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Nursing Theory

Nursing theory is considered to help generate more knowledge of nursing and offer the principles and components that can help in the nursing practice. The nursing theory also helps nurses know their roles and purposes in healthcare facilities (Tesh, 2019). Nursing theory is applied in nursing by giving nurses the chance to organize and evaluate principles that would improve nursing interventions and patient care. The theory is also incorporated by evaluating the findings, which could improve the nursing practice (Verberk & Fawcett, 2017). The phenomenon that I am interested in is Neuman's systems model that is used to determine the caregiver or patient response to stress.

I researched the studies that have used the phenomenon, which is a patient response to stress, and found out it is mostly discussed as a model known as Neuman's systems model. It mostly majors on the stressors that caregivers and patients perceive. This theoretical model is used in nursing to identify stress-related situations through nursing actions (Ahmadi & Sadeghi, 2017). The stressors from several studies include nursing actions, external and internal environment factors, and patient responses.

I searched for the chosen phenomenon on a search engine known as Google Scholar, which directed me to many studies and researches done about patient's responses to stressors. I scanned for certain words and phrases like patients, stressors, and responses. This helped me to examine important articles and abstracts that contained the information that I needed for my research. I also searched for articles or abstracts that were more up to date, which had the same subject that I was looking for. Neuman's systems model clarified the study on the aspects of optimal aging because it presented several stressors that people encounter and how they respond to the stressors, whether the individuals have a chronic illness or not (Fawcett & Faust, 2017).

References

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