

APPLICATION OF NURSING THEORY INTO PRACTICE

Indirani Dhasaradhan

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 discipline, 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 Johnsons identifies as carrying out special functions are; the affiliative, dependency, ingestive, eliminative, sexual, aggressive and achievement subsystem.

According to Johnson, each behavioural subsystem has structural requirements (goal, predisposition to act, scope or 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 the individual.

Here, example is given of a patient who had fractured neck of femur and was admitted for the treatment by applying Dorathe Johnson Behavioral System Model. The problem of the patient is assessed according to seven subsystems of the theory.

1. Affiliative Subsystems

Description: Promote survival and provide a sense of security.

Assessment: Assessing the stress, illness, life style, sensory impairment, safety and awareness.

Nursing Diagnosis:

1. Altered- though process related to sleep deprivation.
2. Impaired home maintenance management related to insufficient finance.
3. Risk for injury related to altered mobility.

2. Dependency Subsystem:

Description: Promoting helping or nurturing behaviour from others.

Assessment: Assessment of self identification, self awareness, body image (is there some thing about your body you'd change? If so what it is), self- esteem (What do you feel about your self?).

Nursing Diagnosis:

1. Altered Role performance related to anxiety.
2. Body Image disturbance related to disease condition.
3. Ineffective individual coping related to low self-esteem.

3. Ingestion Subsystem:

Description: Involves food intake. Results in appetite satisfaction.

Assessment: Body weight, body muscle

mass, food intake pattern, gaining of weight, weight loss fatigue, Mouth/ gum sores, 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, diarrhoea.

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.
4. Altered urinary elimination related to sensory motor impairment.

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.

Continued on Page 236



Author: Reader, College of Nursing,
MMC, Chennai - 600003
[at the time of writing this article]