

IEMT Practitioners are encouraged to investigate and learn the different nursing models<sup>1)</sup> in order to better understand how to systematize their work with their clients.

Nursing models have been tried and tested, updated, and adjusted by countless healthcare professionals over many decades and as such have taken on an archetypal quality. Many of the learnings and practicalities within the model's implementation can be readily applied to other healthcare disciplines of practice.

## Additional Nursing Models

- Newman's Health Promotion Model
- Benner's Novice to Expert Model
- Neuman's Systems Model
- Levine's Conservation Model
- Rogers' Science of Unitary Human Beings
- Johnson's Behavioral System Model
- Parse's Human Becoming Theory
- Orlando's Patient-centered Nursing Theory

### Newman's Health Promotion Model (NHPM)

Newman's Health Promotion Model (NHPM)<sup>2)3)</sup> is a nursing theory that was developed by Martha E. Rogers<sup>4)</sup> in the late 1970s and early 1980s. The model focuses on promoting health and preventing illness by addressing the individual's unique needs and characteristics.

The NHPM is based on the idea that health is not just the absence of disease, but rather a positive state of well-being. It posits that individuals have an innate drive towards health and that nurses can facilitate this process by identifying and addressing the unique health needs of each person.

The model includes four key components:

1. the individual
2. the environment
3. health
4. nursing

The individual is seen as a unique being with unique health needs and characteristics. The environment includes the physical, social, and cultural factors that affect the individual's health. Health is defined as a positive state of well-being, and nursing is seen as a process of facilitating the individual's innate drive toward health.

In practice, the NHPM can be used to guide the development of nursing interventions and health promotion programs. The model emphasizes the importance of understanding the individual's unique needs, characteristics, and values in order to create a personalized plan of care.

The NHPM has been widely used and applied in a variety of settings, including hospitals, primary care, community health, and long-term care. It is considered a holistic, person-centered model that promotes health and well-being.

## Benner's Novice to Expert Model

Benner's Novice to Expert Model<sup>5)</sup> (Patricia Benner, 1984)<sup>6)</sup>, also known as the Novice to Expert theory, is a nursing theory developed by Patricia Benner in the early 1980s. The theory describes the process of how nurses develop and acquire knowledge and skills throughout their careers, from novice to expert.

The model is based on the idea that nursing practice is a dynamic process and that nurses' knowledge and skills develop over time through various stages of experience.

Benner identifies five stages of nursing practice:

1. novice
2. advanced beginner
3. competent
4. proficient
5. expert

**At the novice stage**, nurses have limited knowledge and experience and rely heavily on rules and routines to guide their practice. As they gain more experience and knowledge, they become **advanced beginners** and are able to apply their knowledge to new situations. At the **competent stage**, nurses have a solid foundation of knowledge and skills and are able to handle more complex situations.

**At the proficient stage**, nurses have a deep understanding of the clinical situations they encounter and are able to make complex judgments and decisions. At the **expert stage**, nurses have a high level of skill and knowledge and can anticipate and respond to the needs of patients without conscious effort.

The Novice to Expert theory emphasizes the importance of continuing education and professional development to help nurses progress through the stages of practice. It also underlines the importance of mentorship and guidance in the development of nurses as experts.

The Novice to Expert model has been widely used in nursing education, practice, and research, and it is considered a valuable tool for evaluating nurses' clinical competence, and designing educational programs for nursing students and practicing nurses.

## Neuman's Systems Model

Neuman's Systems Model<sup>7)</sup> <sup>8)</sup><sup>9)</sup> is a nursing theory developed by Betty Neuman in the 1970s. The model focuses on the individual as a whole person and emphasizes the importance of understanding the person in the context of their environment.

The model is based on the concept that the individual is a system made up of various subsystems, such as physical, psychological, social, and spiritual components. The model posits that the individual's health and well-being are influenced by the interactions between these subsystems and the external environment.

The model includes three main components: the individual, the environment, and the nursing process. The individual is seen as a unique being with unique needs and characteristics. The environment includes the physical, social, and cultural factors that affect the individual's health.

The nursing process includes assessment, diagnosis, planning, implementation, and evaluation. The model emphasizes the importance of assessing the individual's unique needs and characteristics and creating a personalized plan of care to promote health and well-being.

Neuman's Systems Model also emphasizes the importance of primary, secondary, and tertiary prevention in maintaining and restoring health. Primary prevention focuses on maintaining health by identifying and reducing risk factors, secondary prevention focuses on early detection and prompt intervention of health problems, and tertiary prevention aims to minimize the effects of chronic or long-term illness.

Neuman's Systems Model is widely used in nursing practice, education, and research, and is considered a holistic, person-centered model that promotes health and well-being. It is also considered a useful tool for understanding the complex interactions between the individual, environment, and nursing care.



## Levine's Conservation Model

Levine's Conservation Model<sup>10)(11)(12)</sup> is a nursing theory developed by Faye Glenn Levine in the 1980s. The model emphasizes the importance of conservation, which refers to the preservation and maintenance of health, energy, and resources.

The model is based on the idea that the individual is a holistic being, made up of physical, psychological, social, and spiritual components. The model posits that health and well-being are maintained through the conservation of these components.

The model includes four main components: the individual, the environment, health, and nursing. The individual is seen as a holistic being with unique needs and characteristics. The environment includes the physical, social, and cultural factors that affect the individual's health. Health is defined as a state of balance and harmony among the various components of the individual.

The nursing process includes assessment, planning, implementation, and evaluation. The model emphasizes the importance of understanding the individual's unique needs and characteristics and creating a personalized plan of care to promote health and well-being.

The Conservation Model is based on 14 conservation principles that can be used to guide nursing

practice. These principles include:

1. holistic perspective
2. pattern recognition
3. stress, adaptation
4. conservation of energy
5. conservation of structural integrity
6. conservation of personal integrity
7. conservation of social integrity
8. conservation of spiritual integrity
9. conservation of self-concept
10. conservation of role function
11. conservation of life principle
12. conservation of growth and development
13. conservation of resources

Levine's Conservation Model is widely used in nursing practice, education, and research, and is considered a holistic, person-centered model that promotes health and well-being. It is also considered a useful tool for understanding the complex interactions between the individual, environment, and nursing care.

## Rogers' Science of Unitary Human Beings

Rogers' Science of Unitary Human Beings<sup>13)14)</sup> is a nursing theory developed by Martha E. Rogers<sup>15)</sup> in the 1970s. The theory emphasizes the holistic nature of the individual and the view of the person as a unitary being.

The model is based on the idea that the individual is a dynamic and constantly changing energy field that is in a constant process of becoming. It posits that the individual is a unique being with unique needs and characteristics and that health and well-being are maintained through the balance and harmony of the various components of the individual.

The model includes four main components: the individual, the environment, health, and nursing. The individual is seen as a unitary being with unique needs and characteristics. The environment includes the physical, social, and cultural factors that affect the individual's health. Health is defined as a state of balance and harmony among the various components of the individual.

the nursing process includes assessment, planning, implementation, and evaluation. The model emphasizes the importance of understanding the individual's unique needs and characteristics and creating a personalized plan of care to promote health and well-being.

The Science of Unitary Human Beings is based on the concept of "unitary field experience" which refers to the individual's personal experience of the environment and the self. The model emphasizes the importance of the nurse-patient relationship and the nurse's role in facilitating the individual's innate drive toward health and well-being.

Rogers' Science of Unitary Human Beings is widely used in nursing practice, education, and research, and is considered a holistic, person-centered model that promotes health and well-being. It is also considered a useful tool for understanding the complex interactions between the individual, environment, and nursing care.

## Johnson's Behavioral System Model

Johnson's Behavioral System Model<sup>16)17)</sup> is a nursing theory developed by Dorothy E. Johnson<sup>18)</sup> in the 1970s. The model focuses on the individual as a system made up of multiple interacting subsystems, such as physiological, psychological, and social subsystems. The model emphasizes the importance of understanding the interactions between these subsystems and the environment in order to promote health and well-being.

The model includes three main components: the individual, the environment, and the nursing process. The individual is seen as a holistic being with unique needs and characteristics. The environment includes the physical, social, and cultural factors that affect the individual's health.

The Behavioral System Model posits that the individual's health and well-being are influenced by the interactions between their various subsystems and the environment. It also posits that the individual has the innate ability to maintain balance and harmony among their subsystems, but that this ability can be affected by environmental stressors.

The model is based on the concept of "goal attainment" which refers to the individual's ability to achieve their goals related to health and well-being. It also posits that the individual's perception of the environment, and their ability to cope with stressors, play a major role in their ability to achieve their goals.

Johnson's Behavioral System Model is widely used in nursing practice, education, and research, and is considered a holistic, person-centered model that promotes health and well-being. It is also considered a useful tool for understanding the complex interactions between the individual, environment, and nursing care.

## Parse's Human Becoming Theory

Parse's Human Becoming Theory<sup>19)20)</sup>, also known as the Theory of Human Becoming, is a nursing theory developed by Rosemarie Rizzo Parse in the 1980s. The theory emphasizes the importance of understanding the individual's unique experience of the world and the meaning they attach to it, in order to promote health and well-being.

The model is based on the idea that the individual is a holistic being, made up of physical, psychological, social, and spiritual components. The model posits that health and well-being are maintained through the balance and harmony of these components and that the individual's unique experience of the world and the meaning they attach to it play a major role in this balance.

The model includes four main components: the individual, the environment, health, and nursing. The individual is seen as a holistic being with unique needs and characteristics. The environment includes the physical, social, and cultural factors that affect the individual's health. Health is defined as a state of balance and harmony among the various components of the individual.

The nursing process includes assessment, planning, implementation, and evaluation. The model emphasizes the importance of understanding the individual's unique needs and characteristics and creating a personalized plan of care to promote health and well-being.

The Human Becoming Theory is based on the concept of "human becoming" which refers to the

individual's unique experience of the world and the meaning they attach to it. The model emphasizes the importance of the nurse-patient relationship and the nurse's role in facilitating the individual's innate drive toward health and well-being.

Parse's Human Becoming Theory is widely used in nursing practice, education, and research, and is considered a holistic, person-centered model that promotes health and well-being. It is also considered a useful tool for understanding the complex interactions between the individual, environment, and nursing care.

## Orlando's Patient-centered Nursing Theory

Orlando's Patient-centered Nursing Theory<sup>21)22)23)</sup>, also known as the "Deliberative Nursing Process" theory, is a nursing theory developed by Ida Jean Orlando in the 1950s. The theory emphasizes the importance of understanding the individual's unique needs and characteristics and creating a personalized plan of care to promote health and well-being.

The model is based on the idea that the individual is a holistic being, made up of physical, psychological, social, and spiritual components. The model posits that health and well-being are maintained through the balance and harmony of these components, and that the individual's unique needs and characteristics play a major role in this balance.

The Orlando's Patient-centered Nursing Theory is widely used in nursing practice, education, and research, and is considered a holistic, person-centered model that promotes health and well-being. It is also considered a useful tool for understanding the complex interactions between the individual, environment, and nursing care.

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<sup>1)</sup> Nursing Theories & Models [nursing-theory.org](https://nursing-theory.org)

<sup>2)</sup> Health as Expanding Consciousness [nursing-theory.org](https://nursing-theory.org)

<sup>3)</sup> Health as expanding consciousness: a nursing perspective for grounded theory research DOI: [10.1177/0894318411409428](https://doi.org/10.1177/0894318411409428)

<sup>4), 15)</sup> Martha E. Rogers [Wikipedia](https://en.wikipedia.org/wiki/Martha_E._Rogers)

<sup>5)</sup> Dr. Patricia Benner From Novice to Expert [nursing-theory.org](https://nursing-theory.org)

<sup>6)</sup> From novice to expert : excellence and power in clinical nursing practice by Benner, Patricia - Full book [archive.org](https://archive.org/details/from-novice-to-expert-excellence-and-power-in-clinical-nursing-practice-by-patricia-benner)

<sup>7)</sup> Neuman Systems Model, Inc. [neumansystemsmodel.org](https://neumansystemsmodel.org)

<sup>8)</sup> Neuman's Systems Model [nursing-theory.org](https://nursing-theory.org)

<sup>9)</sup> Application of Betty Neuman's System Model [currentnursing.com](https://currentnursing.com)

<sup>10)</sup> Levine's conservation model for nursing [Wikipedia](https://en.wikipedia.org/wiki/Levine%27s_conservation_model_for_nursing)

<sup>11)</sup> Four Conservation Principles of Nursing, created by Myra Estrine Levine [nursing-theory.org](https://nursing-theory.org)

<sup>12)</sup> Levine's Four Conservation Principles [currentnursing.com](https://currentnursing.com)

<sup>13)</sup> Rogers' Theory of Unitary Human Beings [nursing-theory.org](https://nursing-theory.org)

<sup>14)</sup> Science of Unitary Human Beings [currentnursing.com](https://currentnursing.com)

<sup>16)</sup> Health Behavioral Theory [nursing-theory.org](https://nursing-theory.org)

<sup>17)</sup> Johnson's Behaviour System Model [currentnursing.com](https://currentnursing.com)

<sup>18)</sup> Dorothy E. Johnson [Wikipedia](https://en.wikipedia.org/wiki/Dorothy_E._Johnson)

<sup>19)</sup> Parse's Human Becoming Theory [nursing-theory.org](https://nursing-theory.org)

<sup>20)</sup> Human Becoming Theory by Rosemarie Rizzo Parse [currentnursing.com](https://currentnursing.com)

<sup>21)</sup> Orlando's Nursing Process Discipline Theory [nursing-theory.org](https://nursing-theory.org)

<sup>22)</sup> Orlando's Nursing Process Theory [currentnursing.com](https://currentnursing.com)

<sup>23)</sup> Nursing process [Wikipedia](https://en.wikipedia.org/wiki/Nursing_process)

1. ^ Patricia Benner, 1984. *From Novice to Expert: Excellence and Power in Clinical Nursing Practice*. Prentice Hall, ISBN 020100299X.

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Last update: **2023/01/22 16:48**

