It has been found that Nightingale theory is applied in many of healthcare settings. I have also observed that to prevent the disease via environmental factors, this theory is essential in clinical settings. When a patient come to hospital and admitted in hospital, hospital environment and conditions effect the healthcare of patient. Patient should be provided with adequate ventilation by opening doors and windows. Nurses should make sure that the surrounding environment is clean like linen, bed and utensils. Nurses should keep the patient in warm, comfortable room and avoid unnecessary noise. Nurses should enhance stimulus through greater exposure to sunlight and fresh air. Nutritious food should be provided to patient. Make sure the proper disposal of sputum, human excreta and other wastes to remove odors. By controlling the environmental factors that contribute in disease progress can improve the patient's health outcomes.

Parsimony:

In her work, Nightingale briefly specified what she alleged was important in caring for ill persons. Moreover, in one small capacity, she embraces information about nursing care, patient requirements, appropriate buildings in which the sick are to be treated, and the administration of hospitals (McEwen & Wills, 2017).

Virginia Henderson:**Background of Theorist:**

Henderson was born in Missouri but lived her extended years in Virginia. In nursing, she received diploma from Army School of Nursing at Walter Reed Hospital in 1921 and worked for 2 years after completed her graduation in the Henry Street Visiting Nurse Service. In 1923, at the Norfolk Protestant Hospital, she attains the position of nursing teacher, where she stayed for many years (McEwen & Wills, 2017).

In 1929, she realized that she wanted to get more education and took admission in Teachers College at Columbia University, from this University she achieved her degree of bachelor's and master's in 1932 and 1934 respectively. Consequently, she joined Columbia as a member of faculty, where she remained until 1948. Her friends known her as "Ms. Virginia, she died at the age of 98 in 1996. The Sigma Theta Tau International Library is named in her decency due to her importance to modern nursing (McEwen & Wills, 2017).

Philosophical Underpinnings:

Henderson received her education during the era of empiricist in medicine and nursing, which attentive on necessities of patient. Whereas, she realized that she matured and grew more in her ideas and practices through her experience. During her graduate education, she learns about the physiologic principles and by understanding these principles she got the

basic knowledge of her patient care (McEwen & Wills, 2017). Henderson specified that “Thorndike’s fundamental needs of man” had an impact on her beliefs.

Even though her main clinical practices were in medical-surgical hospitals, she also worked as a visiting nurse in New York City. This experience as a visiting nurse engorged Henderson’s perspective to identify the importance of enhancing the patient’s liberation so that progress after hospitalization would not be deferred. Henderson was a nurse educator, and the major prod of her theory narrates to the education of nurses (McEwen & Wills, 2017).

Major Assumptions, Concepts and Relationships:

Assumptions:

The main assumption of the theory is that nurses care for patients until patients can care for themselves once again. She hypothesized that patients desire to return to health, but this postulation is not clearly specified. She also believed that nurses are enthusiastic to serve and that “nurses will bestow themselves to the patient day and night.” A final assumption is that nurses should get education at the bachelor’s and master’s level in both the fields of art and science (McEwen & Wills, 2017).

Concepts:

The major concepts of this theory related to the four metaparadigms that are patient, nurse, health and environment. Henderson alleged that the inimitable function of nurses is to care the sick or ill which contribute to the health and recovery of patients. She explained that patient is an individual that need the support and care of nurse for recovery until they would be able to care themselves. She did not explain the environment in her theory but to fulfill the 14 health activities, environment is the supportive element. Health is also not fully explained but it is taken to mean balance in all realms of human life.

Nursing concepts included 14 activities that must be attended by the nurse to support the patient toward independence. The 14 activities are breath normally, eat adequately, eliminate body wastes, movement, sleep, maintain body temperature, keep the body clean, avoid danger and so on. By doing this, the nurse will help patients to relax and have a clearer mind and a development in health behavior (McEwen & Wills, 2017).

Relationships:

Some actions that the nurse should consider filling any gap that may occur between Henderson's statement and self-efficacy could be the application of verbal persuasion when trying to meet the needs of patients as well as practicing stress management. This will benefit to lessen certain health behaviors and insurances that might enhance with any disorder, illness, or health situation. People are the patients and families that needed support to attain the fourteen necessities. Henderson makes emphasized on the significance of endorsing health and averting disease because ideal health is not always possible for everyone (Alligood, 2017).

Clinical Applications:

Vision of nurse's functions explained by the Henderson, deeply effect on education of nurses. The principles of Henderson theory were published in the major nursing textbooks from 1930s till 1960s and these principles personified by the 14 components of care are still beneficial in recent era for nurses to patient care. Nurses make a promise that she will take care of patients and this promise is best explained by Henderson's theory. In Henderson's theory, nursing means how to meet the needs of every patient in relation to the 14 elements (Alligood, 2017).

Nurses will be at the bedside of patients, being inclusive and empathetic each moment that they experience, along with their family members. Nurse should speak for their patients and nurse must lend them hand when they do not have any one. Nurse should maintain their

self-efficacy and health attitude at its higher mark. It is the responsibility of nurse to address the patient so that they can fulfill their basic needs such as adequate eating, removal of body waste, normal breathing etc. These activities will improve the patient care (Alligood, 2017).

Nursing Practice:

Conferring to Henderson, by enhancing an independency of patient will help to prevent the delay in the overall health recovery of patient. Related to this theory, the nurse role is substitutive when the nurse is doing for the patient and supplementary, when the nurse is caring the patient and complementary, when the nurse is assisting the patient in his or her to achieve independency and state of well-being (Alligood, 2017).

This theory educates the nurse that nurses must support the patients in performing their daily life activities. Particularly for those patients who are not able to care by self. Nurses assist the patients in achieving the 14 health activities to recover their health condition. Her work has had an international impact on nursing research by strengthening the focus on nursing practice and confirming the value of tested interventions in assisting individuals to regain health. Henderson's model was the most often used in evaluating the need for and the practice of nurses.

My Clinical Practice:

In my clinical practices, Henderson's theory is applied using home health for nursing, physical therapy, and occupational therapy until the patient can perform activities of daily living without the assistance of any person. Nurse should carefully listen the needs and requirements of patients. Nurse should assure that the highlighted components of theory are fulfilling by the patients or not. Nurse should assist the patient until they would not be able to self-care. Nurse should provide the best care to patient based on their knowledge and

practices. Nurses should also educate the patients and their families to achieve the state of well-being and self-efficacy.

Parsimony:

Henderson's work is parsimonious in its presentation but complex in its scope. The 14 statements cover the whole of the practice of nursing, and her vision about the nurse's role in patient care contributes to that intricacy (McEwen & Wills, 2017).

Conclusion:

The essential task is nursing profession is to take care of patients. Nursing theories are changing the concept of care by educating the nurses in recent era. Both the explained theories are beneficial in their own perspectives. Florence Nightingale emphasized n environmental factors in her theory. She explained that prevention of disease is possible by controlling the environmental factors that contribute in the progress of disease (McEwen & Wills, 2017). Henderson emphasized on the self-efficacy in her theory. Main objective of all the nursing theories is to educate the nurses, provide them knowledge and help in their practices about the patient care in their clinical settings.

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