

Nursing Theories List

Nursing theories list serves as a reference tool for nurses, educators, researchers, and students to explore and understand the foundational concepts and perspectives that shape the nursing profession.

Grand theories

Nursing theory	Founder/ Developer	Year developed	Main concepts/Principles
Theory of human caring	Jean Watson	1979	Emphasizes the importance of the nurse-patient relationship and caring as central to nursing practice. Focuses on promoting healing through authentic presence, compassionate care, and therapeutic touch.
Theory of health as expanding consciousness	Margaret A. Newman	1970s	Explores the concept of health as a process of expanding consciousness, transcending illness to achieve higher levels of awareness and well-being. Emphasizes the interconnectedness of mind, body, and spirit in the healing process and the importance of holistic nursing care.
Behavioral system model	Dorothy E. Johnson	1959	Views individuals as behavioral systems, seeking balance and equilibrium. Emphasizes nursing interventions aimed at helping individuals maintain stability in their biological, psychological, and social domains.

Middle-range theories

Nursing theory	Founder/ Developer	Year developed	Main concepts/Principles
Theory of comfort	Katherine Kolcaba	1990s	Its primary objective is to provide clients with comfort, aiming to initiate three stages of comfort: relief, ease, and transcendence.
Self-care deficit theory	Dorothea Orem	1950s to 2001	Centers on the concept that patients desire to care for themselves but may require assistance. Nurses empower patients to perform self-care activities independently, gradually transitioning them towards increased autonomy as they progress.
Theory of goal attainment	Imogene M. King	1960s	Focuses on the nurse-patient relationship and the mutual goal-setting process to achieve optimal health outcomes. Emphasizes the importance of communication, interaction, and goal clarity in facilitating goal attainment.

Nursing Theories In Practice

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