Henderson’s Nursing Theory

Name

Institution:

The process of recuperation of a patient with a broken leg is the best example of the application of Henderson’s theory. During the process of recovery, it would be wise to allow the patient to practice walking and standing on his own without assistance. Through this, a patient gets to learn how to stand alone. They also balance themselves without having to lean on anything. This is a first step to recovery through physiotherapy (Raingruber, 2016).

As a nurse, I will give the patient instructions on what he or she to know what they have to do to achieve their health goals. The moment a patient engages in the exercise, they will be able to understand needs and feel how effective the process is to their well-being. Allowing the patient to go it alone will help in ensuring the ability of an individual is identified, and they are capable of meeting their own needs without assistance. The entire process will take into consideration the strength of a patient and their will to get better (Masters, 2014).

During the recovery process, I will ensure the patient is provided with appropriate medication that helps with the recovery process. Administering medication and ensuring the patient takes his dosages as were prescribed by the physician is also essential in this case as it is part of the recovery process (Kimuyu, 2018). It will also be to observe the kind of meals the patient takes since if it is a recovery from a broken leg, the patient will have to take a lot of calcium-rich meals.

Making the patient, the patient know that his or her actions during the recovery process will give the desired result. Patients, therefore, ensure they take the initiative of providing they abide by the requirements that would see them achieve the most desired result by the end of the recuperation process (Snowden et al., 2014).

In conclusion, as the nurse in charge, I will have to take the patient through the necessary documentation. They will provide him or her with information on how to manage the condition they are going through. At this point, the patient will know that every effort he or she makes is geared towards recuperation will help in meeting the wellness of the patient. It applies to ANA’s definition of nursing in that the nurse has the responsibility of ensuring the patient gets better and walks with the patient from the point of admission up to the end of recuperation.

References

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