Nursing Models and Their Use in Practice

**Terminology**

* A phenomenon is a fact, occurrence, or circumstance observed or observable but not always, understood as "things that appear“.
* Theories are related concepts to help explain a phenomenon. Theory uses facts, definitions, and propositions to specify relationships among variables.
* Model: A visual representation of the concepts that work together to become a theory.

**Branches of Philosophy**

1. Epistemology is the branch of philosophy dealing with the theory of knowledge itself. The epistemologist attempts to answer such questions as.
2. Logic is the study of proper and improper methods of reasoning. In logic, the nature of reasoning itself is the subject. Logic attempts to answer the question.
3. Aesthetics is the study of what is beautiful. It attempts to answer the question, “Why do we find things beautiful?”
4. Ethics is the branch of philosophy that studies standards of conduct. It attempts to answer the question, “What is the nature of good and evil?.
5. Politics, in the context of a discussion of philosophy, means the area of philosophy that deals with the regulation and control of people living in society.
6. Metaphysics is the consideration of the ultimate nature of existence, reality, human experience, and the universe. Metaphysicians believe that through contemplation we can come to a more complete understanding of reality than science alone can provide.

**Objectives of Nursing Theory:**

1. To assess the client or patient condition by the various methods explained by the nursing theory.
2. To identify the needs of the client.
3. To demonstrate an effective communication and interaction with the population.
4. To select a theory for the application according to the need of the individuals.
5. To apply the theory to solve the identified problems.
6. To evaluate the extent to which the process was successful.

**Importance of nursing theories:**

1. Nursing theory aims to describe, predict and explain the phenomenon of nursing.
2. It should provide the foundations of nursing practice, help to generate further knowledge and indicate in which direction nursing should develop in the future.
3. It helps to distinguish what should form the basis of practice by describing nursing.

**Characteristics of nursing theories:**

1. Interrelating concepts in such a way as to create a different way of looking at a particular phenomenon.
2. Logical in nature.
3. Generalizable.
4. Bases for hypotheses that can be tested.
5. Increasing the general body of knowledge within the discipline through the research implemented to validate them.
6. Used by the practitioners to guide and improve their practice.

**Classification of Nursing Theories**

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| **Metatheory** | The theory of theory. Identifies specific phenomena through abstract concepts. |
| **Grand theory** | Provides a conceptual framework under which the key concepts and principles of the discipline can be identified. |
| **Middle range theory** | Is more precise and only analyses a particular situation with a limited number of variables. |
| **Practice theory** | Explores one particular situation found in nursing. It identifies explicit goals and details how these goals will be achieved. |

**Conceptual Models of Nursing**

Conceptual models (or conceptual frameworks) are the second type of theoretical work that provides organizational structures for critical thinking about the processes of nursing.

1. ***Roy’s Adaptation Model.***

Callista Roy focused on the individual as a biopsychosocial adaptive system and described nursing as a humanistic discipline that emphasizes the person’s adaptive or coping abilities. Roy’s model provides a comprehensive understanding of nursing from the perspective of adaptation.

1. ***Orem’s Self-Care Model.***

Dorothea Orem three interrelated theories: theory of self-care, theory of self-care deficit, and theory of nursing system. Her model focuses on the patient’s self-care capacities and the process of designing nursing actions to meet the patient’s self-care needs.

**Theory-Based Education: *(The curricula of schools of nursing)***

***Importance of Theory at Four Levels of Nursing Education***

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| **PhD in nursing:** | Conducts theory testing and theory development research for nursing science development; frames practice, administration, or research in nursing works. |
| **Doctor of nursing practice (DNP) or master of science in nursing (MSN):** | Frames advanced practice with a nursing model or theory; uses theory to guide research with practice questions. |
| **Bachelor of science in nursing (BSN):** | Learns the nursing perspective in a nursing model or theory-based curriculum or courses; uses models, theories, and middle-range theories to guide nursing practice. |
| **Associate degree in nursing:** | May have a nursing model or theory-guided curriculum or courses; may be introduced to middle-range theories for nursing practice. |