

# *Nursing Theories & Nursing Practice*

SECOND EDITION



Marilyn E. Parker

*Nursing  
Theories  
and Nursing  
Practice*



# *Nursing Theories and Nursing Practice*

SECOND EDITION

**Marilyn E. Parker,  
PhD, RN, FAAN**

Quantum Foundation Center for Innovation in School  
and Community Well-Being  
Christine E. Lynn College of Nursing  
Florida Atlantic University  
Boca Raton, Florida



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# Preface to the Second Edition

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 theorist's work and who have a 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, master's, and doctoral nursing programs to explore and appreciate nursing theories and their use in nursing practice and scholarship. 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. An instructor's manual has been prepared for this book; it reflects the experiences of many who have both met the challenges and who 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 50 years ago or more. Building then, as now, on the writings 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 theorists who initially developed nursing theories at the middle range, a conceptual model for nursing practice in community, and an emerging theory of technology in nursing. These contributing authors describe development processes and perspectives on their work, giving us a variety of views for the future 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, and administration.

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*, now in the second edition, 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 Fifth 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).

For me, even deeper roots of this book are found early in my nursing career, when I seriously considered leaving nursing for the study of pharmacy. 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 every day. 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 I 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 faculty and students often 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 I am grateful 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 preparation of the first edition of 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 the 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; they advised me on the authors they would like to have prepare the chapters on their theories and had asked to be given updates on our progress.

This book began during a visit with Joanne DaCunha, 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. Caryn Abramowitz'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. Marguerite Purnell assisted with the first edition of this book, and Judy Czernda, a current doctoral student, has provided invaluable help with aspects of the second edition. I thank my husband, Terry Worden, for his abiding love and for always being willing to help, and my niece, Cherie Parker, who represents many nurses who inspire the work of this book.

**Marilyn E. Parker**  
West Palm Beach, Florida



# Nursing Theorists

**Charlotte D. Barry, RN, PhD**

Associate Professor  
Christine E. Lynn College of Nursing  
Florida Atlantic University  
Boca Raton, Florida

**Anne Boykin, RN, PhD**

Dean and Professor  
Christine E. Lynn College of Nursing  
Florida Atlantic University  
Boca Raton, Florida

**Lydia Hall†****Virginia Henderson†****Dorothy Johnson\*†****Imogene King\***

Professor Emeritus  
College of Nursing  
University of South Florida  
Tampa, Florida

**Madeleine Leininger\*, RN, PhD, CTN, FAAN**

Professor Emeritus  
College of Nursing  
Wayne State University  
Detroit, Michigan

**Myra Levine†****Rozzano Locsin, RN, PhD**

Professor  
Christine E. Lynn College of Nursing  
Florida Atlantic University  
Boca Raton, Florida

**Betty Neuman, RN, PhD, PLC, FAAN**

Beverly, Ohio

**Margaret Newman\***

St. Paul, Minnesota

**Florence Nightingale†****Dorothea E. Orem**

Orem & Shields, Inc.  
Savannah, Georgia

**Ida Jean Orlando (Pelletier)\***

Belmont, Massachusetts

**Josephine Paterson\*****Rosemarie Rizzo Parse, RN, PhD, FAAN**

Founder and Editor, *Nursing Science Quarterly*  
Professor and Niehoff Chair  
Loyola University  
Chicago, Illinois

**Hildegard Peplau†****Marilyn E. Parker, RN, PhD, FAAN**

Professor  
Christine E. Lynn College of Nursing  
Florida Atlantic University  
Boca Raton, Florida

**Marilyn Anne Ray, RN, PhD, CTN, CNAA**

Professor  
Christine E. Lynn College of Nursing  
Florida Atlantic University  
Boca Raton, Florida

**Martha Rogers†****Sister Callista Roy, RN, PhD, FAAN**

Professor of Nursing  
Boston College  
Boston, Massachusetts

**Savina Schoenhofer, RN, PhD**

Professor of Nursing  
Alcorn State University  
Natchez, Mississippi

**Kristen Swanson, RN, PhD, FAAN**

Professor  
School of Nursing  
University of Washington  
Seattle, Washington

**Jean Watson, PhD, RN, AHN-BC, FAAN**

Distinguished Professor  
Founder, Center for Human Caring  
School of Nursing

University of Colorado Health Science Center  
Denver, Colorado

**Ernestine Wiedenbach†****Loretta Zderad\***

†Deceased

\*Retired

# Contributing Authors



**Patricia D. Aylward, RN, MSN**  
Manager, Training and Staff  
Development  
Hospice of North Central Florida  
Gainesville, Florida



**Sandra Schmidt Bunkers, RN,  
PhD, FAAN**  
Professor of Nursing  
South Dakota State University  
Brookings, South Dakota



**Nettie Birnbach, RN, EdD,  
FAAN**  
Professor Emeritus  
College of Nursing  
State University of New York at  
Brooklyn  
Brooklyn, New York



**Debra A. Bournes, RN, PhD**  
Director of Nursing—New  
Knowledge and Innovation  
University Health Network  
Assistant Professor  
University of Toronto  
Toronto, Ontario, Canada



**Howard Butcher, RN, PhD,  
APRN, BC**  
Assistant Professor  
College of Nursing  
University of Iowa  
Iowa City, Iowa



**Marcia Dombro, RN, EdD**  
Chairperson, Continuing  
Professional/Community  
Education Alliance  
Miami-Dade Community  
College  
Miami, Florida



**Lynne M. Hektor Dunphy, RN,  
PhD, FNP, CS**  
Professor  
Christine E. Lynn College of  
Nursing  
Florida Atlantic University  
Boca Raton, Florida



**Maureen Frey, RN, PhD**  
Nurse Researcher  
Children's Hospital of Michigan  
Detroit, Michigan



**Theresa Gesse, RN, PhD**  
Professor  
Founder and Director, Nurse  
Midwifery Program  
School of Nursing  
University of Miami  
Miami, Florida



**Shirley Countryman Gordon,  
RN, PhD**  
Associate Professor  
Christine E. Lynn College of  
Nursing  
Florida Atlantic University  
Boca Raton, Florida



**Bonnie Holaday, RN, DNS,  
FAAN**

Professor of Nursing and in  
Institute of Family and  
Neighborhood Life  
Clemson University  
Clemson, South Carolina



**Marjorie Isenberg, RN, DNS,  
FAAN**

Dean and Professor  
College of Nursing  
University of Arizona  
Tuscon, Arizona



**Mary Killeen, RN, PhD**

Associate Professor  
Department of Nursing  
University of Michigan-Flint  
Flint, Michigan



**Susan Kleiman, PhD, RN, CS,  
NPP**

Assistant Professor of Nursing  
Lehman College  
City University of New York  
New York, New York



**Danielle Linden, RN, MSN**

Advanced Practice Nurse  
Deerfield Beach, Florida



**Violet Malinski, RN, PhD**

Associate Professor  
Hunter-Bellevue School of Nursing  
City University of New York  
New York, New York



**Marilyn R. McFarland, RN, PhD**

Adjunct Faculty  
College of Nursing and Allied  
Health  
Saginaw Valley State University  
University Center, Michigan



**Gail J. Mitchell, RN, PhD**

Chief Nursing Officer  
Sunnybrook Health Science Centre  
Toronto, Ontario, Canada



**Ann R. Peden, RN, DSN**

Associate Professor  
College of Nursing  
University of Kentucky  
Lexington, Kentucky



**Margaret Dexheimer Pharris,  
RN, FAAN, PhD**

Faculty, Adolescent Teaching  
Project  
Assistant Director Sexual Assault  
Resource Service  
School of Nursing  
University of Minnesota  
Minneapolis, Minnesota



**Marguerite J. Purnell, PhD**

Assistant Professor  
Christine E. Lynn College of  
Nursing  
Florida Atlantic University  
Boca Raton, Florida



**Maude Rittman, RN, PhD**

Associate Chief of Nursing Service  
for Research  
Gainesville Veteran's  
Administration Medical Center  
Gainesville, Florida



**Karen Moore Schaeffer, RN,  
DNSc**

Professor of Nursing  
Temple University  
College of Health Professions  
Philadelphia, Pennsylvania



**Christina Leibold Sieloff, RN,  
PhD**

Assistant Professor  
School of Nursing  
Oakland University  
Rochester, Michigan



**Theris A. Touhy, RN, ND,  
APRN, BC**

Associate Professor  
Christine E. Lynn College of  
Nursing  
Florida Atlantic University  
Boca Raton, Florida



**Terri Kaye Woodward, MSN**

Holistic Clinical Nurse Specialist  
The Children's Hospital  
Denver, Colorado



**Marian C. Turkel, RN, PhD**

Director of Professional Practice  
and Development  
Northwestern Memorial Hospital  
Faculty  
University of Illinois at Chicago  
College of Nursing  
Chicago, Illinois



**Lin Zhan, RN, PhD, FAAN**

Professor and Director of the  
Nursing PhD Program  
University of Massachusetts;  
Lowell School of Health and  
Environment  
Department of Nursing  
Lowell, Massachusetts



# Consultants

**Catherine A. Andrews, PhD, RN**

Assistant Professor  
Edgewood College  
Madison, Wisconsin

**Sandy Forrest, PhD, RN**

Department Chair and Professor  
Mesa State College  
Grand Junction, Colorado

**Diana M.L. Newman, EdD, RN**

Associate Professor  
The University of Massachusetts Boston  
Boston, Massachusetts

**Martha Rogers, RN, MScN, EdD**

Associate Professor and Associate Dean  
York University  
Toronto, Ontario, Canada



# 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 and a chapter for evaluating nursing theory resources.

## 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 and into the new century.

## SECTION III

### **Nursing Theory in Nursing Practice, Education, Research, and Administration**

The major nursing theories in use today in the beginning of the twenty-first 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 illustrations of the use of the theory in nursing practice, research, education, or administration.

## SECTION IV

### **Nursing Theory: Illustrating Processes of Development**

This section includes four quite different chapters on processes and products of thinking about nursing theory and nursing practice. Each author writes about research and development of middle-range or nursing practice theory and about exploration of theory in the personal and professional contexts. The political and economic dimensions of one of the theories in contemporary nursing practice is illustrated.

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# SECTION I

## **Perspectives on Nursing Theory**

