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Nursing Theories and Nursing Models

Nursing Foundation

Concepts of nursing theories, importance of nursing models, Florence Nightingale's theory, Virginia Henderson's theory, Dorothea Orem's self-care theory and other major nursing theories.

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05. NURSING THEORIES AND NURSING MODELS

1. Introduction

Nursing theories provide systematic explanations of nursing concepts, patient needs, health and nursing interventions.

2. Definitions

Nursing theory: An organized set of concepts and relationships that explains or guides nursing practice.

Nursing model: A conceptual framework representing how nursing care is understood and organized.

3. Nursing Metaparadigm

The four central concepts of nursing are:

1. Person: Individual, family or community receiving care.
2. Health: Well-being and functional status.
3. Environment: Internal and external conditions influencing health.
4. Nursing: Professional actions supporting health and recovery.

4. Types of Nursing Theories

Type	Description
Grand theories	Broad conceptual explanations of nursing
Middle-range theories	More specific and applicable to selected nursing phenomena
Practice-level theories	Focus on particular clinical situations and interventions

5. Importance of Nursing Theories

- Provide a scientific foundation.
- Guide nursing assessment and planning.
- Promote individualized care.
- Support professional autonomy.
- Guide nursing education and research.
- Improve evidence-based practice.
- Support evaluation of nursing outcomes.

6. Florence Nightingale - Environmental Theory

Nightingale emphasized modifying the environment to support the patient's natural recovery.

Major Components

- Fresh air and ventilation.
- Clean water.
- Proper sanitation.
- Adequate light.
- Cleanliness.
- Appropriate nutrition.
- Noise control.
- Comfortable temperature.

Application: Maintain a clean, well-ventilated and comfortable patient environment.

7. Virginia Henderson - Need Theory

Henderson described nursing as assisting patients with activities contributing to health, recovery or a peaceful death while promoting independence.

Fourteen Basic Needs

1. Breathe normally.
2. Eat and drink adequately.
3. Eliminate body wastes.
4. Move and maintain desirable posture.
5. Sleep and rest.
6. Select suitable clothes and dress appropriately.
7. Maintain body temperature.
8. Maintain personal hygiene and protect the skin.
9. Avoid environmental dangers.
10. Communicate emotions, needs and opinions.
11. Worship according to personal beliefs.
12. Work with a sense of accomplishment.
13. Participate in recreation.
14. Learn and use available health resources.

8. Dorothea Orem - Self-Care Deficit Nursing Theory

Nursing is required when individuals cannot adequately meet their own self-care needs.

Three Related Theories

- Theory of self-care.
- Theory of self-care deficit.
- Theory of nursing systems.

Nursing Systems

System	Description
Wholly compensatory	Nurse performs necessary care
Partly compensatory	Nurse and patient share care responsibilities
Supportive-educative	Patient performs self-care with education and support

Application: Teaching a patient to administer prescribed insulin independently.

9. Hildegard Peplau - Interpersonal Relations Theory

Nursing is a therapeutic interpersonal process.

Original Phases

- Orientation
- Identification
- Exploitation
- Resolution

Nursing Roles

Stranger, resource person, teacher, leader, surrogate and counsellor.

Application: Establishing therapeutic relationships with patients experiencing anxiety.

10. Sister Callista Roy - Adaptation Model

The individual is an adaptive system responding to internal and external environmental stimuli.

Four Adaptive Modes

- Physiological-physical.
- Self-concept or group identity.
- Role function.
- Interdependence.

Application: Supporting physical and psychological adaptation after amputation.

11. Jean Watson - Theory of Human Caring

Emphasizes human dignity, caring relationships, empathy and holistic healing.

Application: Providing compassionate, person-centred care during serious illness.

12. Betty Neuman - Systems Model

Views the patient as an open system influenced by stressors.

Types of Stressors

- Intrapersonal
- Interpersonal
- Extrapersonal

Nursing interventions focus on primary, secondary and tertiary prevention to maintain system stability.

13. Other Important Nursing Theories

Theorist	Theory or model	Main focus
Martha Rogers	Science of Unitary Human Beings	Human-environment interaction
Imogene King	Goal Attainment Theory	Mutual goal setting
Madeleine Leininger	Culture Care Theory	Culturally congruent care
Patricia Benner	Novice to Expert	Development of clinical competence
Faye Abdellah	Twenty-One Nursing Problems	Patient-centred nursing problems
Ida Jean Orlando	Nursing Process Theory	Identification of immediate patient needs
Nola Pender	Health Promotion Model	Health-promoting behaviour

Important Examination Questions

1. Explain the nursing metaparadigm.
2. Describe Nightingale's Environmental Theory.
3. Explain Henderson's fourteen basic needs.
4. Discuss Orem's Self-Care Deficit Theory.
5. Explain Roy's Adaptation Model.
6. Discuss the importance of nursing theories.

Quick Revision

Nightingale - Environment; Henderson - Basic needs; Orem - Self-care; Peplau - Interpersonal relationships; Roy - Adaptation; Watson - Caring; Neuman - Systems and stressors.

Conclusion

Nursing theories provide conceptual foundations for systematic, individualized and scientifically informed nursing practice.

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Quick Revision

- The nursing metaparadigm comprises person, health, environment and nursing.

- Grand theories are broad; middle-range theories address selected phenomena; practice-level theories address specific situations.

- Nightingale's Environmental Theory promotes recovery through ventilation, sanitation, cleanliness, nutrition and comfort.

- Henderson's Need Theory supports fourteen basic needs while promoting independence.

- Orem describes wholly compensatory, partly compensatory and supportive-educative nursing systems.

- Peplau emphasizes interpersonal relations, Roy adaptation, Watson caring and Neuman systems affected by stressors.

Practice questions

Choose one best answer. The answer key and explanations follow the questions.

1. In Orem's model, a patient performs self-care with teaching and support. Which nursing system applies?

A. Wholly compensatory
B. Partly compensatory
C. Adaptive
D. Supportive-educative

2. Which theorist's model emphasizes adaptation to internal and external stimuli?

A. Jean Watson
B. Sister Callista Roy
C. Virginia Henderson
D. Imogene King

3. Which set contains the four nursing metaparadigm concepts?

A. Person, health, environment and nursing
B. Assessment, planning, action and review
C. Ventilation, nutrition, light and hygiene
D. Autonomy, justice, fidelity and veracity

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Answer key and explanations

1. D - Supportive-educative

The supportive-educative system helps patients perform their own care.

2. B - Sister Callista Roy

Roy views the individual as an adaptive system.

3. A - Person, health, environment and nursing

The metaparadigm comprises person, health, environment and nursing.

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