

Non Nursing Theories Used in Nursing

Theories are used in all aspects of nursing, from research to teaching nurse students. But not all nursing theories are created equal.

Some non nursing theories that are often used in nursing include Adaptation Theory, Bowen's Family Therapy, Maslow's Hierarchy of Needs, and [PCN 150 Topic 3 Topic Selection](#) Watson's Theory of Human Caring. These theories help nurses better understand their patients and provide quality care.

Environmental Theory

The environmental theory was developed by Florence Nightingale. Her experiences in the Crimean War prompted her to spearhead this nursing concept. It posits that patients who are placed in clean environments recover faster than those living in unhygienic conditions. Nurses can use this theory to ensure that patients receive appropriate care and hygiene.

Nightingale argued that a series of factors within the environment will either enable or hinder a patient's health. These include clean water, pure air, efficient drainage, and cleanliness. Her research on soldiers in the Crimean War shows that maintaining a clean [NR 324 Nutrition Vitamins water and minerals](#) reduced the number of casualties.

However, Nightingale did not explain the cause of disease and did not promote the use of medical technology. This is a weakness of her theory, which may not be suitable for current infection control practices. However, her model facilitated disease prevention, which is a crucial part of the nursing profession today. She also advocated for the role of women in society, which was not popular in Britain at the time.

Maslow's Hierarchy of Needs

The Maslow's hierarchy of needs is a five-tier model that describes human motivation. It includes physiological needs, safety needs, love and belonging, esteem, and self-actualization. Nurses can use this theory to understand patients' needs and encourage their progress.

The first tier is physiological, which covers basic survival requirements like food and shelter. Nurses must ensure that their patients' physiological needs are met before moving on to the next level. For example, a patient with high blood pressure and labored breathing might [HCS 341 Week 3 Impact of Government Regulations on HR Management](#) to relieve their pain before nurses can start treating them.

The second tier is safety, which encompasses physical and psychological security. This can be achieved by providing nurses with proper medical equipment and training. The third tier is love and belonging, which can be satisfied by a sense of community and social support. This can be achieved by promoting positive workplace relationships, or through family visits and therapy sessions. The final tier is self-actualization, which involves reaching one's full potential at work.

Theory of Human Caring

Watson's Theory of Human Caring is a nursing theory that emphasizes the importance of caring for patients and their families. When nurses incorporate this theory in their practice, they can improve nurse and patient outcomes. The theory is also useful in promoting interprofessional collaborations.

The theory focuses on a person's total experience of the world, which is based on five dimensions that are important to health and wellness: [PSYC FPX4300 Assessment 3 I've Got You Pegged \(Treatment Plan\)](#), psychological, sociocultural, developmental and spiritual. It also considers the influence of environment on an individual's experience of a caring occasion.

Using the theory of human caring can help nurses find meaning in their jobs, which are often reduced to filling out forms and passing medicine, says Anne Foss-Durant, RN, MBA, chief nurse officer at Kaiser Permanente Antioch Medical Center. She explains that the caring [NURS FPX 6614 Assessment 2 Enhancing Performance as Collaborators in Care Presentation](#) reminds nurses why they chose this profession and helps them to see patients as people instead of numbers. It can also guide the nurses in their choice of clinical practices and provide a framework for decision-making.

Theory of Human Needs

The nursing profession has a lot of responsibility to society. It requires specialized medical knowledge and positive attitudes from nurses to ensure the best care for patients. The development of nursing theory is important to connect the gap between research, [non nursing theories used in nursing](#) and education.

Theories focus on different aspects of the human experience and may have a wide range of applications in any number of fields. Nursing is no exception to this and has a variety of theories to choose from.

Nursing theories are based on the concept that human beings have a certain hierarchy of basic needs. These must be met in order to move on to higher levels of needs. For example, a person must meet their physiologic needs (such as oxygen and food) before they [PCN 404 Topic 3 Knowing Clients Rights](#) work on meeting their social and safety needs. Clayton Alderfer's ERG theory uses this basic idea to create a more holistic approach to human needs, with three levels instead of five.