

Theory Application: Betty Neuman's Model

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Abstract

Theories are not discovered in nature but are human invention. The new generation of nursing students expect an education that provides experiential learning and engaged learning that is related to real world context. Nurses can be guided by nursing theory in a full range of nursing situations. Nursing theory provides direction for new ways of being present with clients, helps nurses, realizes ways of expressing caring, and provides approaches to understanding needs for nursing and designing care to address these needs. The Neuman systems model is widely used in different practice settings. The Newman systems model gives a comprehensive, flexible, holistic and systems-based outlook for nursing. This classic model of nursing focuses consciousness upon the reaction of the client system to true or potential environmental stressor, and the use of primary, secondary, and tertiary nursing prevention involvement for retention, attainment, and maintenance of optimal client system wellness.

Keywords: fracture, Neuman system model, stressor

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INTRODUCTION

This model says or addresses the constant interaction between a client and the environment.

The major concepts identified in the Neuman system model are

- Wholistic client approach
- Open system
- Basic structure
- Environment
- Stressors
- Lines of defense and resistance
- Degree of reaction
- Prevention as intervention
- Reconstitution

From this model, mainly the specific intervention aspects are applied to the patient with fracture. This model describes specific Intervention as follows.^[1]

Prevention as Intervention

Interventions are purposeful actions to help the client retain, attain and or maintain system stability.

Primary Prevention

It is carried out when a stressor is suspected or identified. It refers to the intervention before a reaction occurs.

Seeks to interfere the stressor's penetration into the normal line of defense.

Attempts to prevent the stressor from occurring lessen the possibility that the stressor will affect the person or strengthen the normal line of defense.^[2,3]

Secondary Prevention

It occurs after the system reacts to a stressor.

Intervention after a reaction occurs.

Early case finding and treatment of problems.

Tertiary Prevention

It occurs after the active treatment or secondary prevention strategies.

With this background, this theory was applied to the patient with fracture in both bones (Tibia + Fibula) who underwent external fixation.

Case

Mr. X. (for ethical purpose the patient's name is kept confidential) a 40 years male, admitted in hospital with the history of RTA and diagnosed to have fracture in both leg (Tibia + Fibula) in left leg. He also underwent external Fixation.

According to the phase of specific intervention as per Neuman's model.^[4]

Primary Intervention

- Dressing is applied over pinsite area to strengthen the flexible line of defense.

Secondary Intervention

- The following action is carried out to the patient to strengthen the line of resistance
- Early assessment of Pinsite inflection
- Doing culture test
- Administering appropriate antibiotics

Tertiary Prevention

- Health education is given to the Patient about
- Calcium rich diet
- Personal Hygiene
- Wound Care
- Range of motion exercises

CONCLUSION

The Neuman Systems Model's has been used in a wide variety of nursing situations, it is readily adaptable and comprehensive enough to be useful in all health care settings, including nursing administration and research. ^[5,6]

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