

IEMT Practitioners are encouraged to investigate and learn the different nursing models<sup>1) 2)3)</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
- Roger's 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>4)5)6)</sup> is a nursing theory that was developed by Margaret A. Newman<sup>7)</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.

“Health is the expansion of consciousness.”*Newman, 1983*

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 consists of three levels: the individual level, the interpersonal level, and the community level. At the individual level, the model focuses on personal factors such as knowledge, attitudes, and beliefs that influence health behaviors. At the interpersonal level, the model considers the impact of social support and relationships on health. At the community level, the model focuses on the role of the environment in promoting health, such as access to health services and resources. Overall, the NHPM emphasizes the importance of addressing the multiple determinants of health to achieve optimal health outcomes. 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>8)</sup> ([Patricia Benner, 1984](#))<sup>9)</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:** At this stage, the nurse is new to the field and relies heavily on rules and step-by-step procedures to guide their practice. They lack experience and understanding of the context in which they are working.
2. **Advanced Beginner:** The nurse has gained some experience and is starting to recognize patterns in their work, but they still rely on rules and procedures to guide their practice.
3. **Competent:** The nurse has a deeper understanding of the context in which they are working and can begin to anticipate problems and plan accordingly. They still rely on rules and procedures, but they are able to adapt them to the specific situation.
4. **Proficient:** The nurse has a high level of skill and experience and can act in a variety of situations. They can recognize patterns and anticipate problems, but they also rely on intuition and past experience.
5. **Expert:** The nurse has a deep understanding of the context in which they are working and can respond quickly and effectively to new situations. They can anticipate problems and plan accordingly, and they rely on intuition and past experience.

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>10)</sup> <sup>11)</sup><sup>12)</sup> is a nursing theory developed by Betty Neuman in the 1970s ([Neuman, Betty M, 2010, 5th Edition](#))<sup>13)</sup>. The model focuses on the individual as a whole person and

emphasizes the importance of understanding the person in the context of their environment.

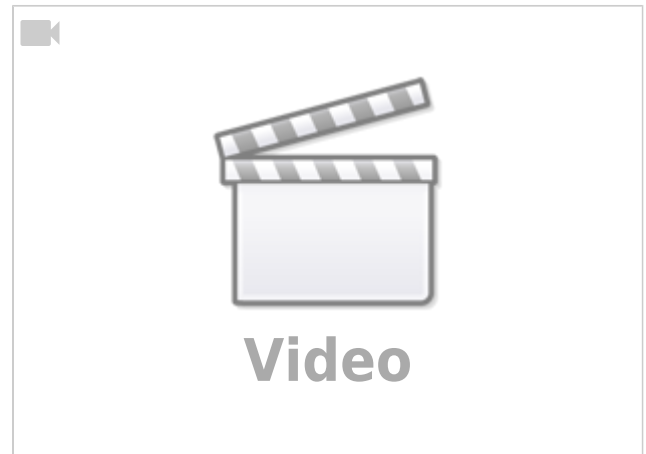
The model is based on the concept that the individual is a system made up of various subsystems, such as physical, psychological, social, and spiritual components. The model posits that the individual's health and well-being are influenced by the interactions between these subsystems and the external 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>(14)(15)(16)</sup> is a nursing theory developed by Faye Glenn Levine(1920-1996) in the 1980s. The model emphasizes the importance of conservation, which refers to energy, structural integrity, personal integrity and social integrity.

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 prepositions of Levine's Conservation Model include:

1. **Holism:** The model emphasizes the importance of considering the whole person, including their physical, emotional, social, and spiritual needs, when providing care.
2. **Homeostasis:** The model posits that individuals have a natural tendency to maintain a balance or equilibrium in their lives, and that this balance can be disrupted by illness or injury.
3. **Adaptation:** The better patients can adapt to the changes in health, the better they are able to respond to treatment and care. Every individual has unique range of adaptive responses which vary based on heredity, age, gender or challenges of an illness experience..
4. **Interdependence:** The model recognizes that individuals are interconnected and that their actions and interactions with others can affect their ability to maintain balance.
5. **Culture and spirituality:** The model emphasizes the importance of considering the individual's cultural and spiritual background, as well as their personal values and beliefs, when providing care.
6. **Preservation and promotion:** The model proposes that the nurse's role is to preserve the individual's balance and promote their well-being by identifying and addressing factors that are contributing to the disruption.

According to Levine's conservation model, the individual and their environment become aligned over time through specific adaptive responses. This process, known as conservation, can occur at various levels. In the field of nursing, the goal is to assist individuals in maintaining their overall well-being with minimal effort.

The core of Levine 's theory is her four principles of conservation<sup>17)</sup>:

1. **Conservation of Energy:** This principle states that the individual should conserve their energy by reducing unnecessary physical and mental exertion. This includes minimizing activities that are not essential to maintaining health and well-being and maximizing rest and relaxation.
2. **Conservation of Structural Integrity:** This principle states that the individual should maintain their physical and emotional health by preserving their structural integrity. This includes taking care of the body through proper nutrition, exercise, and hygiene, as well as protecting it from injury and illness.
3. **Conservation of Personal Integrity:** This principle states that the individual should maintain their sense of self and personal identity by preserving their personal integrity. This includes maintaining a sense of control over one's life, making choices and decisions, and setting goals.
4. **Conservation of Social Integrity:** This principle states that the individual should maintain their social connections and relationships by preserving their social integrity. This includes maintaining positive relationships with family, friends, and community and participating in social activities.

Overall, these principles are interrelated and aim to help individuals maintain their overall well-being by preserving their physical, emotional, and social health. By following these principles, individuals can make the most of their resources, reduce stress and improve their overall quality of life.

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. The theory is widely generalizable, It can be used in any setting with any human being who is suffering and willing to seek assistance from a nurse.

## Roger's Science of Unitary Human Beings

Roger's Science of Unitary Human Beings<sup>18)19)</sup> is a nursing theory developed by Martha E. Rogers<sup>20)</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>21)22)</sup> is a nursing theory developed by Dorothy E. Johnson<sup>23)</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>24)25)</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>26)27)28)</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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