Frameworks that concentrate on particular nursing-related phenomena are known as middle-range theories. They act as a link between large theories, which are more all-encompassing and abstract, and the specifics of routine nursing practice. These theories, which try to explain, predict, or direct nursing interventions in a specific situation, are frequently created based on actual studies and observations (Liehr. P. R, 2018).

According to Alligood, M.R., (2017), nursing theories address problems in education, research, and patient care while integrating knowledge, defining the field, and defining nursing. Middle-range nursing theories, which focus on exact, practical connections between grand nursing theories and nursing practice, use fewer abstract concepts and confirmed testing. Compared to huge theories, their scope is relatively restricted. They explain, forecast, or describe clinical events. Middle-range theories focus on a particular facet of nursing reality and make suggestions for academic research and clinical practice. Nursing researchers offer middle-range theories based on grand theories to fill the gap between nursing practice and these theories

Middle-range theories can be quite helpful in nursing practice. Clarification and comprehension are highly achieved through middle-range nursing theories. These theories aid nurses in comprehending the underlying links, patterns, and mechanisms behind particular nursing occurrences. For instance, a theory on pain management may clarify how various interventions can impact a patient's experience of pain and offer recommendations on the best course of action (Peterson. S.J & Bredow T., 2020).

A middle-range notion in self-care, self-monitoring is patients checking their chronic conditions, such as diabetes, on a regular basis and giving nurses a few, but helpful, ideas to actual data, therefore simplifying complex ideas to make them more applicable to nursing practice. Perceived self-efficacy is the belief in one's ability to plan and carry out the steps necessary to generate specific practical accomplishments. People won't make an effort to bring about change if they think they lack the ability to do so. All types of behavior can be accurately predicted by perceived self-efficacy. Performance is impacted by efficacy beliefs both directly and indirectly by influencing intentions. Nonpharmacological treatment for hypertension, adherence to dietary and medication regimes for lipid control, and interventions to enhance exercise habits are suggested study topics. Another thing to take into account is how self-efficacy and understanding of health-related topics are affected by health literacy (Drevenhorn,2018).

These theories give nurses predictive guidance. They help nurses forecast outcomes and choose the best course of action for each patient. Nurses can predict the effects of various interventions or changes on patients and modify their care by taking into account the variables and elements mentioned in a middle-range theory. A fresh discourse of nurse-specific traumas, theoretical assertions, and results of psychological traumas that are particular to nurses and the professional settings in which they live are provided together with a new middle-range theory of nurses' psychological trauma. A middle-range theory is presented in order for future researchers to test it and draw conclusions with regard to practice, education, policy, and research (Foli,2022).

Middle-range theories offer a framework for undertaking research investigations in particular facets of nursing practice. They provide a theoretical framework for planning research, choosing variables, and analyzing results, all of which support the growth of evidence-based nursing practice. According to Liehr. Et.al (2017), to address particular nursing phenomena, middle-range theories frequently suggest particular nursing interventions or solutions. These theories can help nurses choose the best therapies, carry them out successfully, and assess their effects on patient outcomes.

By giving people a common vocabularyand framework for discussing and assessing nursing practice, middle-range theories help people become better nurses. This ensures proper communication and professional development. They help nurses communicate and work together, enabling the sharing of best practices, ideas, and experiences It's significant to remember that there are several middle-range theories in nursing that cover a variety of practice areas, including patient education, self-care, stress management, and more.

 For instance, in empathy, a mid-range theory of nursing is very well guiding. Empathy is the capacity to comprehend and identify with the emotions of another person. It fosters learning, understanding, and self-worth. Nurses are a constant contact with the patient. They should be compassionate and understanding with their patients since this promotes a therapeutic relationship between the patient and the healthcare practitioner. Useful phrases with kind and healing words like "I totally understand how you feel" and "I can feel the pain in how you explain it" might help the patient feel better and establish a bond with the nurse (Haugan, G., & Innstrand, S. 2012).

 Another Middle range theory of nursing is the Group power theory in organizations. The group power theory, according to Christina Sieloff, places a strong emphasis on cooperation and teamwork in nursing groups. It promotes harmony and excellence in nursing by enhancing competency, teamwork, and service delivery (Smith. M.J & Liehr. P.R, 2013). Also, most of the cases require a multi-disciplinary approach. Everyone needs to bring their best into action for the sake of the patient

The interpersonal relationship theory is equally important. The interaction between a person and their surroundings is emphasized by nursing's notion of interpersonal relationships. Environmental needs, nursing leadership, listening, negotiating, and having a positive attitude are its four main parts. In order to offer patients, hope and support, nurses must control their patients' emotions, speak positively, and keep a positive outlook.

 In conclusion, the limited scope of middle-range theories enables their more direct application and usage in empirical study. They can be empirically tested and are more concrete. The principles aid in recommending appropriate nursing intervention strategies that are appropriate for particular circumstances and the anticipated outcomes for patients. The middle range hypothesis gives nurses a clear view of challenging situations and forecasts a clear course for intervention

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