

CLINICAL APPLICATION OF NIGHTINGALE'S THEORY INTO PRACTICE

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ABSTRACT:

Nurses are the backbone of any healthcare system. However, nurses are still struggling with many challenges particularly in the developing world. One of the biggest challenges of today's nurse is the clinical application of nursing theoretical concepts into routine practice. The purpose of this scholarly paper is to explicitly describe the Nightingale nursing theory into clinical practice in light of a clinical scenario particularly three core concepts (Bed and bedding, proper ventilation of ward, and proper hygienic dressing) in order to demonstrate the evidence-based practice in nursing care.

Keywords: *Nursing theory, Clinical practice, and Clinical application.*

Clinical Scenario

Mr. X 65yr, old male admitted in Cardiac surgical ward with post coronary artery bypass grafting (CABAG). During hospitalization process his wound became infected. As it was observed that condition of the ward was unhygienic and suffocated due to frequently switch off air conditioned and closed windows. And patient dealt by student nurse who could not maintain the proper hygienic condition of patient during hospitalization. It was also observed that lack of daily bathing, environmental suffocation and dirty bed linens resulted in impaired of patient health. In the light of above scenario, three core canons of environmental theory of nursing by Florence Nightingale were incorporated in the care of patient (figure 1).

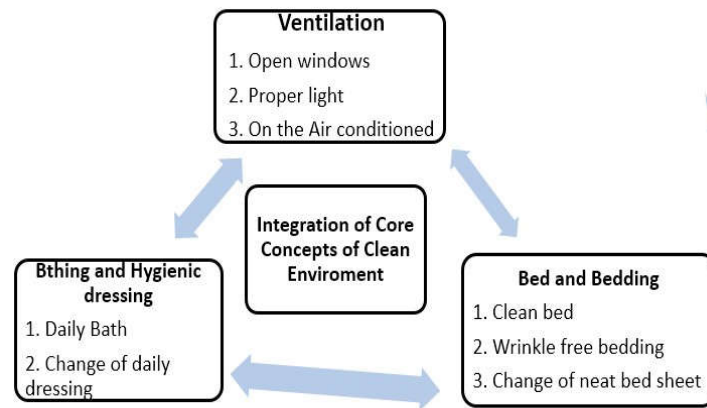


Figure 1: Integration of Core Concepts of Clean Environment

Application of Nightingale Theory

Nursing theory of Nightingale has a strong reflection and importance in the clinical areas where it is applicable in different perspectives. Theory describes the four major concepts nursing, person, health and environment. In this scenario environment of patient has shown badly affected on the health of patient, which caused the infection. Secondly nursing is the modifying factor in the health of person while undertraining nurse was also key factor to modify the patient environment and health. After maintaining the proper hygiene of ward and ventilation of the environment, patient came towards recovery of infection through nursing intervening process related to the Florence Nightingale's nursing theory of the environment (1). However, it couldn't say that the total recovery of the patient depends upon the environmental cleanliness but the importance of medication to recover the disease cannot be missed at all (3).

Analysis of Nightingale Theory

In light of environmental theory of Nightingale, it is analyzed in this scenario that environment of hospital affected the health of patient. There were also other determinants which had influenced on recovery of patient such as no proper health education about daily bathing and maintaining personal hygiene. According to Nightingale environmental theory hygienic environment includes proper ventilation, daily wrinkle free bedding, and bathing and hygienic dressing are mandatory for good health that were lacking in this scenario.

By analyzing this scenario in perspective of environmental theory of Nightingale could say that how's unhygienic environment of hospital affected the health of patient and the other determinants influenced on scenario as resulted in developing of infection in wound. According to environmental theory patient needed efficient nursing care, clean bed and proper bedding, good ventilation, daily bathing and daily change of wound dressing with sterile technique but unlikely these determinants not fulfilled during his hospitalized process which resulted in impaired health (1). Nightingale concepts regarding cleanliness of environment includes neat bedding, good ventilation and personal hygiene are mandatory for recovery of patient. Ventilation is the first and most important paradigm of Nightingale's environmental theory in which stressed upon patient's room environment during his hospital stay (4). This environment includes open windows for pure air entry, warmth according to season, covered open drains from preventing foul smell because this seems to be a good source for healing process. Clean bed and bedding another most important paradigm of environmental theory has a strong relationship with patient health as rooms must be neat, clean and bed making on daily bases with clean bed sheets (2). Maintenance of personal hygiene is also key determinant in recovery of health like routine bathing and changing dress on daily basis and for this entire, nurse has a major role in maintaining this environment in light of environmental theory (3). As she must provide comfort environment and having a base knowledge of standard operating procedures for hand washing and follow these guidelines to prevent

from developing wound infection (3).

Hypothesis based on Nightingale's environmental theory for testing nursing implementation.

The hypothesis that can be used to change displeased outcome of this scenario while testing the nursing implementation:

1. If health care givers follow the guidelines of hand washing techniques can prevent from wound infection.

a) There is an association to follow the guideline of hand washing technique will reduce wound infections.

2. If health education regarding personal hygiene is given to patient prior to surgery that minimize the risk of developing wound infection.

a) There is an association between health education regarding personal hygiene is given to the patient prior to surgery will minimize the risk of developing wound infections.

3. It is assumed that manipulation in environment as Nightingale identified for patient such as pure air, proper bedding, avoidance from smell, can decrease the incidence of wound infection.

a) There is an association between health education regarding personal hygiene is given to the patient prior to surgery will minimize the risk of developing wound infections.

Conclusion

Nightingale theory on environment has given a remarkable foundation in clinical practice of modern era. Her concepts about healthy environment and the above stated other determinants that affect the health of the human being and how a nurse works as bridge between human being those determinants.

The author tried to understand the application of Nightingale theory on environment in clinical scenario when this scenario came into author's knowledge that time enough knowledge was needed to apply it further but after reading theory in detail the author could say nursing is combination of science and art.

It is a historical milestone in nursing history which has brought and will bring new concepts and development in nursing science and art. Her theory has a vast application in almost all fields of science especially in health care sector.

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