Betty Neuman Systems Model

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**Target population**

The target population in the application of the model is “patients with multiple sclerosis”. It is highlighted that multiple sclerosis is an autonomous disease of the central nervous system. This disease is characterized by axonal loss, brain inflammation, and demyelination. It is the second major cause of neurological disability. One of the critical points is, there is no actual cure for this disease. Although there are no clinical treatments associated with this disease, still there are other medical theories and models that can be used to treat or at least overcome this disease (Ahmadi and Sadeghi 2017).

**Use of Betty Neuman Systems Model**

The Neuman System model is one of the approaches that can be used to deal with the underlying issue. Neuman defines both internal and external influences that can cast an impact on the client(Smith and Parker 2015). Neuman believes that nursing is concerned with the internal and external environment. The same approach is used in this practice, where this model is used for the identification of stressors and then these stressors will be mitigated. Neuman stressors are used to identify the stressors in the clients and how caregivers can use this model in the different areas related to client that are under study. The model is used to make the client eligible for responding to the stressors so that patient can be encouraged to encounter with the stressors and get relief (Smith and Parker 2015)

**Outcomes**

The nursing outcomes would be defined in the stance of maintaining high energy levels. Also nursing outcome will be defined in terms of how patients respond to the stressors and how they are reacting towards the stress-causing agents. The measure of changes that are observed in the lifestyle of the patient such as diet plan and how the patient is addressing the physical activities are all defined in terms of the nursing interventions (Ahmadi and Sadeghi 2017). The ability of the patient to attend visual examination is also important.

References

Ahmadi, Zakieh, and Tabandeh Sadeghi. 2017. “Application of the Betty Neuman Systems Model in the Nursing Care of Patients/Clients with Multiple Sclerosis.” *Multiple Sclerosis Journal–Experimental, Translational and Clinical* 3(3): 2055217317726798.

Smith, Marlaine C., and Marilyn E. Parker. 2015. *Nursing Theories and Nursing Practice*. FA Davis.