Theory, Research and Evidence based Practice

Nursing Theory

- Theory - composed of a group of concepts that describe a pattern of reality
- Concepts - like ideas are abstract impressions organized into symbols of reality
  - describe objects, properties and events and relationships
- Conceptual framework or model - A group of concepts that follows an understandable pattern
  - concepts \( \rightarrow \) bricks building a house
  - conceptual framework \( \rightarrow \) blueprint to make the house

- Deductive reasoning - examines a general idea then looks at the specific details
- Inductive reasoning - looks at the specific details then views the big picture
- Nursing theory - describes, explains, predicts and controls desired outcomes of nursing care practices
  - helps to meet health care needs

Interdisciplinary Base for Nursing Theories

General Systems Theory

- Developed by Ludwig von Bertalanffy
- The whole system is always greater than the sum of its parts
- All the systems and subsystems are interconnected; all are effected by each other
  - there are boundaries that keep each system separated enough
- System communicates with and reacts to environmental factors that go in and out
- Open system - allows energy, matter and info to move between the system and boundaries; maintain balance through feedback
- Closed System - No input or output

Adaption Theory

- Adjustment to the environment
- Adjustment in humans