

Importance of Theory in Nursing

Nursing theories are crucial for nurses as they help them to report, explain, and predict their everyday experiences. These theories also enable them to develop policies that address issues such as remuneration and working environments.

Nursing theories can be [NRS 493 Benchmark Capstone Project Change Proposal](#) down into four categories: the person, the environment, health, and nursing. This article will explore each of these and how they relate to one another.

The Individual

Nursing theory is a group of concepts and their relationships to describe, explain, predict or prescribe (Walker & Avant). It is often used by nurses as a guide to organize and analyze patient information.

A nurse's power is increased through theoretical knowledge because it provides a standardized method of assessing a patient and responding to their needs. This can help a nurse feel more confident and provide better care for their patients.

Nursing theories are also useful [nrs 493 capstone project change proposal presentation](#) they help nurses address new challenges as they arise throughout their careers. They also provide a framework from which to build further knowledge. Theories vary in scope, with those that are broad and abstract known as grand theories. Middle-range and practice theories are more precise and focus on specific aspects of nursing. An example would be Dorothea Orem's Self-Care Theory, which focuses on the patient's ability to care for themselves and their families. This may include their beliefs, emotions and stress levels.

The Environment

As nurses advance in their careers or move to different settings, they often encounter situations that call for different strategies and approaches. When they need help addressing these challenges, they can turn to nursing theories for guidance.

One of the most relevant nursing theories is Florence Nightingale's Environment Theory, which outlines what a patient needs to heal. According to this theory, nurses can manipulate the patients' environment in order to help nature restore the patients' health. This includes providing favorable conditions such as cleanliness, light, warmth and quiet.

Additionally, this theory [NRS 493 Individual Success Plan](#) the differences between nursing and medicine, saying that nursing is an art while medicine is a science. Nurses must be loyal to medical plans while still following their own professional judgment. This approach is similar to practice nursing theories, which are situation-specific and provide frameworks for nursing interventions. These theories typically have more direct impacts on the patient than middle-range and grand theories.

Health

Nursing theories can help nurses identify and treat patients with a variety of conditions. Nurses must be able to assess the needs of each individual patient, communicate effectively and implement a standardized method for providing care. Nursing theories also provide a framework from which to build on new insights and ideas.

Florence Nightingale, considered to be the founder of modern nursing, emphasized the importance of addressing patient environmental issues. Her 13 [nrs 493 topic 1 lopes activity tracker kr](#) of nursing suggest that the best way to encourage healing is to offer patients a nurturing environment.

Other nursing theorists have delved into different aspects of patient health. For example, Imogene King developed the Theory of Goal Attainment, which focuses on the interaction between nurses and patients as they work together to achieve patient goals. Other theorists, such as Martha Rogers, have explored the concept of unitary humans. She believes that human beings and their environments are infinite energy fields in constant exchange, producing patterns.

Nursing

Nursing theories set the foundation of clinical practice. They offer a framework that nurses can use to build upon their existing knowledge, allowing them to develop a more systematic way of providing care. This method allows nurses to feel more confident in their ability to treat patients, which ultimately leads to better results.

Nurses can find a variety of different ways to use nursing theory in their daily practice. For example, Florence Nightingale's theory of caring [NR501 Importance of Theory in Nursing](#) on the importance of nurturing surroundings. This can help patients to feel more comfortable and at ease, which may lead them to be more receptive to health recommendations.

Other nursing theories, such as those from Callista Roy, emphasize the client system model. This view views the individual as a set of interrelated systems that strive to maintain balance in the face of various stimuli. These factors can include physiological, psychological, social, developmental and spiritual needs. These systems can also include stress levels, which are considered a risk factor for disease.

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