Imogene King's Theory

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Over time, the nursing profession has evolved impressively; this transition resulted in the development of several nursing theories. Nursing theories deliver the foundation of nursing practice, particularly assessment, intervention, and evaluation. Besides, these theories also offer a framework for producing new ideas. Imogene King, a well-known nursing theorist, earned her nursing diploma in 1945 from St. John’s Hospital School of Nursing and her Bachelor of Science in Nursing from St. Louis University in 1948 and later went for Masters in 1957. She further went for her doctoral degree in 1961. In the mid-1960s, she emphasized the need for the use of nursing knowledge base alongside focus and organization. Besides, she also proposed that nursing knowledge stemmed from the systematic use of knowledge coupled with the validation pertaining to different nursing situations. This paper seeks to explore King’s Conceptual System Theory and its practical relevance.

#  King’s Conceptual System Theory

Critical thinking knowledge helps in decision making in professional nursing practice. A conceptual system for nursing was proposed by King in 1971; it spins around all the concepts that King deemed significant to the nursing discipline. All these concepts were the outcome of extensive research coupled with inductive and deductive reasoning and critical thinking. King’s Conceptual System Theory comprises all the nursing concepts that are considered universal to the nursing field. All the concepts were organized around the personal, group, and larger social systems. The primary concepts of functions identified are communication, status, role, social organization, and energy. King based his theory on the idea that human beings are the key subject in nursing. Nursing aims at health promotion, maintenance, and care of patients. King's ideas were composed by Hood as “nursing’s domain involves human beings, families, and communities as a framework within which nurses make transactions in multiple environments with health as a goal” (Hood, 2013). King stresses that the link between health and interaction is behavior or human acts; nurses must possess skills and knowledge to interpret behavior to help patients cope with illness and enhance their well-being. King's conceptual system and goal attainment theory signify theoretical structures for nursing practice.

## King’s Three Systems

Three systems comprise social, interpersonal and personal systems. According to the personal system, every person is a different system that interacts with its environment; patients, friends and family, and other healthcare professionals are some examples of personal systems. Connections among these personal systems are a key emphasis of King’s Conceptual System Theory. The notions like self, insight, Development, and growth, Body appearance, Knowledge, Individual space, Coping, and time helps in understanding the individual as personal systems. Second is the interpersonal system that is created as an outcome of connections among two or persons. The level of complexity upsurges with the upsurge in the numeral of persons. The nursing process, rendering to King's theory, involves interface between the interactive systems among patient and nurse. The following notions are precarious to accepting interpersonal systems, role, stress, stressors, communication, interaction, and operation. The social systems; it is collection of large sets having mutual goals and benefits. A social system is a systematized scheme that aims at regulating the rules and practices and maintaining standards. Instances of social organizations are workplaces, spiritual administrations, and healthcare settings, etc. Authority, organization, status, power, and decision making are a few concepts that help in understanding social systems.

## Goal Attainment

Rendering to the model of Goal Attainment, healthcare is a process of social collaboration. All three systems impact goal attainment in nursing; patients and nurses form an interpersonal system. The model of goal attainment is grounded on the concepts from the social system, personal and interpersonal system (King, 1992). All three sets of systems interact to attain the goals of patients for getting healthy. The goal in the field of health care is to enhance the well-being of patients; the goal theory identifies a nursing process that is more effective in working with a patient to attain the health goals. According to King, when the transaction is made between patients and nurses, communication, interaction, and perception play an important role. Goals are attained when transactions are made.

## Clinical Quality Problem

A medical quality delinquency is any difficulty that affects patient security and healthcare and hinders nurses’ ability to enhance patient care. Some of these issues can be patient discharge delays, preventable medical errors, and communication breakdowns, etc. King’s Theoretical System Theory and goal attainment model allows for maintaining the standard quality care for the patient based on adequate knowledge about the patient and better patient-nurse relationships, the absolute requirements of health care (Adib-Hajbaghery & Tahmouresi, 2018). A better relationship allows the nurses to comprehend patient situations, improve the quality of care and the individual's life. Besides, King’s model is founded on common insights of patients and nurses and enables individual- and family-associated care. Thus, all the parties linked with one goal of enhanced healthcare of an individual assures quality care. Application of King’s theory results in better global communication among nurses and their interdisciplinary teams; it helps identify any communication barriers and issues.

## Apply this model to a potential practice quality development advantage within your medical practice

King's concept helps nurses to improve the initiative of medical practices generally. An example of the application of this theory in my clinical practice to a quality development advantage within my medical practice. This model can be effectively functional in the situation of an individual who has just experienced cholecystectomy operation. Being her nurse, I can ask her him several questions pertaining to the risk factors associated with his condition so as to determine if he is well aware of his condition and to what extent he is dependent on me for recovery. This theory will help me better understand my patient, his perceptions, eventually leading to better communication and quality care of him. Several health-related risk factors, in this case, can be prevented this way. Applying King's theory to nursing practice will overall improve initiatives in clinical nursing practice, certainly.

## Aligning Outcomes with Model

Quality committee members are responsible for meeting regularly and keeping up with the path adopted to ensure quality patient care. Any disagreements, in this case, must be brought to the table to discussions and must not alter radically unless there is a dire need to meet patient’s needs and attain desired outcomes. If any of the members are not present in the quality committee, the necessary information must be communicated to them. In addition, input from all the members who might not be on the board but only in the case must be obtained from their assessments review. Based on this review, changes can be made to the patient care goals.

##  Additional Theory

Peplau published her Theory of Interpersonal Relations in 1952; his theory also highlights the need for a better patient-nurse relationship that could aid a working patient care plan in addition to King's theory (“Peplau’s Theory of Interpersonal Relations,” n.d.). King’s theory guides nurses in building healthier relationships. The same way, Peplau’s model is grounded in psychiatric healthcare; health care goals can be attained when patients share expectations, ask questions, and seeks help from nurses. In my opinion, this theory drives from what makes the nursing profession cherished.

# References

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