SAMPLE DISCUSSION BOARD-Sample Substantive Posts with Correct APA

Sample Discussion Board Instructions (with prompts **highlighted** for emphasis**):**

Initial Post Instructions: For this week's initial discussion post, address the following:

- Identify one **nursing theory** that relates to your area of advanced nursing practice
- Describe the **historical perspective** related to the theory of choice
- Discuss one **assumption** of the theory that is easily understood by nurses in the practice setting and one assumption that is more difficult to understand
- Provide a personal example of how applying this theory could have changed the nursing care provided. The example should include core elements of the theory with **practical application.**
- Please be sure to validate your opinions and ideas with citations and references in APA format

Response Posts Instructions: Please respond to at least 2 of your peer's posts and include:

- Comment on your peers' selection of theorist in terms of its **relevance and significance**
- **Compare** your selected theorist with your peers' selections in terms of its approach to nursing care
- Discuss how the key concepts presented by your peers' can be **applied** to your work environment
- Provide an **open-ended question** to your peers that extends the conversation
- Present new references that support your opinions
- Please be sure to validate your opinions and ideas with citations and references in APA format

Note: The sample posts below use **bolded headings** to identify all discussion prompts. Common APA examples are included in the correct format (Example of citing within paragraphs, citing of direct quotes, website reference, book reference, and journal reference.) Open-ended questions posed to peers are identified in **bold font.**

Sample Substantive Initial Post:

Florence Nightingale's Environmental Theory

Nurse midwifery is a role on the forefront of advanced nursing practice. The roots of this profession predate nursing and medicine with biblical influence that was an integral part of community life (Hamric, et al., 2014). The evolution of nurse midwifery as a nursing role was shaped by the contributions made by Florence Nightingale and her environmental theory.

Historical Perspective

The nurse midwifery profession is growing in the United States today with over 12,000 midwives practicing in 2012 (Hamric et al., 2014, p. 458). Nightingale's environmental theory is diffused within the role of the nurse midwife in their holistic, natural approach to childbirth. Obstetric nurses can utilize this model of care and recognize the historical perspective related to obstetric nursing.

Grympa (2005) describes Nightingale as a strong, highly educated woman of faith who selflessly devoted her life to nursing. Nightingale was known as the "lady with the lamp" (Florence Nightingale Museum, n.d., para. 1). Nightingale is also known for promoting nursing as a profession of respect with multiple writings on nursing, hospital planning, and organization (Florence Nightingale Museum, n.d.). I

appreciate how she created a model that set the standard for nursing and remains relevant in today's health care setting.

Assumptions

Nightingale's environmental model is based on her belief that "the nurse's function was to put the patient in the best possible situation for nature to act on him or her" (Johnson & Webber, 2010, p. 123). A nurse who adopts this theory would take a practice approach to create a healing environment to include fresh air, nourishing food, clean water, clean wounds, sunlight, distraction, and a clean and quiet environment (Johnson & Webber, 2010). The most difficult aspect of the theory to understand is her assumption that "disease is nature's way to remedy the patient's condition" (Johnson & Webber, 2010, p. 122). It is suggested that Nightingale did not have a full understanding of germ theory and bacteriology, making this statement somewhat confusing (Johnson & Webber, 2010).

Practical Application

Johnson and Webber (2010) describe Nightingale's emphasis of maintaining a quiet environment. A recent patient experience I might handle differently involved a laboring patient who had eight family members loudly talking in her room during labor. She ended up having a cesarean section for failure to progress. In hindsight, I would have offered to clear the room of extra family members, dimmed the lights, and maintained a quiet environment during the latter part of her labor. This might have allowed her the relaxation necessary for further labor progress and would demonstrate the use of Nightingale's environmental theory in the clinical setting.

References

Florence Nightingale Museum. (n.d.). *Florence's biography*. http://www.florence-nightingale.co.uk/the-collection/biography.html

Grympa, S. (2005). Florence Nightingale's changing image. *Journal of Christian Nursing, 22*(3), 22-28. http://dx.doi.org/doi:10.1097/01.CNJ.0000262306.61781.c2

Johnson, B. M., & Webber, P. B. (2010). *An introduction to theory and reasoning in nursing* (3rd ed.). Wolters Kluwer/Lippincott Williams & Wilkins.

Hamric, A. B., Hanson, C. M., Tracy, M. F., & O'Grady, E. T. (2014). *Advanced practice nursing: An integrative approach* (5th ed.). Saunders Elsevier.

Sample Substantive Response Post:

Relevance and Significance

I enjoyed reading your post! The significance of Florence Nightingale's work continues to impact the nursing profession today. As the first nursing theorist, she paved the way for future research on the impact of environment on health. For example, a research study was conducted using Nightingale's

theoretical framework to examine the home environment of children exposed to HIV at birth and found that nursing interventions were needed to address environmental risk factors that could lead to health-related problems (de Lima, Pedrosa, Aguiar, & Galvao, 2013). This example highlights the current relevance and significance of Nightingale's theory in modern nursing practice.

Comparison of Theories

Like you, I chose to look at theories related to the Nurse Midwifery role but chose to examine Kolcaba's comfort theory. Nightingale and Kolcaba are similar in that both theorists include nursing interventions that impact the patient's environment. Kolcaba (2019) describes environmental interventions as anything that affects comfort such as room temperature, lighting, linen changes, and noise levels. Nightingale includes these interventions plus ventilation and food and expands to address these areas in the home environment (Petiprin, 2016). Interestingly, Kolcaba expanded her theory to include organizational comfort to measure nursing satisfaction within organizations. She describes organizational comfort as maintaining a pleasing work environment through pleasing colors, furniture, sound, temperature, lighting, landscape, among other items (Kolcaba, 2019).

Application

My current work environment is in home health. I can apply Nightingale's environmental theory by being more aware of the importance of assessing the home environment. On our initial home visits, we do a comprehensive home assessment to evaluate environmental needs. By identifying risk factors, I can create a care plan that includes environmental interventions designed to prevent health-related problems and promote environmental comfort. **Does Nightingale's theory discuss other methods of promoting healing besides through the environment?** Thank you for your insightful post!

References

de Lima, I. C., Pedrosa, N. L., Aguiar, L. F., & Galvao, M. T. (2013). Demands of home care of children born exposed to HIV in the perspective of the environmental theory. *Rev Gaucha Enferm, 34*(3), 64-71. https://www.ncvi.nlm.nih.gov/pubmed/24344586

Kolcaba, K. (2019). *Comfort interventions and care plans.* https://www.thecomfortline.com/comfort-tartegt-and-interventions

Petiprin, A. (2016). *Environmental theory*. http://www.nursing-theory.org/theories-and-models/nightingale-environment-theory.php