

*Nursing
Theories
and
Nursing
Practice*

Marilyn Parker

Nursing Theories and Nursing Practice

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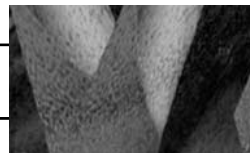
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*This book is dedicated to my mother,
Lucile Marie Parker*

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Preface/Acknowledgments



This book offers the perspective that nursing theory is essentially connected with nursing practice, research, education, and development. Nursing theories, regardless of complexity or abstraction, reflect nursing and are used by nurses to frame their thinking, action, and being in the world. As guides for nursing endeavors, nursing theories are practical in nature and facilitate communication with those being nursed as well as with colleagues, students, and persons practicing in related health and illness services. At the same time, all aspects of nursing are essential for developing and evolving nursing theory. It is hoped that these pages make clear the interrelations of nursing theory and various nursing endeavors, and that the discipline and practice of nursing will thus be advanced.

This very special book is intended to honor the work of nursing theorists and nurses who use these theories in their day-to-day nursing care, by reflecting and presenting the unique contributions of eminent nursing thinkers and doers of our lifetimes. Our foremost nursing theorists have written for this book, or their work has been described by nurses who have thorough knowledge of the work of the theorist and deep respect for the theorist as person, nurse, and scholar. Indeed, to the extent possible, contributing authors have been selected by theorists to write about their theoretical work. The pattern for each chapter was developed by each author or team of authors according to their individual thinking and writing styles, as well as the scientific perspectives of the chapter. This freedom of format has helped to encourage the latest and best thinking of contributing authors; several authors have shared the insight that in preparing a chapter for this book, their work has become more full and complete.

This book is intended to assist nursing students in undergraduate and graduate nursing programs to explore and appreciate nursing theories and their use in nursing practice. In addition and in response to calls from practicing nurses, this book is intended for use by those who desire to enrich their practice by the study of nursing theories and related illustrations of nursing practice and scholarship. The first section of the book provides an overview of nursing theory and a focus for thinking about evaluating and choosing nursing theory for use in nursing practice. An

outline at the beginning of each chapter provides a map for the chapter. Selected points are highlighted in each chapter and space for notes is provided. The book concludes with an appendix of nursing theory resources. An instructor's manual has been prepared for this book; it reflects the experiences of many who have both met the challenges and have had such a good time teaching and learning nursing theory in undergraduate and graduate nursing programs.

The design of this book highlights work of nurses who were thinking and writing about nursing up to fifty years ago or more. Building, then, as now, on the writing of Florence Nightingale, these nurse scholars have provided essential influences for the evolution of nursing theory. These influences can be seen in the theory presentations in the section of the book that includes the nursing theories that are most in use today. The last section of this book features two theorists who initially developed nursing theories at the middle range. These scholars describe processes and perspectives on theory development, giving us views of the future of nursing theory as we move into the twenty-first century. Each chapter of the book includes both descriptions of a particular theory and the use of the theory in nursing practice, research, education, administration, or governance.

For the latest and best thinking of some of nursing's finest scholars, all nurses who read and use this book will be grateful. For the continuing commitment of these scholars to our discipline and practice of nursing, we are all thankful. Continuing to learn and share what you love keeps the work and the love alive, nurtures the commitment, and offers both fun and frustration along the way. This has been illustrated in the enthusiasm for this book shared by many nursing theorists and contributing authors who have worked to create this book and by those who have added their efforts to make it live. For me, it has been a joy to renew friendships with colleagues who have joined me in preparing this book, and to find new friends and colleagues as contributing authors.

Nursing Theories and Nursing Practice has roots in a series of nursing theory conferences held in South Florida beginning in 1989 and ending when efforts to cope with the aftermath of Hurricane Andrew interrupted the energy and resources needed

for planning and offering the 5th South Florida Nursing Theory Conference. Many of the theorists in this book addressed audiences of mostly practicing nurses at these conferences. Two books stimulated by those conferences and published by the National League for Nursing are *Nursing Theories in Practice* (1990) and *Patterns of Nursing Theories in Practice* (1993). It is the intention of the contributing authors of the current edition of *Nursing Theories and Nursing Practice* to contribute some earnings from this book to future conferences about nursing theory and nursing practice.

Even deeper roots of this book are found early in my nursing career, when I seriously considered leaving nursing for the study of pharmacy, because, in my fatigue and frustration mixed with youthful hope and desire for more education, I could not answer the question "What is nursing?" and could not distinguish the work of nursing from other tasks I did everyday. Why should I continue this work? Why should I seek degrees in a field that I could not define? After reflecting on these questions and using them to examine my nursing, I could find no one who would consider the questions with me. I remember being asked "Why would you ask that question? You're a nurse; you must surely know what nursing is." Such responses, along with a drive for serious consideration of my questions, led me to the library. I clearly remember reading several descriptions of nursing that, I thought, could have just as well have been about social work or physical therapy. I then found nursing defined and explained in a book about education of practical nurses written by Dorothea Orem. During the weeks that followed, as I did my work of nursing in the hospital, I explored Orem's ideas about why people need nursing, nursing's purposes, and what nurses do. I found a fit of her ideas, as I understood them, with my practice, and learned that I could go even further to explain and design nursing according to these ways of thinking about nursing. I discovered that nursing shared some knowledge and practices with other services, such as pharmacy and medicine, and I began to distinguish nursing from these related fields of practice. I decided to stay in nursing and made plans to study and work with Dorothea Orem. In addition to learning about nursing theory and its meaning in all we do, I learned from Dorothea that nursing is a unique discipline of knowledge and professional practice. In many ways, my earliest questions about nursing have guided my subsequent study and work. Most of what I have done in nursing has been a continuation of my initial experience of the interrelations of all aspects of nursing scholarship, including the scholarship

that is nursing practice. Over the years, I have been privileged to work with many nursing scholars, some of whom are featured in this book. My love for nursing and my respect for our discipline and practice have deepened, and knowing now that these values are so often shared is a singular joy.

Many faculty colleagues and students continue to help me study nursing and have contributed to this book in ways I would never have adequate words to acknowledge. I have been fortunate to hold faculty appointments in universities where nursing theory has been honored and am especially fortunate today to be in a College of Nursing where both faculty and students ground our teaching, scholarship, and practice in nursing theory. I am grateful to my knowledgeable colleagues who reviewed and offered helpful suggestions for chapters of this book, and to those who contributed as chapter authors. It is also our good fortune that many nursing theorists and other nursing scholars live in or willingly visit our lovely state of Florida.

During the last year of our work on this book, nursing lost three of the theorists acclaimed in this book as essential influences on the evolution of nursing theory. Ernestine Wiedenbach died in the spring of 1998. As this book was being prepared for production, word came of the death of Dorothy Johnson. Hildegard Peplau died in March of 1999. Typical of their commitments to nursing, both Dorothy Johnson and Hildegard Peplau had told me of their interests in this project, had advised me on the authors they would like to have prepare the chapters on their contributions, and had asked to be given updates on our progress.

Perhaps we should expect that a work of love and commitment, such as this book, and the contributors who have devoted so much to it, would be affected by major life events taking place during its development. In addition to the recent loss of three of our nursing theorists and mentors, several of us have experienced more personal life transitions and major losses during preparation of this work. Illnesses and deaths of spouses and parents have touched us in profound ways. There can be no doubt that our experiences of transition are reflected within the pages of this book. I am grateful for the tender sharing and deep understanding of author colleagues in so many lovely and loving ways. I have written the dedication of this book for my mother and hope this extends to other loved ones we may choose to remember in this way.

This book began during a visit with Joanne Da-Cunha, an expert nurse and editor for F. A. Davis Company, who has seen it to publication with what I believe is her love of nursing. I am grateful for her

wisdom, kindness, and understanding of nursing. Peg Waltner's respect for the purposes of this book and for the special contributions of the authors has been matched only by her fine attention to detail. Without the reliable and expert assistance of Marguerite Purnell, this manuscript might still be on my dining room table. I thank my husband, Terry Wor-

den, for his abiding love and for always being willing to help, and my niece, Cherie Parker, who, as a nursing graduate student, represents many nurses who inspire the work of this book.

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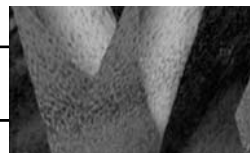
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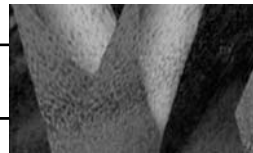
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Overview of Contents



SECTION I

Perspectives on Nursing Theory

An introduction to nursing theory includes: definitions of nursing theory, nursing theory and nursing knowledge, types of nursing theory, and nursing's need for theory. Choosing, analyzing, and evaluating nursing theory focuses on questions from practicing nurses about studying and using nursing theory, a guide for choosing a theory to study, and several frameworks for theory analysis and evaluation. A guide for the study of nursing theory for use in nursing practice is presented, along with questions for selecting theory for use in nursing administration.

SECTION II

Evolution of Nursing Theory: Essential Influences

This section opens with a chapter on Florence Nightingale and a description of her profound influence on the discipline and practice of nursing. Subsequent chapters present major nursing theories that have both reflected and influenced nursing practice, education, research, and ongoing theory development in nursing during the last half of the twentieth century.

SECTION III

Nursing Theory in Nursing Practice, Education, Research, Administration, and Governance

The major nursing theories in use at the end of the twentieth century are presented in this section. Most chapters about particular nursing theories are written by the theorists themselves. Some chapters are written by nurses with advanced knowledge about particular nursing theories; these authors have been acknowledged by specific theorists as experts in presenting their work. Each chapter also includes a section illustrating the use of the theory in nursing practice, research, education, administration, or governance.

SECTION IV

Nursing Theory: Illustrating Processes of Development

Two nursing theorists' unique processes of developing nursing theory are presented in this section. Each theorist has written about research and development of middle-range theory as well as about further exploration of theory in the contexts of programs of research and theory development. The political and economic dimensions of one of the theories in contemporary nursing practice is illustrated.

APPENDIX

Evaluating Nursing Theory Resources

SUBJECT INDEX

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Contents

SECTION I

PERSPECTIVES ON NURSING THEORY

1. Introduction to Nursing Theory 00
2. Studying Nursing Theory: Choosing, Analyzing, Evaluating 00
3. Guides for Study of Theories for Practice and Administration 00

SECTION II

EVOLUTION OF NURSING THEORY: ESSENTIAL INFLUENCES

4. Florence Nightingale 00
Caring Actualized: A Legacy for Nursing
Lynne Hektor Dunphy
5. Hildegard E. Peplau 00
The Process of Practice-based Theory Development
Ann R. Peden
6. Ernestine Wiedenbach 00
Clinical Nursing: A Helping Art
Theresa Gesse and Marcia Dombro
7. Dorothy Johnson 00
Behavioral System Model for Nursing
Bonnie Holaday
8. Myra Levine 00
Conservation Model: A Model for the Future
Karen Moore Schaefer
9. Ida Jean Orlando (Pelletier) 00
The Dynamic Nurse-Patient Relationship
Maude R. Rittman
10. Lydia Hall 00
The Care, Core, and Cure Model
Theris A. Touhy and Nettie Birnbach
11. Virginia Avenel Henderson 00
Shirley Countryman Gordon
12. Josephine Paterson and Loretta Zderad 00
Humanistic Nursing Theory with Clinical Applications
Susan Kleiman

SECTION III**NURSING THEORY IN NURSING PRACTICE, EDUCATION,
RESEARCH, AND ADMINISTRATION**

13. *Part 1.* Dorothea E. Orem The Self-Care Deficit Nursing Theory **00**
Dorothea E. Orem
13. *Part 2.* Self-Care Deficit Nursing Theory: Directions for
Advancing Nursing Science and Professional Practice **00**
Marjorie A. Isenberg
14. *Part 1.* Martha E. Rogers Science of Unitary Human Beings **00**
Violet M. Malinski
14. *Part 2.* Nursing Science in the New Millennium: Practice and Research
within Rogers' Science of Unitary Human Beings **00**
Howard K. Butcher
15. *Part 1.* Rosemarie Rizzo Parse The Human Becoming School of Thought **00**
Rosemarie Rizzo Parse
15. *Part 2.* The Human Becoming Theory in Practice, Research, Administration,
Regulation, and Education **00**
William K. Cody
Gail J. Mitchell
Sandra Schmidt Bunkers
16. Margaret A. Newman Health as Expanding Consciousness **00**
Margaret Dexheimer Pharris
17. *Part 1.* Imogene King Theory of Goal Attainment **00**
Imogene King
17. *Part 2.* Application of King's Work to Nursing Practice **00**
Christina Leibold Sieloff
Maureen Frey
Mary Killeen
18. Sister Callista Roy The Roy Adaptation Model **00**
Sister Callista Roy and Lin Zhan
19. Betty Neuman The Neuman Systems Model and Global Applications **00**
Patricia D. Aylward
20. *Part 1.* Jean Watson Theory of Human Caring **00**
Jean Watson
20. *Part 2.* Caring for the Human Spirit in the Workplace **00**
Ruth M. Neil
21. *Part 1.* Madeleine M. Leininger Theory of Culture Care Diversity
and Universality **00**
Madeleine M. Leininger
21. *Part 2.* The Ethnonursing Research Method and the Culture Care Theory:
Implications for Clinical Nursing Practice **00**
Marilyn R. McFarland

22. *Part 1.* Anne Boykin and Savina O. Schoenhofer Nursing as Caring 00

Anne Boykin

Savina O. Schoenhofer

22. *Part 2.* The Lived Experience of Nursing as Caring 00

Danielle Linden

SECTION IV

NURSING THEORY: ILLUSTRATING PROCESSES OF DEVELOPMENT

23. Kristen M. Swanson A Program of Research on Caring 00

Kristen M. Swanson

24. *Part 1.* Marilyn Anne Ray The Theory of Bureaucratic Caring 00

Marilyn Anne Ray

24. *Part 2.* Applicability of Bureaucratic Caring Theory to Contemporary Nursing
Practice: The Political and Economic Dimensions 00

Marian C. Turkel

APPENDIX

Evaluating Nursing Theory Resources 00

Marguerite J. Purnell

SUBJECT INDEX

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Section I

Perspectives on Nursing Theory



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