



## Nursing Theories: Understanding the Fundamentals of Nursing Practice

Janwei Wang\*

Department of Medical Sciences & Peking Union Medical College, Beijing 100730, China

\*Corresponding author: Janwei Wang, Department of Medical Sciences & Peking Union Medical College, Beijing 100730, China; E-mail: wangjw2@163.com

Received date: 16 February, 2023, Manuscript No. JNPC-23-96095;

Editor assigned date: 20 February, 2023, PreQC No. JNPC-23-96095 (PQ);

Reviewed date: 10 March, 2023, QC No. JNPC-23-96095;

Revised date: 17 April, 2022, Manuscript No. JNPC-23-96095 (R);

Published date: 24 April, 2023, DOI: 10.4172/2573-4571.1000031

### Description

Nursing theories provide a framework for understanding the fundamental principles of nursing practice. They offer a way to organize knowledge and guide nursing practice, education, and research. This article will provide a comprehensive guide to nursing theories, including their history, key concepts, and current applications.

### History of nursing theories

The development of nursing theories can be traced back to the early 20th century when nursing leaders began to identify the need for a systematic approach to nursing practice. The first nursing theory, known as the "Environmental Theory," was developed by Florence Nightingale in the mid-1800s. Since then, nursing theories have evolved to include a wide range of perspectives and approaches.

### Key concepts in nursing theories

Nursing theories are based on several key concepts, including:

**Person:** The person is the central focus of nursing practice. Nursing theories emphasize the importance of understanding the unique needs and experiences of each individual.

**Environment:** The environment includes all external factors that affect the person's health and wellbeing. Nursing theories recognize the importance of the environment in shaping health outcomes.

**Health:** Health is a state of complete physical, mental, and social wellbeing. Nursing theories emphasize the importance of promoting health and preventing illness.

**Nursing:** Nursing is a profession that is focused on promoting health, preventing illness, and caring for individuals and communities. Nursing theories provide a framework for understanding the role and scope of nursing practice.

### Current applications of nursing theories

Nursing theories are used in a variety of ways in nursing practice, education, and research, including:

**Nursing practice:** Nursing theories provide a framework for assessing and meeting the unique needs of each individual patient. They guide the development of care plans and interventions that are tailored to each patient's needs.

**Nursing education:** Nursing theories are used in nursing education to help students understand the fundamental principles of nursing practice. They provide a foundation for the development of critical thinking and problem-solving skills.

**Nursing research:** Nursing theories guide nursing research by providing a framework for developing research questions and designing studies. They help researchers understand the complex relationships between the person, environment, health, and nursing.

**Nursing administration:** Nursing theories are used in nursing administration to guide the development of policies and procedures that support high-quality nursing practice. They help administrators understand the unique needs of nurses and patients and develop strategies to meet those needs.

### Conclusion

Nursing theories provide a framework for understanding the fundamental principles of nursing practice. The key concepts of person, environment, health, and nursing form the foundation of nursing theories. Nursing theories are used in nursing practice, education, research, and administration to guide the development of care plans, interventions, policies, and procedures that support high-quality nursing practice. By understanding nursing theories, healthcare professionals can provide patient-centered care and promote health and wellbeing.