



Evolution of Nursing Theories and Effective Patient Care

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Description

Nursing theories form the backbone of the nursing profession, providing a conceptual framework that guides nurses in delivering high-quality, compassionate, and evidence-based patient care. These theories help nurses understand the art and science of nursing, emphasizing the holistic technique to patient care that encompasses not only physical health but also psychological, social, and spiritual well-being. Nursing theories are organized Terms and descriptions, and assumptions that explain the phenomenon of nursing and provide guidance for practice. These theories are developed by nurse theorist's organization focus on their personal experiences, observations, and study to create a systematic framework that nurses can utilize to understand the complexities of patient care.

Evolution of nursing theories

The development of nursing theories can be turning to the early 20th century when nursing leaders recognized the need for a structured method to nursing practice. Pioneers such as Florence Nightingale, considered the founder of modern nursing, laid the groundwork for nursing theories by emphasizing the importance of environmental factors, hygiene, and patient observation.

Over time, nursing theorists such as Virginia Henderson, Dorothea Orem, and Hildegard Peplau further advanced the field of nursing theory by introducing models that emphasized the patient's self-care abilities, interpersonal relationships, and the nurse-patient therapeutic alliance. In the subsequent section of the 20th century, nursing theories expanded to encompass wider opinions on health, cultural diversity, and societal influences on patient care.

Role of nursing theories in practice

Nursing theories play an essential role in affecting modern nursing practice in various ways:

Providing a framework for care: Nursing theories provide a structured framework that guides nurses in assessing patient needs, planning interventions, and evaluating patient outcomes.

Evidence-based practice: Nursing theories are aligned with evidence-based practice, developing the use of the latest research and best practices to deliver optimal care.

Enhancing significant thinking: Nurses who understand nursing theories can apply significant thinking abilities to complex patient situations, creating informed decisions and improving patient outcomes.

Improving communication: Nursing theories promote effective communication between nurses, healthcare professionals, and patients, fostering a collaborative and patient-centered care technique.

Shaping nursing education: Nursing theories serve as a foundation for nursing education, providing a comprehensive understanding of the nursing profession to aspiring nurses.

Challenges and evaluations of nursing theories

While nursing theories provide valuable insights into patient care, they also face some challenges and evaluations:

Overabundance of theories: The transparent number of nursing theories can be overwhelming for nurses, creating it challenging to select and apply the most appropriate theory in various care settings.

Lack of consensus: Some nursing theories may have overlapped or conflicting ideas, leading to a lack of consensus on certain aspects of patient care.

Limited cultural relevance: Some nursing theories may not fully address the diverse cultural backgrounds and patients' opinions, resulting in potential disparities in care for regionally diverse populations.

Components of nursing theories

Nursing theories typically consist of several important components:

Concepts: Concepts are the developing components of nursing theories, representing ideas, thoughts, and phenomena relevant to nursing practice. Examples of nursing concepts include health, environment, nursing process, adaptation, and caring.

Assumptions: Assumptions are underlying concepts or opinions that form the basis of a nursing theory. These assumptions shape how nurses observe the patient care and guide their decision-making processes.

Relationships and interactions: Nursing theories frequently describe the relationships and interactions between patients, nurses, and the healthcare environment. They highlight the importance of communication, trust, and mutual understanding in achieving positive patient outcomes.

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