**Application of middle-range Nursing theory in my Practice**

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Department Affiliation

Course Number: Course Name

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Assignment Due Date

**Application of middle-range nursing theory in my practice.**

A framework for comprehending and directing nursing practice is provided by nursing theories. Middle-range nursing theories are essential to the field because they mediate between broad theories and particular clinical contexts. These theories are directly applicable to nursing practice and offer useful applications. Compared to grand theories, middle-range theories are more focused on certain phenomena, ideas, or procedures within nursing. The middle-range nursing theory provides a firm foundation for dealing with challenging circumstances. They are created to deal with challenges in practical nursing and direct clinical judgment (McEwen, 2014).

The focus of middle-range theories is on particular nursing phenomena, including pain management, patient education, or coping with chronic illness. They seek to offer an in-depth knowledge of these occurrences and serve as a model for nursing interventions. Middle-range theories are very relevant and helpful to nurses in their daily job since they also provide frameworks and practical instructions that may be immediately applied to clinical practice.

Middle-range nursing theories are created to be empirically testable. They produce testable hypotheses that advance the field of nursing knowledge and the creation of evidence-based practice. Middle-range theories are designed to be adaptable to different healthcare contexts and settings. They offer a framework that nurses can use to address particular patient requirements, enhance care outcomes, and improve the quality of nursing practices. In my profession, middle-range nursing theories are applied in nursing practice in several ways as shown below:

**Guiding Practice**

Middle-range nursing theories play a crucial role in directing nursing practice by giving nurses a framework that allows them to comprehend and adapt to particular nursing occurrences. These theories give nurses useful direction and evidence-based techniques for providing exceptional care. One illustration of a middle-range nursing theory that directs practice is Dorothea Orem's Theory of Self-Care (Denyes *et al.,* 2001). This theory highlights the part that people play in their care and offers a framework for comprehending and evaluating their capacity for self-care. This idea can be used by nurses to pinpoint patient needs, create effective self-care treatments, and encourage patients to actively participate in their health management. Nurses can direct their practice in a way that supports patient autonomy and enhances patient outcomes by applying the Theory of Self-Care.

**Evidence-Based Care**

Middle-range nursing theories include empirical data, results from research, and clinical knowledge to support evidence-based care. These theories give nurses a basis for decision-making and the use of approaches that are successful through research and best practices. A middle-range nursing theory that supports evidence-based care is the Health Promotion Model by Nola Pender (Pender, 2011). According to this theory, improving health and preventing disease involves taking into account a person's behaviors, beliefs, and surroundings. This idea can be used by nurses to evaluate patient behavior, provide interventions that support healthy lifestyle choices, and avoid disease. The Health Promotion Model enables nurses to deliver evidence-based care that is in line with the most recent findings and industry standards.

**Tailoring Care**

By taking into account the particular requirements and preferences of each patient, middle-range nursing theories assist nurses in providing tailored and patient-centered care. These theories direct nurses as they evaluate patient characteristics, pinpoint particular therapies, and modify care plans as necessary. A middle-range nursing theory like The Theory of Unpleasant Symptoms by Lenz, Pugh, and Milligan focuses on adjusting treatment to address particular symptoms suffered by patients with chronic illnesses (Lenz *et al.,* 2003). This approach can be used by nurses to evaluate and treat symptoms like pain, exhaustion, and nausea. By modifying treatment plans with this approach, nurses can better control symptoms, address the unique needs of individual patients, and increase the general well-being of their patients.

**Enhancing Communication**

Middle-range nursing theories help to improve interprofessional communication and encourage productive teamwork. These theories give interdisciplinary teams a shared vocabulary and framework to talk about and address particular nursing issues, which enhances teamwork and care coordination. A middle-range nursing theory that improves communication and collaboration is the Nursing Teamwork-Sustainability and Standardization model by Kalisch, Lee, and Rochman (Kalisch *et al.,* 2010). The main goals of this theory are to encourage efficient teamwork, communication, and standardization of nursing procedures. This approach can be used by nurses to promote a collaborative culture, strengthen cooperation, and improve multidisciplinary communication. This hypothesis can help nurses collaborate more successfully, which will lead to better patient outcomes and satisfaction.

**Theory Development**

By putting ideas to use and putting them to the test, middle-range nursing theories advance nursing knowledge. These theories produce significant data that contribute to both the advancement of novel knowledge in nursing as well as the improvement of preexisting theories. An illustration of a middle-range nursing theory that has aided in theory development is Katharine Kolcaba's "Comfort Theory" (Kolcaba, 2015). According to this theory, ensuring the patient's comfort is a crucial aspect of nursing care. This idea can be used by nurses to evaluate and manage several aspects of comfort, such as environmental, physical, psychological, and spiritual aspects. By putting the Comfort Theory into practice, nurses produce empirical data that supports the development and growth of the theory, advancing nursing knowledge in the area of comfort care.

Middle-range nursing theories hold great relevance and applicability in contemporary nursing practice. They provide a practical framework that guides nurses in delivering evidence-based and holistic care. By applying middle-range nursing theories, nurses enhance their ability to assess patient needs, develop appropriate interventions, and improve patient outcomes. Although challenges exist, nurses can overcome them through ongoing education, collaboration, and the integration of theory into their practice. Embracing middle-range nursing theories empowers nurses to provide high-quality care and contribute to the advancement of the nursing profession as a whole.

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