**PRESENTATION OF A MIDDLE RANGE NURSING THEORY IN PRACTICE.**

Nursing theories provide a foundation for understanding and guiding nursing practice. They offer frame work and concepts that enhance the delivery of patient care, improve patient outcomes, and promote professional growth. In this paper, we will explore the application of a middle nursing theory to my practice as a registered nurse. Specifically, we will examine how the Theory of self-care deflects, proposed by Dorothea Orem, Dorothy Johnson, Martha Rogers, and Sr. Callista Roy, whereby they are applicable to my nursing practice.

Overview of the Theory of Self-Care Deficit:

Dorothea Orem’s Theory of Self-Care Deficit is a middle range nursing theory that focuses on individual’s ability to perform self-care activities or to convalesce human functioning of success at home level.

According to Orem, individuals have the innate ability and responsibility to care for them and maintain their health .However, when individuals are unable to meet their self-care needs due to illness, injury, or other factors they experience a self-care deficit. The core existence of a desire for nursing in adult is the presence of the ability to maintain high standard of self-care which sustains life and health in coping up with their effects.

Application of the Theory in Practice:

As a registered nurse working in a medical-surgical unit, I encounter patients with diverse healthcare needs and varying degrees of self-care deficits. The Theory of Self-Care Deficit can be applied to guide my nursing practice in several ways:

* + *Assessment and Identification of Self-Care Deficits*. Where by this involves evaluating their ability to perform activities of daily living, self-administer medications and engage in self-care practices by using Orem’s theory.
	+ *Development of Self-Care Interventions:* This helps in developing appropriate self-care needs according to the theory. Example if a patient has a self-care deficit in medication management, nursing interventions can provide reminders and involving family members in the medication administration process.
* *Application to Interdisciplinary Care:* The theory of self-care deficit that is not limited to nursing practice alone or rather it can be applied in interdisciplinary care setting where health care professionals from different disciplines join to meet the holistic needs of patients.

We can conclude and say that this theory is a valuable middle range nursing theory that can be applied in various health care settings.

Overview of the Theory of Behavioral System Model

The Theory of Behavioral System Model is a middle range nursing theory developed by Dorothy E. Johnson. It focuses on the behavior of individuals to utilize an organization and integration of patient’s behaviors according to the interaction within their environment, so that they can maintain and balance to achieve health.

Key concept of the theory:

1. Behavioral system

Is a set of interrelated behavioral systems that guide their actions and response to stimuli?

1. Subsystem

They are smaller units of behavior that allow individuals to address specific needs and maintain equality when the environment is not disturbed.

1. Nursing Interventions

These are actions taken by the nurse to preserve the stability and facilitate adaptive behaviors of an organization and embrace the patient’s behavior.

1. Environment

The theory recognizes the importance of the environment that can be implied in both internal and external factors.

***Application of the Theory in Practice****:*

The Theory of Behavioral System model has practical implications for nursing practice in various ways:

 Evaluation of Outcomes: The BSM provides a frame work of evaluating the effectiveness of nursing intervention.

 Health Promotion and Prevention: It emphasizes the role of nursing in health promotion and prevention. By identifying potential stressors and risks to individuals behavioral systems.

Individualized Care: It emphasizes the importance of individualizing nursing care based on the unique needs and behaviors of each individual.

We can conclude by saying that the Theory of Behavioral System Model developed by Dorothy E. Johnson offers a comprehensive frame work for understanding and promoting adaptive behaviors in individuals.

Overview of the Theory of Sister Callista Roy Adaptation Model;

This model focuses on promoting patient adaptation by assisting individuals to cope with the internal and external stressors and achieve holistic well-being. The theory views the individual as bio psychosocial being constantly interacting with the environment and adapting to various spurs.

Key Concept of the Adaptation Model:

 Adaptation: Refers to the process where by individuals respond to environmental incentives to maintain balance.

 Nursing: Nurses use their knowledge and skills to assess, intervene and evaluate the adaptive response of and individual.

 Adaptive Modes: Refers to behavior used by individuals to adapt to stimuli and maintain equilibrium.

Application of the Model in Practice:

 Collaboration: The model encourages interdisciplinary collaboration to provide comprehensive care and promote holistic adaptation.

 Assessment: It guides nurses on how to conduct a comprehensive assessment of the individual’s adaptive behavior and stressors that impact adaptation.

Individualized Care: Helps to know the unique adaptive modes and needs of each person. Nurses consider the individuals strength, disadvantages and preferences when planning and implanting intervention.

 We can conclude by considering the interaction between individuals and their environment, the model guides nursing practice in assessing their adaptive behaviours.