BEING A NURSE
Semester 2, 2010
Presented by Lisa Wirihana
Overview of session

• Defining nursing
• Theoretical Frameworks
• Nursing Theorists
What is ‘Nursing’?

Nursing is the use of clinical judgement in the provision of care to enable people to improve, maintain, or recover health, to cope with health problems, and to achieve the best possible quality of life, whatever their disease or disability, until death (RCN, www.rcn.org.uk)
• This definition of nursing is expressed in the form of a “core” supported by six “defining characteristics”. Nursing is the totality: while some parts of the definition are shared with other health care professions, the uniqueness of nursing lies in their combination.
Its defining characteristics are:

• 1. A particular purpose:
• 2. A particular mode of intervention:
• 3. A particular domain:
• 4. A particular focus:
• 5. A particular value base:
• 6. A commitment to partnership:
ICN Definition of Nursing

Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings.

Nursing includes the promotion of health, prevention of illness, and the care of ill, disabled and dying people. Advocacy, promotion of a safe environment, research, participation in shaping health policy and in patient and health systems management, and education are also key nursing roles.
Importance of Theoretical Frameworks

• The foundation of any profession is the development of a specialised body of knowledge. Theories should be developed in nursing, and should not be borrowed from other disciplines
Definitions

• Theory- a set of related statements that describes or explains phenomena in a systematic way

• Concept-a mental idea of a phenomenon
Common factors in nursing models

Some important factors

• Nurse-client relationship
• Holistic and humanistic approaches
• Individualised care
• Attends to the human experience of illness
Concepts in the nursing metaparadigm

• Person
  – Recipient of care, including physical, spiritual, psychological, and socio-cultural components
  – Individual, family, or community
Concepts in the nursing metaparadigm

• Environment
  – All internal and external conditions, circumstances, and influences affecting the person
Concepts in the nursing metaparadigm

• Health
  – Degree of wellness or illness experienced by the person
Concepts in the nursing metaparadigm

• Nursing
  – Actions, characteristics and attributes of person giving care
Nursing Theorists

Florence Nightingale
Environmental Theory

• First nursing theorist
  – Unsanitary conditions posed health hazard
    (Notes on Nursing, 1859)
• 5 components of environment
  – ventilation, light, warmth, effluvia, noise
• External influences can prevent, suppress or contribute to disease or death
Nightingale’s Concepts

- Person
  - Patient who is acted on by nurse
  - Affected by environment
  - Has reparative powers

- Environment
  - Foundation of theory. Included everything, physical, psychological, and social
Nightingale’s Concepts

• Health
  – Maintaining well-being by using a person’s powers
    – Maintained by control of environment

• Nursing
  – Provided fresh air, warmth, cleanliness, good diet, quiet to facilitate person’s reparative process
The unique function of the nurse is to assist the individual, sick or well, in the performance of those activities contributing to health or its recovery (or to peaceful death) that he would perform unaided if he had the necessary strength, will, or knowledge.
Virginia Henderson

And to do this in such a way as to help him gain independence as rapidly as possible. She must in a sense, get inside the skin of each of her patients in order to know what he needs"."
Virginia Henderson

“...She is temporarily the consciousness of the unconscious, the love of life for the suicidal, the leg of the amputee, the eyes of the newly blind, a means of locomotion for the infant, knowledge and confidence for the young mother, the mouthpiece for those too weak or withdrawn to speak, and so on.”
Dorothea Orem
Self-Care Model

• Self-care comprises those activities performed independently by an individual to promote and maintain person well-being

• Self care agency is the individual’s ability to perform self care activities
Dorothea Orem
Self-Care Model

• Self-care deficit occurs when the person cannot carry out self-care

• The nurse then meets the self-care needs by acting or doing for; guiding, teaching, supporting or providing the environment to promote patient’s ability
Dorothea Orem  
Self-Care Model

• Wholly compensatory nursing system  
  – Patient dependent

• Partially compensatory  
  – Patient can meet some needs but needs nursing assistance

• Supportive educative  
  – Patient can meet self care requisites, but needs assistance with decision making or knowledge
Jean Watson
Philosophy and Science of Caring

• Caring can be demonstrated and practiced
• Caring consists of carative factors
• Caring promotes growth
• A caring environment accepts a person as he is and looks to what the person may become
Jean Watson
Philosophy and Science of Caring

• A caring environment offers development of potential
• Caring promotes health better than curing
• Caring is central to nursing
Watson’s 10 Carative Factors

• Forming humanistic-altruistic value system
• Instilling faith-hope
• Cultivating sensitivity to self and others
Watson’s 10 Carative Factors

- Developing helping-trust relationship
- Promoting expression of feelings
- Using problem-solving for decision making
Watson’s 10 Carative Factors

• Promoting teaching-learning
• Promoting supportive environment
• Assisting with gratification of human needs
• Allowing for existential-phenomenological forces
Watson’s Concepts

• Person
  – Human being to be valued, cared for, respected, nurtured, understood and assisted

• Environment
  – Society
Jean Watson
Philosophy and
Science of Caring

• Health
  – Complete physical, mental and social well-being and functioning

• Nursing
  – Concerned with promoting and restoring health, preventing illness
Madeleine Leininger
Culture Care Diversity and Universality

• Based on transcultural nursing, whose goal is to provide care congruent with cultural values, beliefs, and practices
• Sunrise model consists of 4 levels that provide a base of knowledge for delivering cultural congruent care
Madeleine Leininger
Culture Care Diversity

• Modes of nursing action
  – Cultural care preservation
    • help maintain or preserve health, recover from illness, or face death
  – Cultural care accommodation
    • help adapt to or negotiate for a beneficial health status, or face death
  – Cultural care re-patterning
    • help restructure or change lifestyles that are culturally meaningful
Patricia Benner
From Novice to Expert

• Described 5 levels of nursing experience and developed exemplars and paradigm cases to illustrate each level
Patricia Benner
From Novice to Expert

• Novice
• Advanced beginner
• Competent
• Proficient
• Expert
Nursing as theory-laden practice

• Personal theories or theories-in-use
• These are implicit practice frameworks
• But why is this important in clinical practice??
In a team of RNs, for example:

• One nurse may align nursing very closely with the work of doctors and aim for the efficient carrying out of medically prescribed care. Here, less emphasis will be placed on non-medical interventions such as counselling and teaching the client and family.

• Another nurse may emphasise just those things and see the more medically related tasks as being important but no more than psychosocial or educative interventions.
In a team of RNs, for example:

- Yet another may value tidiness and order and concentrate on clean and tidy patients and ward areas, and completing documentation.
- There may be one nurse who spends much time on watching and supporting an elderly patient while she dresses herself, while another will consistently dress the patient because he sees ‘doing things’ for people as being part of nursing.
- Each is guided by their own personal beliefs, values and frameworks for practice.
• Debates about the role of theory in practice provide evidence that nursing is maturing both as an academic discipline and as a clinical profession
Why a conceptual framework?

We all have a private image (concept) of nursing practice. In turn, this private image influences our interpretation of data, our decisions, and our actions. Nurses need to have an understanding of various theories and frameworks and ways of thinking to enable them to adapt.
• http://nursing.clayton.edu/eichelberger/nursing.htm
Nursing models in practice

Unless you learn to think like a RN, you cannot begin to practice like one...
• [http://www.youtube.com/watch?v=tz0oC0YqP00](http://www.youtube.com/watch?v=tz0oC0YqP00)

• Tribute to nursing theories
Further Reading


