

Nursing Theory Analysis

6 pages | 1282 words

Intro As nurses, it is very important to have a fundamental understanding of the nursing practice by assessing various nursing theories and concepts used throughout a variety of clinical settings. Nursing theories work as the structure or the directing principle of the nursing profession. In this paper, I am going to go over two theories-- the Health Belief Design and the Social Cognitive Theory-- and their significance to the nursing practice.

Health Belief Design The Health Belief Design, commonly abbreviated as HBM, is a mental design that anticipates and discusses health habits of people based on their beliefs and attitudes towards a specific health-related issue. This theory describes that an individual's beliefs and attitudes about specific health issue, self-efficacy, barriers, and advantages to viewed action aid produce health-promoting habits. It was created in the 1950s by US social psychologists Kegels, Rosenstock & Hochbaum in reaction to the not successful nationwide tuberculosis screening program (Thurmond & Popkess-Vawter, 2003). The core declarations and assumptions of the Health Belief Model is that a health-related action should be adhered since it could help avoid the likelihood of unfavorable health conditions, such as chronic diseases and transmittable conditions. When individuals get favorable expectations over a particular health-promoting action, they can then prevent the event of unfavorable health conditions (Potter & Perry, 2006). Application of the Health Belief Model into practice It is believed that the Health Belief Model is the main model used in the nursing process associated with health promotion and education, as well as illness prevention and protection. It has been utilized to describe various health protective activities within the primary, secondary, and tertiary level of health care. This framework serves as the basis for helping individuals engage in primary and secondary illness prevention. For instance, when nurses provide specific instructions to educate individuals that diseases could be prevented, this is part of the primary prevention that is associated with increasing the health-promoting activities of the population. If the nurse, on the other hand, educates an ill patient about how a certain disease should be treated, and the things to be avoided to prevent the disease from getting worse, this is part of the secondary level of prevention that is associated with preventing negative health conditions (Thurmond & Popkess-Vawter, 2003). Accordingly, by providing primary and secondary prevention, the patients' perceived benefits will likely increase their anticipatory actions and lessen health risks associated with their conditions (Bandura, 2009). Another good example of a Health Belief Model applied into nursing practice, is when a nurse creates a discharge planning education for a patient diagnosed with heart illness. By letting the patient know before discharge the importance of undergoing regular monitoring and follow-up, as well as teaching the patient to reduce risk-taking behaviors, it could help increase a patient's health awareness and possibly reduce readmissions in the future. But most importantly, the nurse must help the patient become accepting of the belief that discharge health educations could increase self-efficacy and improve the overall quality of life. It is important to note that the Health Belief Model is entirely reliant on the ability of...

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