



Part IV

The Nurse as Professional

Chapter 11

Nursing Theory as a Basis to Practice Nursing



Learning Objectives

By the end of this chapter, you should be able to:

1. Define nursing theory.
2. Identify major concepts in nursing.
3. Identify scientific theories that influence nursing theory.
4. Explain how nursing theory is a basis for nursing practice.
5. Examine the relationship between nursing theory, nursing research, and nursing practice.



Key Terms

- Concepts
- Metaparadigm
- Nursing concept
- Nursing theorists
- Nursing theory
- Paradigms
- Phenomena
- Philosophy
- Science
- Theory
- Validity
- Variables



Chapter Scenario

“Theory is just something nurses with big degrees talk about using in practice.”

→ **Think about it!**

- What is nursing theory?
- Can you name any nursing theorist? And, their theory?
- Does your school or employer follow a particular theorist's idea to develop a mission or way to practice? Who and why?



Introduction

Nursing Theory is what defines nursing as a respected science, art, and profession.



Major Concepts in Nursing

- Florence Nightingale—Environmental Theory
- Phenomena
- Nursing Theory
- Concepts: abstract or concrete
- Nursing concept



Major Concepts in Nursing

- Variables
- Metaparadigm: main phenomena to a discipline
 - For nursing - person, environment, health and nursing.
- Philosophy
- Paradigms
- Theory



Critical Thinking

1. Explain an idea you believe would improve your nursing practice and why.

“Nursing theory exists to scientifically define and support the realm of nursing as a profession with its own body of knowledge.”

Scientific Theories Influencing Nursing Theory

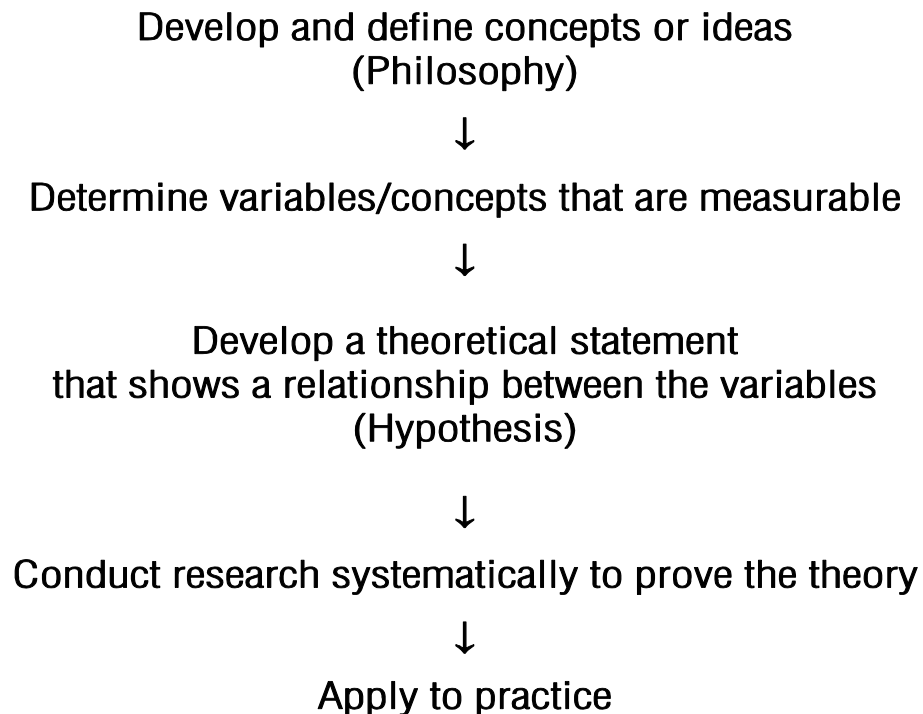


Figure 11–2 Steps in theory development.



Scientific Theories Influencing Nursing Theory

Nursing Theorists: “Scientists” for Nursing!

- Florence Nightingale—Environmental Theory
- Virginia Henderson—Definition of Nursing
- Jean Watson—Philosophy and Science of Caring
- Patricia Benner—Novice to Expert
- Dorothea Orem—Self Care Deficit Theory in Nursing
- Martha Rogers—Unitary Human Beings



Scientific Theories Influencing Nursing Theory

- Imogene King—Systems Framework and Theory of Goal Attainment
- Betty Neuman—Systems Model
- Hildegard Peplau—Psychodynamic Nursing
- Madeline Leininger—Culture Care: Diversity and Universality Theory
- Rosemarie Rizzo Parse—Human Becoming
- Nola Pender—Health Promotion Model



Nursing Theory as a Basis for Practice

Nurses at all levels of education play a very important role in nursing theory and research today.

Relationship of Theory to Practice

Nursing Role

Relationship to Nursing Theory

Licensed Practical/
Vocational Nurse

The LPN/VN reports to the charge nurse that clients who have the support of family seem to recover more quickly and are dismissed sooner.

Associate Degree
Nurse

The ASN notices that her surgical clients have better outcomes and are discharged sooner when family has been allowed unlimited visitation. She keeps a record of this.

Baccalaureate
Nurse

The BSN does a literature review and finds that the literature verifies the assumption that the emotional support surgical clients receive from their families contributes to better outcomes and shorter hospital stays. She applies this acquired knowledge to her nursing practice by encouraging family interactions with clients.

Master's Level
Nurse

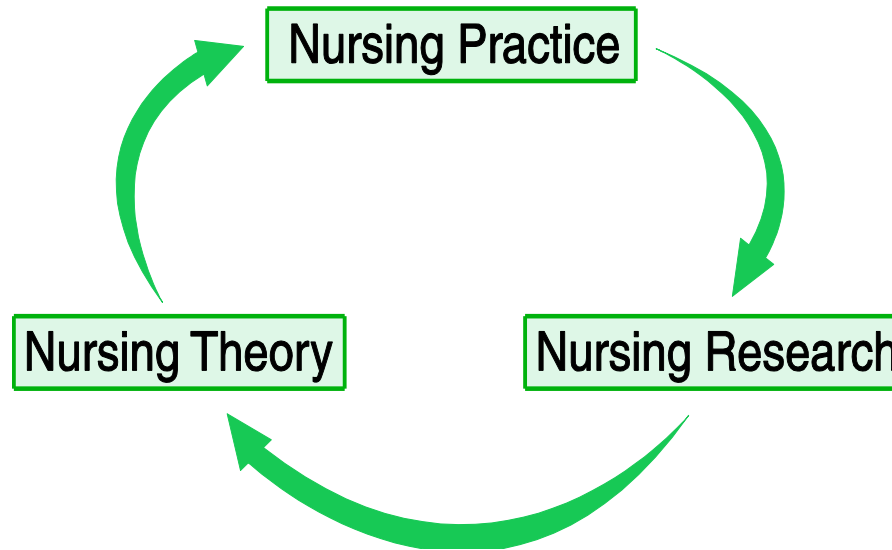
The MSN collaborates in a research project that seeks to prove that emotional support provided to surgical clients by their families contributes to better outcomes and shorter hospital stays.

The Ph.D. RN conducts research funded by a health-related organization to determine if family support promotes better outcomes and/or reduces hospital stays for surgical clients.

Doctorate Level

Nursing Roles in Nursing Theory

Relationship of Theory to Practice





Chapter Summary

- Nursing is a profession supported by scientific knowledge.
- Remember Nursing Theory begins with a simple idea or concept that an individual or a group of individuals begins to question and develop into a researchable concept or idea.



Chapter Reflections

1. How does nursing theory affect nursing as a profession?
2. What idea or theory do you have about nursing that can improve client care?
3. How can you apply nursing theory to your own nursing practice?