At last I get to meet my classmates, Professor Susan Salinka and the famous nursing theorist whom I have been learning about for the past five months. The party was about to start at six o clock; it is already five and I have few more errands to complete before I could get to the party. I tried to finish the last minute errands as soon as possible and rushed to car since it was a forty five minutes drive. I was dressed in a floral patterned black dress with high heeled black sandals. As I reach the building it was already six ten. I said to myself like I always do not to be late to the parties anymore. I come in to the building to register my name and find my seating. I was excited as well as nervous at the mean time. I entered the hall and would see the hall was crowded with many unknown faces as well as few of the nursing theorists whom I was able to recognize from the book.

As soon as I entered the room, I met one of my classmates Maha Alzahrani, who works with pediatric clients in an oncology unit. Alzahrani and I worked together in a power point presentation describing in detail about Nola Pender and her theory on Health Promotion Model. It was a good idea that the entire guest in the hall had a name tag pinned to their dress; it was easy to identify and connect with the classmates whom I have never met before. We exchanged words about today’s party, where we were in the nursing program and about the clinical experience. Two feet away near to the table I meet Jean Watson. Jean Watson’s Philosophy and theory of Transpersonal Caring has provided me with an immense knowledge to provide a trusting relationship and sensitive care for the patients I work with. Although all of the ten carative factors hold equal importance, the three factors that I usually implement are Development of a Helping-Trust Relationship, Promotion and Acceptance of the Expression of Positive and Negative Feeling and Assistance with Gratification of Human Needs. Vaguely came to my mind a situation where I have applied the concepts for one of my patient. I had a patient admitted in the facility who was suffering from severe COPD and she was also diagnosed with bipolar disorder. She was put in continuous oxygen and had the tendency to remove the oxygen tubing once in a while. She was petite and malnourished. It was challenging for the nurses to meet her immediate needs such as making sure that the patient was in oxygen at all times and she consumed adequate amount of food. It was important to meet the immediate physiological needs such the body’s requirement of oxygen and nutrient so that she would have the energy to concentrate in rehabilitation. The patient got angry with the nurses so often and refused to take important medication for the treatment of the bipolar disorder. The nurses and the other health care professional accepted her negative feelings and gave the patient some time before reinforcing treatments to the patient. It was vital for the health care professionals to form a trusting relationship with the patient. Through frequent assessment the health care professionals came to know that they had to make changes to her psych medications. The nurses by providing frequent care for the patient were able to form a trusting relationship with the patient and the patient adhered to the treatment regimen. There was a vast change in the patient’s mood after the new treatment was implemented. I shared my experience with Jean Watson and she appeared to be very humble regarding her work as a nursing theorist. Dr. Jean Watson conveyed her wishes for my career in the near future.

I felt an immense thirst after my conversation with Jean Watson. I remembered I barely drank or ate the whole day because of the busy schedule. I walked towards the snack stall to get a cup of cold water. As I was taking a few sips of water, I see a lady serving few fresh fruits and vegetables on her plate. No junk food on her plate. It was none other than Nola Pender, who was the theorist for the health promotion model. I got so excited since I studied in detail on her work to do my power point presentation. I introduced to Nola Pender that I am currently working towards my Masters in FNP program at the Villanova University and work with geriatric population in the rehabilitation center. Nola Pender stated that she currently works in the Michigan University. Nola Pender’s theory in Health Promotion Model emphasizes on factors such as prior related behavior, personal factors such as biological factor, psychological factor, socio cultural factor, perceived benefits of action, perceived barriers of action, perceived self efficacy, activity-related affect, interpersonal influences, situational influences, commitment to a plan of action, immediate competing demands and preference and health promoting behavior would influence a person’s health. A careful assessment and making appropriate changes could bring in positive changes to the individuals physical and psychological health. I was sharing with Nola Pender that I am going to implement her theory of health promotion model to improve my own health. I am overweight and my cholesterol and triglycerides levels are high. I was talking to Nola Pender that once this semester gets over I am going to self assess and make a plan for promoting my health. Nola Pender stated that postponing the health promotion until the semester ends is one of the perceived barriers to action and she stated that it is vital for me to commit to a plan of action since I am most likely to come across such barriers often. I decided once I go to home I will start the process of health promotion to self. I thanked Nola Pender for the suggestion and stated that I hope I meet her again.

My eyes were wandering to meet my professor Susan Salinka. I have been suffering from short sight for about ten years now. Most of the times I forget to wear my glasses. It was hard to read the name tags and identify the guest who came to the party. As I walked towards one of the table I met one the guests. I was now able to read the name tag since the person stood close enough for me to read the name tag.. It was none other than my professor Susan Salinka. She was having conversation with one of my classmates Lauren Kane who works as an oncology pediatric nurse in Children’s hospital of Philadelphia, along with them stood the theorist Madeline M. Leininger. I introduced myself and had conversation with Dr. Susan Salinka. We chatted about the course and spoke about how much knowledge I gained from the course. Lauren Kane was stating since CHOP is located in a metropolitan city she come across people from different culture. Madeline M. Lininger’s Culture Care Theory of Diversity and Universality has provided nurses with enormous knowledge in transcultural nursing. United States of America is majorly populated with immigrants and hence the health care providers come across people from different cultural background. Though it is impossible to gain knowledge on all the cultural groups it is very essential for the nurses and the other health care providers to respect and implement cultural care to the individuals. By doing so we would develop a therapeutic and a trusting relationship with the patient and their family. I agree with the concept of transcultural nursing. I had a conversation with the group on a situation that raised in the hospital I had my clinical rotation. There was a patient who was admitted in the hospital due to exacerbation of congestive heart failure. She comes from a Jewish culture. The patient requested for a candle to pray because that particular day was considered auspicious in the Jewish Culture. The nurse who was taking care of the patient was too busy that day to give priority for the patient’s request. As a result the patient was not able to provide the rituals as per her religious custom. The next day when I met the patient she stated that she was not satisfied with the care provided in the hospital. She stated that she would never want to be admitted in the same hospital ever again and there was no trusting relationship between the patient and the health care provider. I was having a discussion with the group that most of the hospitals have a clergy when such situation arises. However, they meet the needs for patient practicing Christianity. I stated that it would be better if the health care facility hires a staff that the nurses could contact to provide them with tools and information to provide cultural competence care. Lauren Kane, Susan Sanlinka, and Madeline. M. Lininger thought it was a good idea. I conveyed my thanks to Susan Salinka for inviting me to the party.

I was looking forward to meet Florence Nightingale. Therefore, I headed towards the other end of the hall and I blurrily recognized the individual and thought she was Florence Nightingale. Oh boy! I have to start wearing my glasses so that I could see and recognize people better. As I went near to the table she was none other than Florence Nightingale. I greeted her and introduced myself to her. As we started talking to each other, Florence Nightingale shared a few stories with me about the Crimean war. She shared with me the importance of environmental aspects such as light, ventilation, diet, cleanliness and noise that could have major affect in the health of an individual. Nightingale stated that cleanliness to be one of the most important factors to prevent infection. She stated that simple aspects such as hand washing between cares for each patients has prevented major infection and diseases during the Crimean war. Florence Nightingale stated that she was impressed by the hygiene conditions in the present health care system. However, she stated that when she visited certain urban areas in Philadelphia she felt the surroundings on those areas need major improvement. I agreed with her and she started planning on strategies to improve the surroundings in the area of Philadelphia. She stated that she would require as many volunteers she could to improve the surroundings of Philadelphia. I stated that she could count me in and most of the students present in the party would be glad to help. Nightingale spoke about her mother who was her inspiration and the struggle she went through to bring changes in the health care system during the 1800 and 1900. She was glad to see the status of the woman in the present century and she was amazed by the accomplishment of women in various fields. I appreciated the efforts she had put forth for the betterment of woman in the society.

As we were sharing about the positive and negative changes that are prevailing in the current health care system, another lady came and joined the table. I was able to recognize the lady and asked if she was Lydia Hall. She said that she was indeed Lydia Hall and wanted to chat with Florence Nightingale. Lydia Hall was the one who proposed the Core, Care and Cure model. She implied on the importance of providing holistic care to the patient for rapid recovery. Lydia Hall’s theory is based on a framework which contained three independent circles that were interconnected with each other (Nursing theory, 2015). The three circles are the core, care and cure. The core is considered to be the patient who is receiving the care (Nursing theory, 2015). According to this theory the patient has the responsibility to set his or her own goal depending on his or her cultural value and believes (Nursing theory, 2015). The cure element in the framework refers to the attention given to the patient by the health care professionals such as the doctors, nurses, physical therapist, chiropractors, etc (Nursing theory, 2015). The cure element says the health care professionals have the responsibility to treat the patient for the diseases and the illness he or she is suffering from (Nursing theory, 2015). The care element of the framework depicts the role of the nurse in providing the atmost nurturing care for the patient (Nursing theory, 2015). The nurses have the duty to provide holistic care for the patient by providing them comfort, reinforcing the teachings and assisting the patients to meet their needs and goals (Nursing theory, 2015). The theory emphasizes that in order for the patient to receive the highest level of healing all the three elements- the care, cure and core must work together (Nursing theory, 2015). I shook hands with Florence Nightingale and Lydia Hall and went to the table which was assigned for me.

Most of the guests who came to attend the party already were seated on their assigned seats. I noted that Christina Sayers, who works in the medicine floor in University of Pennsylvania was seating to my right and to my left was Dr. Patricia Benner. Patricia Benner came up with a model which describes five levels of skills acquisition and development in nursing practice which are as follows: Novice, Advanced beginner, Competent, Proficient, and Expert. I greeted Christina Sayers and we both shared our experience with Dr. Patricia Benner about our experience as novice nurses when we first entered the field. As a novice nurse I came across a massive amount of stress with time management, handling patients with different personalities and situations where there was a sudden change in the health status of the patient. At times I felt that I was not the right fit for the nursing job. When I went through Patricia Benner’s stages of skill acquisition, I came to know that I was not the only one facing the crises. Most of the novice nurses come across the same level of stress as I did. Right now I feel that I am in the competent stage in the skill acquisition. I have developed the skills of resilience, time management and consistency. Whenever I come across a novice nurses who is being stressed, I give them a copy of Patricia Benner’s work on the stages of skill acquisition and mention to them that they are not the only one encountering such stress. I thanked Patricia Benner for her accomplishment in the field of nursing.

Later that evening after dinner I met some of my classmates and the theorist. It was already 9.00 pm and the party came to an end. I said good bye to my classmates, Professor Susan Salinka and the theorist. As I stepped out of the hall room I was able to feel the chillness in the air. The temperature dropped by twenty degree Fahrenheit. As I was driving back to my home I was thinking about the wonderful evening I had and the memories of that evening would always remain with me forever. Thank you to Professor Susan Salinka who gave us a wonderful opportunity to meet my fellow classmates and the theorists who bought dignity and beneficial changes in the field of nursing.