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**How has nursing practice evolved over time?**

 Nursing practice has developed from unstructured care-giving to a highly professionalized and varied industry. Today's nurses are responsible for a wide range of tasks and possibilities, including clinical care, leadership, instruction and management, research, and activism. As healthcare systems and the communities they serve change and develop, the profession must also adapt and evolve. One of the significant new responsibilities in nursing practice is providing care and consultations via tele-medicine. Some nurses are even pursuing non-traditional careers as flight nurses in emergency aircraft, and travel nursing across the country (Young Whee Lee. 2022)

Nurses can now receive Associate's, Bachelor's, Master's, and even doctoral-level degrees in nursing if they wish to teach or perform research due to more recent advancements in nursing practice..

**Discuss the key leaders and historical events that have influenced the advancement of nursing, nursing education, and nursing roles that are now part of the contemporary nursing profession.**

 The rise and evolution of nursing practice over the years have been influenced by many key leaders and historical events. Here is an example of the significant events that have influenced the nursing profession today:

 1- Florence Nightingale (1820-1910) is frequently credited as the founder of contemporary nursing, Nightingale's writings and teachings established nursing as a well-respected and scientific profession. Nightingale wrote about three fundamental pillars of nursing care which are risk reduction, disease prevention, and promotion of good health. Also, by working during the Crimean War in the mid-19th century and emphasizing the value of cleanliness, hygiene, and patient care, her efforts in infection control helped lower mortality rates in military hospitals. Nightingale established the School of Nursing in 1860, setting the criteria and standard for nursing education and training (Dean et al., 2022).

2- Lillian Wald(1867-1940) is the founder of the Henry Street Settlement in New York City in 1893, she was an innovator in the field of public health nursing. While directing the Henry Street Settlement, Wald pushed for community access to public health care, women's rights, and children's rights. Her efforts helped shape community nursing today and acknowledge socioeconomic factors of health  (Dean et al., 2022).

World Wars I and II: These conflicts boosted the need for nurses, opening up more positions and opportunities for women in the nursing field. Nurses who played vital responsibilities in military healthcare were generally acknowledged. The development of specialist nursing positions, such as nurse practitioners (NP), nurse anesthetists, and midwifery nursing, occurred during the post-World War II era. Finally, Evidence-based practice has resulted from improvements in healthcare technology and research, and nurses are now required to stay updated on these developments (Dean et al., 2022).

 In conclusion, from Florence Nightingale's pioneering work to the current roles and responsibilities of nurses in diverse healthcare settings, nursing practice has changed dramatically through time. Important figures, significant historical occurrences, and continual improvements in education and technology have all contributed significantly to the development of the nursing profession into what it is today.

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2

**How has nursing practice evolved over time?**

Since its inception, the nursing profession has undergone significant change. Nursing was viewed as more of a helping occupation than a professional one. The number of career options available to nurses today is more significant than in the past. They can work as nurse practitioners, managers, and directors in addition to specializations and focus areas like critical care, oncology, and nursing administration. Additionally, nurses diagnose and treat patients, develop care plans, and instruct patients by outlining self-care techniques. The development of nursing education is largely responsible for the profession's expansion from one with a narrow scope to one with many specialties. No matter where nurses are in their careers, they must possess the training and expertise necessary for each nursing position (Parker, 2019)

**Discuss key leaders and historical events that have influenced the advancement of nursing, nursing education, and nursing roles that are now part of the contemporary nursing profession.**

Modern nursing is attributed to Florence Nightingale. The establishment of the first nursing school in the middle of the nineteenth century marked the start of nursing as a profession. Florence Nightingale's work in infection control during the Crimean War in the middle of the 19th century contributed to decreased mortality rates in military hospitals. She thought that to improve healthcare, nurses should assume leadership positions. She was appointed lead nurse when women were not allowed to work in hospitals for soldiers (Dean, 2022)

Clara Barton was one of the most outstanding humanitarians this nation has ever known. She used her exceptional people skills to deal with challenging students as a teacher, gathered supplies to send to the front lines, and fought to form the American Red Cross during the Civil War. She had no formal training but volunteered to assist sick and injured soldiers. She advocated for equal rights and is best remembered for her contributions to bettering international aid and education. Her bravery and efforts have earned her legendary status (Dean, 2022).

During the Crimean War, Florence Nightingale assisted in bringing battlefield medical procedures up to date. The conflict was a test case for Nightingale's claim that modern, scientific medical procedures could enhance patient care. Nightingale led the first military medical unit onto the battlefield at the invitation of her government. Even today, modern nursing practice adheres to the standards that Nightingale established (Dean, 2022).

The nursing profession did not become one that included patient care until the American Civil War broke out. Due to the high number of wounds and deaths during the war, the medical community was forced to assign more healthcare-related duties to the nursing staff, who were all domestically trained. Despite this requirement, nursing activists like Clara Barton strived for this duty (Dean, 2022).

Two of the most notable individuals in nursing history are Clara Barton and Florence Nightingale. They both committed their lives to raising the standard of nursing and healthcare for future generations. Even though they were from different parts of the world and involved in two different wars, they were united by a devotion to helping others and a desire to change the world.

Parker, M. E., & Smith, M. C. (2019). *A Guide for the Study of Nursing Theories for Practice* (5th ed.). F.A. Davis Company. <http://ebookcentral.proquest.com.lopes.idm.oclc.org/lib/gcu/detail.action?docID=5985004>

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3

**How has nursing practice evolved over time?**

Nursing practice can be found in history as early as the Middle Ages (500-1500 AD), According to Dynamics in Nursing**“**Christianity embraced self-care which, in turn, encouraged the care of others” (Dean, 2022) Nursing in the middle ages was common practice with religious beliefs and healing was thought to be done by priests. In the 19th century Florence Nightingale, a pioneer, is considered to have found modern nursing. During the Crimean War, Nightingale was able to improve patient outcomes through sanitation, hygiene, and date collection. Through the late 19th century and early 20th century the formation of nursing schools and nursing licensure began to happen. World War I and II both played a critical role in the evolution and advancement of the nursing practice. Nurses tended to the wounded and ill soldiers at the front-lines of battle. After the war(s) during the 2oth century there were significant advances in the medical field like the invention of antibiotics that helped nurses to get patients better faster. The late 20th century and 21st centuries have brought about tremendous change in nursing practice. the use of evidenced-based practice allows nurse to use the latest research to help promote patient health (Dean, 2022).

**Discuss the key leaders and historical events that have influenced the advancement of nursing, nursing education, and nursing roles that are now part of the contemporary nursing profession.**

Many leaders have been critical influencers in the advancement of nursing roles, education, and nursing. Florence Nightingale is the most famous historical leader in nursing. Nightingale was a pioneer and the founder of modern nursing, helping to realize the significance of sanitation, hygiene and collecting data to help promote and improve patient care. Florence Nightingale helped to establish the first nursing school in London at the St. Thomas Hospital. Clara Barton, an American nurse who had helped to care for soldiers that were wounded during the Civil war. Barton is known for founding the American Red Cross in 1881. The American Red cross helps people still to this day who have been impacted by natural disasters. Lillian Ward, another pioneering nurse who helped to form the Henry Street Settlement in New York City in 1883. Ward promoted better living conditions for the poor and assisted in developing community health nursing (Dean, 2022).

Historical events have contributed to the advancement of nursing, nursing education and nursing roles. The American Nurses association (ANA) is critical in helping to advocate for setting standards of practice for all nurses to follow. The growth of medical technology such as MRI’s, antibiotics and diagnostic tools have helped to propel nursing practice. Technological advances like electronic medical record and telemedicine have helped with the advancement of nursing (Dean, 2022).  As proven in history time and time again, nurses will continue to adapt to the advancement of the nursing profession.

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4

**Discuss the difference between a nursing conceptual model and a nursing theory.**

 A nursing conceptual models are used to define a nursing theory (Whitney, 2022). It provides the framework for reflection, observation, and interpretation of information (Vieira et al., 2021). It also provides the guidelines for clinical practice (Vieira et al., 2021). Conceptual models are theories that explain a way of thinking, or describes how a theory fits together (Whitney, 20220).

A nursing theory defines what nurses do, why they do it, and provides parameters that are used to separate nursing from other professional disciplines (Wayne, 2019). Nursing theories are built on the foundation of nursing conceptual models and are used to improve the nursing practice, and the lives of the patient, the families, and the communities served by nursing practice (Whitney, 2022). Nursing theories are present in day-to-day nursing with a goal of improving nursing practice (Whitney, 2022).

**Select a nursing theory used in health care and provide a concise summary of it.**

 Florence Nightingale’s Environmental Theory states that by changing the patient’s environment for the better, then the patient will get better (Whitney, 2022). The patient should be treated as a whole person (e.g., biological, psychological, spiritual, etc.) and that patient will recover from a disease/illness if the patient’s environment allows it (Whitney, 2022). Environmental factors that could both positively and negatively impact a patient’s recovery are as follows: 1) fresh air, 2) sunlight, 3) clean fresh water, 4) adequate food, 5) efficient drainage, 6) good hygiene, 7) low noise, 8) adequate temperature, and 9) clean environment (Whitney, 2022).

**Provide an example of how this nursing theory would be effective in managing client care.**

 Nightingale’s Environmental Theory uses a holistic approach to caring for patients. It takes into account the patient’s environment and modifies it for the betterment of the patient. For example, a patient was admitted to the hospital for observation with a diagnosis of a concussion. The patient was accidentally hit in the head with a 45 lb dumbbell and was experiencing pain at the injury site, N/V, dizziness, and light and noise sensitivity. In order to help this patient, pain and N/V medications were administered, and his environment was manipulated to aid in the healing of the patient. This was accomplished by doing several things such as: 1) cleaning and dressing the laceration from where the dumbbell hit him in the head in order to prevent infection, 2) reducing the patient’s movement by placing him in a bed to help with the dizziness, 3) placing the patient in a private room so there would be less noise, and 4) turning off the lights and television and closing the curtains to stop light and noise from making the patient’s pain worse.

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**5**

**Discuss the Difference Between a Nursing Conceptual Model and a Nursing Theory**

A nursing conceptual model, or grand theory, is more abstract and less comprehensive than a nursing theory.  They provide a broad framework for understanding nursing concepts but not specific interventions for patient care.  Orem’s Self-Care Deficit Nursing Theory and Roy’s Adaptation Model are examples. (Smith, 2019)

 Nursing theories are systematic and comprehensive explanations of nursing practice.  They help to guide why we do what we do as nurses.  Nursing theories offer specific guidance for practice and the formation of policies to garner the best patient outcomes. (Wayne, 2023)

**Summary of Nightingale’s Environmental Nursing Theory Used in Healthcare**

Nightingale’s theory provides a holistic approach to patient care.  It focuses on ten factors in a patient’s environment that can be altered to foster recovery.  These factors are ventilation, light, noise, health of houses, bedding, personal and area cleanliness, variety, offering hope and advice, food, and air.  These are the basis of nursing today and delineate nursing from other medical practices. (Whitney, 2022)

**How Nightingale’s Environmental Nursing Theory is Effective in Managing Client Care**

 Take, for instance, an 85-year-old woman in the hospital for exacerbation of her COPD.  Using Nightingale’s theory to guide nursing care would result in manipulating the patient’s environment to increase their chances for the best outcomes.

 Ventilation & air- ensuring that the patient’s room was not stuffy and had good airflow might influence how well the patient can breathe and oxygenate their body.

 Light & Noise- turning down the lights in the room and monitoring unnecessary disturbances by staff could foster a relaxing environment, allowing the patient the rest necessary for the body to heal.

Bedding- understanding how bedding (clean, straight sheets and a comfortable mattress) could affect the patient’s skin could mean the difference between a longer hospital stay for skin breakdown and timely discharge home.

 Food- Offering the patient healthy food that can assist the body in healing could decrease the length of stay.

 Offering hope & advice- talking with the patient in a kind and compassionate manner and instilling hope can influence the patient's mental capacity and create a sense of calm and desire to get better, resulting in decreased time to heal.

 Cleanliness- Infection control is catamount in a patient care setting.  Ensuring that the environment is clean can result in less of a chance of hospital-acquired infections, which could lead to increased length of stay and possible death.

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**Discuss the difference between a nursing conceptual model and a nursing theory.**

Nursing conceptual models assist in providing an outline to organize and better understand nursing expertise.  According to Dynamics in Nursing “A conceptual model is the organizing structure that defines the theory.” (Whitney, 2022). Conceptual models are often less specific than a nursing theory but typically contain visual components, making it easier to understand critical points and key relationships in nursing.

 Nursing theory is a way to organize a set of principles, concepts and relations that help to predict and or explain nursing experiences. Like a conceptual model a nursing theory provides a framework for assisting nurses in their practice, education and research, Nursing theories are organized by their complexity and can be categorized by a practice theory, mid-range theory or a grand theory.  Nursing theories are processed through scientific testing and research. Nursing theories are used in nursing practice to help direct the nursing professional conduct and when they have to make decisions (Whitney, 2022).

**Select a nursing theory used in health care and provide a concise summary of it.**

Dorthea Orem s Self-Care Deficit Nursing Theory focuses on the patient’s individual ability to maintain and promote their own health and well-being.  It is broken down into to three parts: Self-care-agency- (the patient’s ability to be an active part of their self-care), Self-care requisites (what is required for self-care) and the self-care deficit (the difference between the patient abilities and their actual needs).  Orem stated in her theory that when a person can not meet their self-care requirements a deficit happens and that is where nursing practice should fill the gap. The main idea of Orem’s Self-care Deficit Nursing Theory is that patients strive to care for themselves and have a better recovery time and are able to return to a self-sufficient state when the patient is involved in their own care as much as possible (Petiprin, 2019).

**Provide an example of how this nursing theory would be effective in managing client care.**

Dorthea Orem’s Self-care Deficit Nursing Theory can be applied throughout patient care. When assessing a patient who is taking blood pressure medication, the nurse can use Orem’s theory to determine the patient’s self-care capabilities in taking medication, knowing how to take and monitor blood pressure at home, and diet choices. Dorthea Orem’s Self-Care Deficit Nursing Theory can be used by the nursing professional to recognize the patient’s deficits in self-care, identify a nursing diagnosis, and curate a plan for the individual that promotes wellbeing while allowing the patient to be an active part of their own care (Petiprin, 2019).

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