Nursing Theories

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Nursing practice is based on nursing theories. The knowledge and information shared through nursing theories are practically helpful in nursing practice. Many theories have been put forwarded to follow in practice, research, and academics. There are various nursing theories and out of which that made a huge difference in nursing practice is a theory of Faye Glenn Abdellah 21 nursing problem theory.

**Faye Glenn Abdellah 21 Nursing Problem Theory**

To maintain good hygiene and physical comfort.

2. To promote optimal activity: exercise, rest, and sleep.

3. To promote safety through the prevention of accidents, injury, or other trauma and

through the prevention of the spread of infection.

4. To maintain good body mechanics and prevent and correct deformities.

5. To facilitate the maintenance of a supply of oxygen to all body cells.

6. To facilitate the maintenance of nutrition of all body cells.

7. To facilitate the maintenance of elimination.

8. To facilitate the maintenance of fluid and electrolyte balance.

9. To recognize the physiological responses of the body to disease conditions –

pathological, physiological, and compensatory.

10. To facilitate the maintenance of regulatory mechanisms and functions.

11. To facilitate the maintenance of sensory functions.

12. To identify and accept positive and negative expressions, feelings, and reactions.

13. To identify and accept the interrelatedness of emotions and organic illness.

14. To facilitate the maintenance of effective verbal and nonverbal communication.

15. To promote the development of productive interpersonal relationships.

16. To facilitate progress toward the achievement of personal spiritual goals.

17. To create and/or maintain a therapeutic environment.

18. To facilitate awareness of self as an individual with varying physical, emotional, and

developmental needs.

19. To accept the optimum possible goals in the light of limitations, physical and emotional.

20. To use community resources as an aid in resolving problems arising from illness

21. To understand the role of social problems as influencing factors in the case of illness

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By the systematic basis of the theory that enables the nurse to contribute meaningful efforts to every nursing achievement that they accomplish. By 21 nursing hitches method, the medical practitioner could evaluate the individuals, create a nursing analysis and design interferences. Abdellah's chief goalmouth is the development of healthcare teaching. She supposed that as the learning of nurses' progress, treatment practice advances as well (Sunga, 2019). It transformed the emphasis of nursing from being "disorder-focused" to "patient-focused." The patient-focused method was built to be valuable to healthcare practice as it assisted to bring changes in the healthcare system. The arrangement and organization of the healthcare system would progress in the direction of disease control (Allam, Al Megrin, & Alkeridis, 2016). Person's requirements were the foundation of the healthcare problem, a ground of nursing management and healthcare objectives were articulated which aided as a foundation for defining and establishing nursing and healthcare. Customer-centered care highlights the belief that each treatment objective should be moved to handling the individual and not just the simple disease.

**21 Concepts for Care of Patients**

1. **First, the maintenance of hygiene and good health and comfort physically.**

Patients after waking up would be sent to have a bath on a regular basis in all government hospitals.

1. **Promotion of exercise and adequate sleep and rest among patients.**

Encouragement of patients for regular exercise and physical activity as it contributes to health particularly in illness.

1. **Promotion of safety and prevention related to injury, trauma, and the spread of diseases.**

Prevention and anticipation programs can significantly maintain the health of patients. In hospitals, usually, patients can get an infection from other patients in wards. Prevention of communicable diseases is crucial to control in wards in healthcare facilities.

1. **Maintenance of healthy mechanics of the body to prevent deformity.**

Good body and healthy mechanics are important to prevent the body from certain diseases.

1. **The facilitation of oxygen supply to every cell of the body to maintain healthy breathing.**

Major problems in the body are due to deficiency of air supply to the lungs and it causes breathing problems. To maintain healthy breathing it is important to provide every cell with oxygen. This is achievable to prevent breathing problems in individuals.

1. **The facilitation of adequate nutrition to every cell of the body.**

This is to ensure that every cell is getting enough nutrition to maintain the metabolism of the body to help the body with important functions. Every system of the body is connected and requires adequate nutrition to work optimally. This is also achievable by preventing the body from an insufficient and malnourished diet to help the body anticipate problems related to the digestive system.

1. **Facilitation and maintenance of the excretory system.**

Proper functioning of the excretory system is essential for the proper functioning of the body. The elimination of the toxic and poisonous materials from the body is important to maintain health. The most problem associated with the elimination system of the body creates difficulty and stress among patients. Maintenance of the urinary system is essential for patients suffering from difficulty in elimination processes.

1. **Maintenance and balance of electrolytes and fluids in the body.**

Electrolyte balance is essential for the body as it maintains intravenous fluids in the body.

1. **Recognition of physiological responses such as in the diseased situation like physiology and pathology.**

Every part of the body is connected and interrelated to perform body functions appropriately. For example, psychiatric patients may have developed problems that he has to be shifted to the medical ward to treat his symptoms.

1. **Facilitation and maintenance of normal regulatory functions of the body.**

It is important to treat patients with symptoms of hallucination and he may require therapeutic treatment to recover his normal functions.

1. **Maintenance and facilitation of sensory functions of the body.**

Patients having sensory problems such as auditory problems and may have hearing problems if admitted would require communication through body expressions. As the patient's sensory system is not working appropriately, he would need treatment-related to this condition to get recovery.

1. **Identification of positive and negative terminologies, moods, and responses.**

Many patients usually express their feelings in terms of body and facial expressions whether they are satisfied or not from the treatment plans. These feelings and expressions can help nurses identify the states of patients.

1. **Maintenance and balance of interrelations of the body's illness or sickness with his emotional system**.

Patients having physical or bodily problems may take it seriously that his emotional system would get hurt. The balance in emotional state and satisfaction of the patient are important for his recovery. It is the healthcare provider's responsibility to satisfy patients according to their treatment and management plans.

1. **Facilitation of effective verbal communication as well as nonverbal communication and its maintenance.**

To facilitate the patients regarding verbal and nonverbal communication is essentially important to change the patient's state from stress to stress-free. Usually, this kind of problem is related to bipolar patients. To maintain the depressed state of the patient is significant for the prompt recovery of the patients.

1. **Promotion and development of interpersonal relationships and should be productive.**

The support system is very effective in a patient's recovery. Relatives and families can play an important role as an effective support system. This system can work along with therapeutic techniques to get fast and prompt recovery of the patients.

1. **Facilitation and achievement of individual spiritual goals and objectives.**

For example, catholic patients are encouraged to attend church and seek help from God, as it is a sign that they believe and have faith in GOD. It would ultimately help them achieve their personal objectives of the treatment. Other ethnic groups should also be encouraged and respected equally and should be guided according to their religion.

1. **Maintenance and creation of a therapeutic environment in the healthcare facility.**

For mental health problems, it is crucial to maintain a medical facility like a therapeutic setting to facilitate appropriate treatment plans. The therapeutic environment is important for the recovery of patient as it has a sense of satisfaction for their emotions and illness.

1. **Facilitation of awareness among individuals having emotional, physical and developmental requirements.**

Providing female patients with adequate privacy and secrecy to help them easily discuss their problems with the nurses is an essential and respectable way to treat them according to their needs (Oyira & Ella, 2016). Similarly, the provision of a male environment for male patients or when they demand privacy or secrecy should be provided.

1. **Acceptance of optimum objectives for physical and emotional support.**

As it is understood that different patients have different needs and requirements. The optimum goals can be achieved if individualized needs are met in the healthcare facility.

1. **Availability of community resources to solve problems and illness to promote health in society.**

It is mandatory for some patients to have family support however, few people like vagrant patients usually get stressed because of the non-availability of their family members (Uma Maheswari, 2018). Community workers can help facilitate patients in identifying and finding their relatives. This can help them avoid great stress and depression.

1. **Understanding social problems as they influence the onset of illness and diseases.**

Various problems arise because of stress and depression among communities. For patients with mental health problems needs assistance and help from society and healthcare providers in terms of social support. Social support can have a great influence on patient's recovery and treatment. Healthcare providers need to understand the social and community problems related to persons. It is also helpful in understanding the social determinants of the problem to assist healthcare providers such as nurses to promote health through prevention programs.

# Relationship between Nursing Theory and Healthcare Outcomes

The examination of research played a pronounced share in the assortment of 21 problem concepts. Her studies were really the main fortes of her research. In detail, her agenda endures encouraging examination about the responsibilities and duties of the nurse. There was a broad concept declared in the framework and the nature of the perceptions in her outline proposes chances to classify directional associations in nursing and healthcare interferences. Her models endure escorting scholars to concentrate on the form of nursing information (Stasková & Tóthová, 2015). The identification of customer hitches, the association of nursing interferences, the development of treatment and management, and the arrangement of the syllabus would be easily defined using 21 theory concepts (Fite, Assefa, Demissie, & Belachew, 2019). The widespread examination has done concerning the customer's requirements and hitches have helped as a basis for the progress of whatever is currently recognized as nursing and healthcare diagnoses (Kenner, 2017). The concept applied by Abdellah suited the origin for promoting the treatment and management care model and to employ for setting up the recruitment plan in medical organizations.

In the 1950s once Abdellah's model was framed and established, therefore, providing organization to the nursing and healthcare syllabus (Banks, 2015). The theory has developed progress in the field of nursing and the healthcare profession. The treatment and management plans have been developed and progressed in the respective fields. Nursing and healthcare organizations have ultimately developed new scientific approaches to achieve progress and recovery in controlling diseases.

Application of Theory for Future Perspectives

Nursing as a profession requires guidelines and support from the other colleagues in the starting years. It is a profession that needs standards and policies to implement those in everyday practice. For this particular purpose, I took support and guidance from Faye Abdellah's theory. This theory helped me in understanding various aspects of communities and individuals particularly prevention and education. It also helped and assisted me to understand illnesses and diseases. The theory-guided me to understand the facts and factors that influence the proliferation of diseases among communities. It helped me to understand the significant role a prevention and anticipation program can play in controlling diseases. Firstly, the theory-guided me the importance and significance of hygiene, cleanliness and physical activity in maintaining the health of individuals. The spread and transmission of diseases inside wards was another important factor that was highlighted in the theory. The role of nurses and physicians to understand how emotional and physical systems of individuals are interrelated was discussed in detail. It was evident from the theory to get myself aware of the fact that maintenance and balance among the physical body, emotional and spiritual thoughts of a person are helpful in maintaining his health. It is my responsibility to understand and respect the patient's autonomy while delivering treatment and other related services. It is my duty to deliver care and services according to the patient's needs and requirements (King, 2019). Different cultures are associated with a person and how it can significantly play an important role in treatment was evident from the theory. It also helped me to respect every patient’s religion and culture and to deliver services with equity and equality. The theory helped and guided me to take into consideration this aspect of health for example, I learned Arabic and Chinese during my practice and recognized that delivery of care in a specific culture plays a noteworthy influence on patients. It helps them show more empathy and sympathetic feelings and consequently would help in fast recovery. After understanding every aspect of the theory, I arbitrate and excel myself in almost all areas of healthcare whether it is a social, environmental, cultural and individual factor (Younas, 2018). This is the message that Faye Abdellah wants to share with all healthcare providers especially nurses as they are directly interlinked with the patients to deliver healthcare services. With the help of this theory, I can easily encounter and face everyday challenges in healthcare practice and can promote health for all. In the future, it would help in sorting and identification of problems and assist nurses in the prevention and anticipation of diseases from communities.

**Conclusion**

 Abdellah's astonishing studies, periodicals, and other mechanisms and her universal standing have been contributory in publicizing the patient-focused method to educational curriculums everywhere in the world. Abdellah's concept of 21 nursing problems had the greatest convincing consequence on the educational and healthcare organization to get advancement in the future. Instructors derived to realize that amendments are of major significance if nurses and healthcare providers were to progress in the nursing profession. It was observed that the main weakness in the healthcare system was the deficiency or inadequate base of a systematic body of information exclusive to healthcare and nursing. The concept gratified the healthcare organizations to move towards more opportunities and scientific base knowledge to treat patients adapting patient-centered approaches.

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