

**Practice Theories**

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### Practice Theories

The *Transitions Theory* by Afaf Meleis is descriptive in the middle-range class. The transitions theory relates the different health moments as transitional, moving from one state to another on being triggered by specific critical events. In healthcare, the nurses interact with patients whose health, well-being, and self-care abilities have been affected by critical events. According to Bohner (2017), physical and behavioral changes make transitions on personal or community health, and nurses play a part in making an outcome, which is a new transition. This theory can largely help nursing research on the effectiveness of interventions towards a positive outcome transition for the affected patients. The theory can help research the causes of health transitions, the effectiveness of health interventions, and the behavioral determinants for optimal levels of transitions.

In the nursing practice, the *Transitions* theory can help guide the nurse on the best intervention to make for a fair transition (Smith, 2019). For instance, if a person only believes in herbal medications and is hit by a chronic disease that they decide to visit the hospital, that is transition. The patient will require the nurse's intervention to move to the next level, which either inpatient or outpatient care. If the patient is in inpatient care, the nursing practitioners may either intervene or register them for home-based care or palliative care if their health is critical. In every intervention for transition, the nurse considers either the inhibitors or the facilitators (Hassard, 2020). In this example, the person's bias for medication was an inhibitor, but the state of health facilitated the transition.

In conclusion, the *Transitions Theory* is a middle-range theory that focuses on the transitions of human conditions facilitated by different events with nursing interventions placed for positive transitions. The theory is descriptive because it explains the nature of health changes,

the relationships between the changes, and some of the events. According to McEwin & Wills (2019), descriptive theories describe the phenomena and speculate the reasons for occurrence and the consequences. This theory is valuable for the nursing decision-making process in a patient care plan.

**Reference**

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