**My Practice Experience Outcome**

Since childhood, I have always desired to be a nursing practitioner, a dream that I have come to realize in the recent times. Indeed, training as a nurse has filled me with unquenchable joy and expectation; an expectation that I have come to meet in my nursing practice. Training as a nurse and practicing as a nurse are two sides of the nursing profession; they are both critical in the delivery of health care. However, to practice as a nurse, one has to be familiar with the various nursing theories, which, in essence, provide direction on nursing care (Ahtisham & Jacoline, 2015). Personally, I have drawn much from my knowledge and understanding of these theories as I went through my nursing practice. Firstly, my knowledge of Nightingale’s Environmental Theory, which emphasizes the importance of a supportive environment to the healing process, has helped appreciate the value of cleanliness among other essentials (Brown, Wickline, Ecoff, & Glaser, 2009). Based on more than 10 canons, this nursing theory encourages the nursing practitioner to observe the importance of nutrition, light, ventilation, cleanliness, and observation of the sick as a way of supporting the healing process (Brown et al., 2009). Going forward, I intend to observe these canons in my nursing practice to support the healing process of those placed under my care.

Secondly, my knowledge of Peplau’s Interpersonal Relations Theory has helped me understand the importance of developing relationships with my patients. According to this theory, a patient undergoes through phases of dependence, interdependence, and independence while undergoing care (Lillis, LeMone, LeBon, & Lynn, 2010). As such, it is important for a nurse to foster an environment that takes into consideration these phases, thus allowing their patients find a supportive environment in terms of their self-interest and needs. Courtesy of Peplau’s theory, I now find it more fulfilling to develop a sense of friendship with my clients, which is, solely, based on professionalism.

Thirdly, understanding Orem’s General Theory of Nursing, which entails three interrelated theories- self-care, self-care deficit, and nursing systems-, has enabled me to realize the importance of developing, in my patients, a sense of self-care. According to the theory, a nurse can utilize this model in their nursing practice by being aware of the need for patients to perform self-care duties that promote their well-being (Lillis et al., 2010). These duties include, among others, observing cleanliness and following doctor’s subscriptions (Lillis et al., 2010). To support my patients in this endeavor, I make regular contacts with my patients to ensure that they observe their medication timetable and at the same time address any needs they may have regarding personal hygiene.

Fourthly, the King’s Goal Attainment Theory, which emphasizes on three levels of systems- individual/personal, group/interpersonal, and society/social- has enriched my nursing practice in a great way. Placing importance on interactions between nurses and their patients, individual perceptions of both the nurses and their patients, and communication among others, this theory encourages nurses to interact regularly with their clients (Lillis et al., 2010). However, the nurse must realize that their interaction might be affected by stress, perception, and judgment among other issues. On this basis, I have learned to take into account the differences in my perception, judgment, and level of stress with those of my clients to ensure positive health outcomes for the both of us.

Indeed, I have gained much field knowledge drawing from the above theories and much more including Leininger's Cultural Care Diversity and Universality Theory, which emphasizes the importance of nurses to understand that people come from diverse cultures (Lillis et al., 2010). Overall, my knowledge of these theories has enriched my nursing practice in significant ways. Most importantly, I now understand that health care must be provided safely, effectively, efficiently, timely, equitable, and in a patient-centered manner.

**References**

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