At last I get to meet my classmates, Professor Susan Salinka and the famous nursing theorists whom I have been learning about for the past five months. The party was about to start at 6 PM; it is already five o’ clock in the evening 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 my 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 reached the building it was already ten minutes after six. I said to myself, like I always do, to not to be late to the parties anymore. I entered the building, registered myself and found my seating. I was excited as well as nervous at the same time. I entered the hall and saw that 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 I am reading for the class.

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 on a power point presentation describing in detail about Nola Pender and her theory on Health Promotion Model. It was a good idea that all the guests in the hall had name tags pinned to their dress; it was easy to identify and connect with the classmates whom I have never met before. We exchanged few words about today’s party, where we were in the nursing program and about the clinical experiences. Two feet away from my 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. I remembered a situation where I have applied the concepts for one of my patient. I had a patient 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 tubes 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 make sure that she consumed adequate amount of food. It was important to meet the immediate physiological needs like the body’s oxygen requirements and nutrients, 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 medications for the treatment of the bipolar disorder. The nurses and the other health care professionals 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 assessments 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 started to adhere 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 was very humble regarding her work as a nursing theorist. Dr. Jean Watson conveyed her best 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 few sips of water, I see a lady serving fresh fruits and vegetables on her plate. There were no junk foods 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 her work in detail 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 at University of Michigan. Nola Pender’s theory in Health Promotion Model emphasizes that factors such as prior related behavior, personal attributes such as biological factors, psychological factors, socio cultural factors, perceived benefits of action, perceived barriers of action, perceived self-efficacy, activity-related effects, interpersonal influences, situational influences, commitment to a plan of action, immediate competing demands and preferences and health promoting behaviors would influence a person’s health. A careful assessment and the implementation of appropriate changes could bring in positive changes to the individual’s 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 mentioned to Nola Pender that after this semester 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 to start the process of health promotion immediately. I thanked Nola Pender for the suggestion and expressed my hope to 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 guests. As I walked towards one of the table I met one of the guests. I was now able to read the name tag since the person stood close enough to 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 started conversing with Dr. Susan Salinka. We talked about the course and I mentioned that I have learnt a lot during this course. Lauren said that since CHOP is located in a metropolitan city she come across people from different cultures. Madeline M. Lininger’s Culture Care Theory of Diversity and Universality has provided nurses with enormous knowledge in transcultural nursing. United States of America has a lot of immigrants and hence the health care providers come across people from different cultural backgrounds. Though it is impossible to learn about all the cultural groups, it is 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 patients and their family. I agree with the concept of transcultural nursing. I had a conversation with the group about a situation at the hospital where 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 do 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 team and came to know that most hospitals have a clergy to provide support when such situation arises. However, they meet the needs for patients practicing Christianity. I suggested 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 Salinka, 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 the table I realized that 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 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 impact on the health of an individual. Nightingale stated that cleanliness is one of the most important factors to prevent infections. She stated that simple aspects such as hand washing before and after providing care to each patient has prevented major infections and diseases during the Crimean war. Ms. Nightingale stated that she was impressed by the importance given to hygiene in the present health care system. However, she stated that when she visited certain urban areas in Philadelphia she felt that the surroundings in those areas need major improvements. I agreed with her and she started planning on strategies to improve the surroundings of the areas of concern near Philadelphia. She stated that she would require as many volunteers she could to do the job. 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 about the struggles she went through to bring changes in the health care system during the 18th and 19th century. She was glad to see the status of the woman in the present century and she was amazed by the accomplishments of women in various fields. I appreciated the efforts she had put forth for the betterment of women in the society.

As we were sharing the positive and negative changes that are prevailing in the current health care system, another lady came and joined us. 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 talked about the importance of providing holistic care to the patients for rapid recovery. Lydia Hall’s theory is based on a framework which contains three independent circles that are interconnected to 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 goals depending on his or her cultural values 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 therapists, chiropractors, etc. (Nursing theory, 2015). The cure element emphasizes that the health care professionals have the responsibility to treat the patient for the disease 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 highest standard 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 then shook hands with Florence Nightingale and Lydia Hall and went to the table which was assigned to me.

Most of the guests who came to attend the party already were seated in their assigned seats. I noticed that Christina Sayers, who works in the medicine floor in University of Pennsylvania, was seated 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 was under a lot of stress in terms of dealing 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 such difficulties. Most of the novice nurses face similar stressful situations. Right now I feel that I am competent in skills acquisition. I have developed the skills of resilience, time management and consistency. Whenever I come across a novice nurse who is stressed, I give a copy of Patricia Benner’s work on the stages of skill acquisition and mention that they are not the only one encountering such stress. I thanked Patricia Benner for her accomplishments in the field of nursing.

Later that evening, after dinner, I met some of my classmates and the theorists. It was already 9.00 pm and the party came to an end. I said good bye to my classmates, Professor Salinka and the theorists. As I stepped out of the hall I was able to feel the chillness in the air. The temperature dropped by twenty degrees. 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. Thanks to Professor Salinka who gave us a wonderful opportunity to meet fellow classmates and the theorists who bought dignity and beneficial changes to the field of nursing.