

## THEORETICAL BASIS FOR NURSING

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## Grand Nursing Theories Based on Interactive Process

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Jean Willowby is a student in a master's of science in nursing (MSN) program, working to become a pediatric nurse practitioner (PNP). For one of her practicum assignments, Jean must incorporate a nursing theory into her clinical work, using the theory as a guide. During an earlier course on theory, she read several nursing theories that focused on interactions between the client and the nurse and between the client and the health care system. She remembered that in the interaction models and theories, human beings are viewed as interacting wholes, and client problems are seen as multifactorial.

The theories that stress human interactions best fit Jean's personal philosophy of nursing because they take into account the complexities of the multitude of factors, such as the social determinants of health, which she believes to be part of clinical nursing practice. Like the perspective taken by interaction model theorists, Jean understands that at times, the results of interventions are unpredictable and that many elements in the client's background and environment have an effect on the outcomes of interventions. She also acknowledges that there

are many interactions between clients and their environments, both internal and external, some of which cannot be measured.

To better prepare for the assignment, Jean studied several of the human interaction models and theories, focusing most of her attention on the works of Roy and King. During her discussions with her professor, she was referred to the writings of Jean Watson. After reviewing the caritative factors and the caritas processes, she decided that 'Caring Science' (Watson, 2018) best fit her pediatric practice and determined to learn more about it.

### Introduction

As discussed in Chapter 6, interactive process nursing theories emerged between the needs-based theories of the 1950s and 1960s, most philosophically grounded in the positivist school of thought, and the interaction models, which are grounded in humanist philosophy, which expressed the idea that humans are unitary beings and energy fields in constant interaction with a universal energy field. The interactive theories, in contrast, are grounded in postpositive schools of philosophy.

The theorists presented in this chapter believe that humans are beings who interact with, and adapt to, situations in which they find themselves. The theorists ascribe to systems theory and agree that there is constant interaction between humans and their environments. In general, human interaction theorists believe that health is a value and that a continuum of health ranges from wellness to illness. They acknowledge, however, that people with chronic illness may have healthy lives and live well despite their illnesses.

Nursing models that can be described as interactive process theories include Artinian's Intersystem Model; Erickson, Tomlin, and Swain's Model of Interaction; King's Systems Framework and Theory of Goal Attainment; and the Theory of Goal Attainment.