


Slide 1



Theories and Models of Nursing

Chapter Four

Catherine Hrycyk, MScN  
Nursing 50

---

---

---

---


---

---

---

---

Slide 2



Topics for today:

- Differences between theory & model
- Common concepts to nursing models
- General systems theory
- Orem's self-care model

---

---

---

---


---

---

---

---

Slide 3



Differences Between Theory and Model

- Theory:  
a speculative statement involving some element of reality that has not been proven
- Nursing theory:  
explains apparent relationships b/w observed behaviors & effect on client's health
- Goal of theory:  
describe & explain a particular nursing action in order to make a hypothesis (or predict its outcome)

---

---

---

---


---

---

---


---

## Slide 4



### Differences Between Theory and Model

- **Model:**  
hypothetical representation of something that exists in reality
- **Purpose of a model:**  
to attempt to explain a complex reality in a systematic and organized manner



---

---

---

---


---

---

---

---


## Slide 5



### Concepts Common to Nursing Models

Four key concepts common to all

1. **Patient (client)**
  - a small group or a large collective of individuals (community)
  - complex entities affected by factors as mind, body and environment
  - need not have an illness



---

---

---

---


---

---

---


---

## Slide 6



### Concepts Common to Nursing Models

2. **Health**
  - not an absence of disease, but seen as a continuum (moving depending on circumstances and health status)
  - perception of health* varies radically depending on age & culture
  - health includes:
    - \*cultural perception
    - \*historical perception
    - \*continuum of range of health states



---

---

---

---


---

---

---

---


## Slide 7



### Concepts Common to Nursing Models

3. Environment

- includes 'simple' physical environs to 'larger picture' (public sanitation, air & water quality)
- also, interpersonal & social interactions
- also, 'internal environs'



---

---

---

---

---

---


---

---

---

---


## Slide 8



### Concepts Common to Nursing Models

4. Nursing

- delineates the function and role that nurses have in their relationship with clients
- historically, nursing provided all basic care, psychological support and relief of discomfort. It is different now



---

---

---

---

---

---


---

---

---

---

## Slide 9



### General Systems Theory

- System acts as a whole because of the interdependence of its parts
- When a part fails, the whole system suffers (Example- 9/11: economic system failure with repercussions to airline, hotels, home buying)
- Elements of many nursing models are found in general systems theory
- Parts have common function: make system work well to achieve its overall purpose

---

---

---

---

---

---


---

---

---

---

Slide 10



### General Systems Theory

Key Parts of Systems Theory

1. System:

- **Open**: relatively free movement of info, matter, and energy into & out of the system  
: most living organisms are 'open'
- **Closed**: prevents any movement into & out of the system.  
: totally static and unchanging  
: rocks!

---

---

---

---


---

---

---

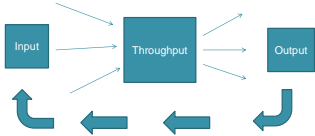
---

Slide 11



### General Systems Theory

Open system:



---

---

---

---


---

---

---

---

Slide 12



### General Systems Theory

2. Input and Output:

- **Input**: any type of info, energy or material that enters the system from the environment through its boundaries. Human input?
- **Output**: any info, energy or material that leaves the system and enters the environment through its boundaries. Human output?
- **End product**: a type of output that is not reusable as input

---

---

---

---


---

---

---

---

Slide 13



### General Systems Theory

3. Throughput:  
-a process that allows the input to be changed so that it is useful to the system (example in text- gas in car is changed to a useful form of energy. Similarly, food to a human)

4. Feedback Loop:  
-allows the system to monitor internal functioning so it can ↑ or ↓ the input or output and maintain the highest level of functioning ('quality control')

---

---

---

---

---

---


---

---

---

---

Slide 14



### General Systems Theory

Feedback Loop:

-**Positive Feedback**: leads to change within the system, with the goal of improving the system (positive comments to students)

-**Negative Feedback**: maintains stability, therefore does not produce change. *Only* good if system is at peak level of functioning. (athlete trying to 'maintain')

---

---

---

---

---

---


---

---

---

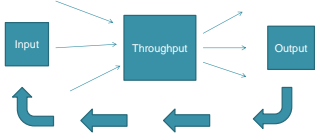
---

Slide 15



### General Systems Theory

Open system:



---

---

---

---

---

---


---

---

---

---

Slide 16



### Nursing Theories/ Models

- Help describe, explain, predict and control nursing activities to achieve the goals of client care
- By using theories, nurses will be better able to use theoretical info in their practice to provide new ways of approaching nursing care and improving practice!
- Many nursing theories and theorists. We will focus on Orem's Self-Care Model only, as it is what we follow here at De Anza. (Cheer here!)

---

---

---

---

---

---

---

---

---

---

Slide 17



### Orem's Self-Care Model

- Aimed at helping *clients* direct and carry out activities that either help maintain or improve their health
- *Health is the responsibility of each individual!*



---

---

---

---

---

---


---

---

---

---

Slide 18



### Orem's Self-Care Model

- Client:
  - the biologic, psychological and social being with the capacity for self-care
  - 'self-care': practice of activities that individuals initiate and perform on their own behalf to maintain life, health and well-being
- Health:
  - the person's ability to live fully within a particular physical, biologic and social environment, achieving a higher level of functioning
  - 'healthy': living life to the fullest with the capacity to maintain life through self-care

---

---

---

---

---

---


---

---

---

---

Slide 19



### Orem's Self-Care Model

- Environment:
  - the medium through which clients move as they conduct their daily activities
  - generally viewed as a negative factor on a person's health status because they may detract from the ability to provide self-care
- Nursing:
  - goal- help client conduct self-care activities in order to reach *optimum level of functioning*
  - methods: *wholly compensatory -ICU*  
*partially compensatory- post op*  
*supportive/ educative- new dx*

---

---

---

---


---

---

---


---

Slide 20



See you next class.....

Please do your readings & bring thoughtful questions!



---

---

---

---

---

---

---

---