APPLICATION OF NURSING THEORY INTO PRACTICE

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INTRODUCTION:

The foundation of any profession is the development of a specialised body of knowledge. In the past, the Nursing profession relied on theories from other disciplines, such as medicine, psychology, sociology as the basis of practice. In current situation theories and modules attempt to define and describe the discipline of Nursing. Nursing theories and models provide information about the definition of Nursing and Nursing practice; principles from the basis for practice, and the goals and functions of Nursing.

Here, the presentation is "Application of Nursing theory into practice" by using Dorothy E. Johnson "Behavioural System Model". Johnson first proposed her model in 1968 to foster the "efficient and effective behavioural functioning in the patient to prevent illness". In 1980 Johnson published her behavioural system model in "conceptual models for Nursing practice".

In Johnson’s model, the person is viewed, as a behavioural system comprises of set of organized, interactive, independent and integrated sub-systems.

The seven subsystems Johnson identifies as carrying out special functions are; the affilative, dependency, ingestive, eliminative, sexual, aggressive and achievement subsystem.

According to Johnson, each behavioural subsystem has structural requirements (goal, predisposition to act, scope of action, and behaviour) and functional requirements (protection from harmful influences, nurturance, and stimulation to enhance growth and prevent stagnation). The goal of Nursing intervention is to restore, maintain, or attain behavioural system balance and

stability at the highest possible level of

mass, food intake pattern, gaining of

weight, weight loss fatigue, Mouth/ gum sore, the diet history, habitual intake of food and liquids.

Nursing Diagnosis:

1. Altered nutrition less than body requirement related to inadequate intake of nutrients in the diet.
2. Activity in tolerance related to poor intake of food.

4. Elimination Subsystem:

Description: Involves behaviour surrounding the excretion of waste from the body.

Assessment: Incontinence, pattern of elimination, constipation, diarrhea.

Nursing Diagnosis:

1. Altered bowel elimination related to immobility- constipation related to immobility.
2. Diarrhoea related to stress and anxiety - dietary intake.
3. Functional incontinence related to mobility limitation.

5. Sexual Subsystem:

Description: Involves behaviour associated with procreation and sexual gratification.

Assessment: Decreased libido, erectile dysfunction, pain or fatigue, body image change.

Nursing Diagnosis:

1. Altered sexuality patterns related to depression or separation from spouse.
2. Sexual dysfunction related to chronic illness.
3. Body image disturbance related to sexual dysfunction.

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