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Theorist - Myra Estrine Levine Diploma in Nursing:-Cook County SON, Chicago, 1944 BSN:-University of Chicago,1949 MSN:-Wayne State University, Detroit, 1962 Publication:- Introduction to Clinical Nursing, 1969, 1973 and 1989 Received honorary doctorate from Loyola University in 1992 Clinical experience in OT technique and oncology civil nurse civilian nurse at Gardiner General Hospital Director of Nursing at Drexel Home in Chicago Clinical Instructor at Bryan Memorial Hospital in Lincoln , Nebraska Administrative Supervisor at the University of Chicago President of Clinical Nursing at Cook County SON Visiting professor at Tel Aviv University in Israel He died in 1996 Model goal is to promote adaptation and maintain the set using conservation principles Model guides nurse to focus on influences and responses at the organismic level Nurse achieves the model's goal through energy conservation , structure and personal and social integrity Adaptation Each individual has a unique range of adaptive responses Responses vary according to age, age, gender or challenges of sickness experiences While responses are the same, the timing and manifestation of organisms responses will be unique for each individual heart rate. A continuous process of change in which the patient maintains his integrity within environmental realities Achieved through the frugal, economical, content and controlled use of environmental resources by the individual in his best interest Integrity exist when interaction or constant adaptations to the environment allows the guarantee of integrity Promoted by the use of the conservation principle Conservation Product of adaptation Keep together life systems or the integrity of the individual Achieve an energy balance supply and demand that is with in the unique biological realities of the person A holistic being constantly striving to preserve integrity and integrity A unique individual in unity and integrity, feeling, belief, thinking and whole system environment Competes the greatness of the internal internal internal operating preconceptive internal internal environment Omeostasis A state of energy saving that also provides the necessary baselines for a multitude of synchronized and psychological physiological factors A state of preservation A stabilized flow rather than a static state Emphasize the fluidity of change within a space-time continuum Describe the model of adaptation, which allows the body of the individual to sustain his well-being with the vast changes that invade him from the external environment Preconceptive aspect of the world individual is able to intercept operational elements that can physically affect individuals but not perceived by the brim : radiation, microorganisms and pollution Conceptual part environment including cultural models characterized by spiritual existence, ideas, values, beliefs and tradition Person and environment Adaptation Organisms Response Adaptation Characteristics of adaptation Historicity: Adaptations are well founded in history and await the challenges to which they respond Specificity: Individual responses and their adaptive model varies on the basis of specific genetic structure Redundancy: Safe options and fouts available to the individual to ensure continuous adaptation Organismic response A change in an individual's behavior during an attempt to adapt to the Environment Helping individuals protect and maintain their integrity Coexist Are four types: 1. Flight or Struggle: An instantaneous response to the real or imaginary threat, the most primitive response 2. Inflammatory: response intended to provide structural integrity and promotion of healing 3. Stress: Response developed over time and influenced by every stressful experience encountered by person 4. Perceptual: Involves the collection of information from the environment and its conversion into a meaning experience Signs Vital Body movement and positioning Ministering of personal hygiene needs Pressure gradient system in nursing interventions Nursing determination in the provision of nutritional needs Lactating pressure gradient system Local heat and cold application Medical administration Establishing an aseptic environment The nurse creates an environment where healing could occur A human being is more than sum of the human part respond in a predictable way The human being is unique in their answers The human being knows and evaluates objects, condition and situation The human being, reflects, reasons and understands the human being the action is self-determined even when the emotional human being is able to prolong reflection through such strategists by raising questions The concept of adaptation of the disease , the use of interventions and the evaluation of nursing interventions are interconnected. The concepts are sequential and logical and can be used to explain the consequences of nursing action. Levine's theory is easy to use and the elements are easily understandable. Levine's idea can be tested and the hypothesis can be derived from them. The conservation principle is specific enough to be testable Levine's idea has not yet been widely researched. Levine's theory has been applied in surgical settings. Levine's ideas are consistent with other theories, laws and principles, in particular those of humanities and science Energy conservation Conservation of structural integrity Conservation of personal integrity Conservation social security 1. Energy conservation It refers to balancing energy supply and production to avoid excessive fatigue includes adequate rest, nutrition and exercise Example: Adequate rest availability Maintenance of adequate 2. Preservation of structural integrity Refers to the maintenance or restoration of the structure of the body that prevents physical rupture And promotes healing Example: Assisting the patient in the ROM exercise Maintenance of personal hygiene of the patient 3. Preservation of Personal Integrity Recognizes the individual as one who strives for recognition, respect, self-awareness, self-awareness, and self-determination Example: Recognizing and protecting the needs of patient space 4. Preservation of social integrity An individual is recognized as someone who resides with in a family, community, religious group, ethnic group, political system and nation Example: Place the patient in bed to facilitate social interaction with other patients Avoid sensory deprivation Promote patient use of press, magazines, radio, TV Providing support and assistance to the family Health is a successful set and adaptation It is not only the healing of a afflicted part, it is the return to daily activities, self-esteem and the ability of the individual to pursue once again his interest without constraints illness: It is an unregulated and undisciplined change and must be stopped or death is dedicated Nursing Nursing is a profession as well as an academic discipline , always practiced and studied in concert with all disciplines that together from health sciences Human interaction that is based on communication, rooted in the organic dependence of the individual human being in his relationships with other human beings Nursing involves engaging in human interactions Nursing objective to promote integrity, realizing that each individual requires a unique and separate cluster of activities Individual integrity is his constant concern and it is the responsibility of the nurse to assist him to defend and seek its realization Ethical behavior is not a demonstration of one's moral rectitude in times of crisis, it is the daily expression of one's commitment to other people and the ways in which human beings relate to each other in their daily interactions. - Levine. Myra (1972) Myra Estrin Levine INTRODUCTION and BIOGRAPHY The nursing profession is constantly evolving and dynamic. Since Florence Nightingale began writing her notes on nursing, more theories and models about the nursing profession have flourished over the past decade: one of them is Myra Levine's Conservational Theory which was completed in 1973. Myra Estrin Levine (1920–1996) was born in Chicago, Illinois. She was the oldest of three children. He had a sister and a brother. Levine developed an interest in breastfeeding because her father (who had problems he was often ill and required nursing care on many occasions. Levine graduated from Cook County School of Nursing in 1944 and received his BS in nursing from the University of Chicago in 1949. After graduation, Levine worked as a private nurse, as a civilian nurse for the United States Army, as a surgical nursing supervisor, and in nursing administration. After graduating in nursing from Wayne State University in 1962, he taught nursing at many different institutions (George, 2002) such as the University of Illinois at Chicago and Tel Aviv University in Israel. She is the author of 77 published papers that included An Introduction to Clinical Nursing with more years of publication in 1969, 1973 and 1989. He also received an honorary doctorate from Loyola University in 1992. He died in 1996. Levine told others that she did not want to develop a theory of breastfeeding, but wanted to find a way to teach the main concepts in medical-surgical nursing and try to teach associate students a new approach to daily nursing activities. Levine also wanted to move away from nursing education practices that were strongly procedures-oriented and re-focus on active problem solving and individual patient care (George, 2002). COMPOSITION OF CONSERVATION MODEL Levine's conservation model focuses on promoting adaptation and maintaining the set using conservation principles. The model guides the nurse to focus on influences and responses at the organization level. The nurse achieves the objectives of the model through the preservation of energy, structure and personal and social integrity (Levine, 1967). Although conservation is critical to the expected results when the model is used, Levine also discussed two other important concepts fundamental to the use of its model: adaptation and entirety. Adaptation is the process of change, and conservation is the result of adaptation. Adaptation is the process by which the patient maintains integrity within the reality of the environment (Levine, 1966, 1989a). Adaptation is achieved through the frugal, economical, content and controlled use of environmental resources by the individual in his best interests (Levine, 1991, p. 5). The set is based on Erikson's description (1964, p. 63) of the set as an open system: The set emphasizes a healthy, organic, progressive modernity between diversified functions and parts within an entire, whose boundaries are open and fluid. Levine (1973, p. 11) stated that the incessant interaction of the individual organism with its environment represents an 'open and fluid' system, and a condition of health, integrity, exists when constant interaction or adaptations to the environment, allow ease - the guarantee of integrity... in all dimensions of life. This continuous interaction and open between the internal and external environment provides the basis for holistic thinking, the vision of the individual as a whole. Conservation, on the other hand, is the product of adaptation. Conservation is from the latin word conservative, conservative, to be together (Levine, 1973). Conservation describes how complex systems are able to continue to function even when they are severely challenged. (Levine, 1990, p. 192). Through conservation, individuals are able to face obstacles, adapt accordingly, and maintain their uniqueness. The goal of conservation is health and strength to address disability as... the rules of conservation and integrity are uncashed in all the inservices in which nursing is necessary (Levine, 1973, pp. 193-195). The primary goal of conservation is to hold together the greatness of the individual. Although nursing interventions may deal with a principle of particular preservation, nurses must also recognize the influence of other conservation principles (Levine, 1990). MAJOR CONCEPTS Over the years, nurses (such as Myra Levine) have developed various theories that provide different explanations of nursing discipline. Like its conservation model, all theories share four central or main concepts: person, environment, nursing, and health. In addition to this, Levine's model also discussed that the person and environment merge or become congruent over time, as will be discussed below. I have. The person is a holistic being who constantly strives to preserve integrity and integrity and one who is sentient, thoughtful, future-oriented and aware of the past. The integrity of the individual requires that individual life has meaning only in the context of social life (Levine, 1973, p. 17). The person is also described as a unique individual in unity and integrity, feeling, belief, thinking and the whole system of the system. II. The environment completes the completeness of the individual. The individual has an internal and external environment. The internal environment combines the physiological and pathophysiological aspects of the individual and is constantly challenged by the external environment. The internal environment is also the integration of bodily functions that resemble the housewife rather than homeostasis and is subject to challenges of the external environment, which are always a form of energy. Homeostasis is a state of energy saving that also provides the necessary baselines for a multitude of synchronized physiological and psychological factors, while the housewife is a stabilized flow rather than a static state. The interior emphasizes the fluidity of change within a space-time continuum. It describes the model of adaptation, which allows the body of the individual to sustain his well-being with the vast changes that invade him from the environment. The external environment is divided into perceptual, operational and conceptual environments. The perceptual environment is that of the external environment to which individuals respond with their sensory organs and includes light, sound, touch, touch, chemical change that is sniffed or tasted, and the sense of position and balance. The operating environment is that portion of the external environment that interacts with living tissue even if the individual does not have sensory organs capable of recording the presence of these factors and includes all forms of radiation, microorganisms and pollutants. In other words, these elements can physically affect individuals, but they are not perceived by the latter. The conceptual environment is that portion of the external environment that consists of language, ideas, symbols, concepts and inventions and includes the exchange of language,

the ability to think and experience emotions, systems of values, religious beliefs, ethnic and cultural traditions and individual psychological models that come from life experiences. III. Health and disease are models of adaptive change. Health is implicit in unity and integrity and is an adaptation of integrity and success. The goal of nursing is to promote health. Levine (1991, p. 4) clarified what he meant by health such as: ... the way back to daily activities compromised by ill health. It is not only the insult or injury that is repaired, but the person himself or herself... It's not just the healing of a afflicted party. Rather, it is a return to self-hood, where the invasion of disability can be put aside altogether, and the individual is free to pursue his interests once again without constraints. On the other hand, the disease is unregulated and unruly change and must be stopped or death will result. IV. Nursing involves commitment to human interactions (Levine, 1973, p.1). The nurse enters into a collaboration of human experience in which sharing moments in time, some banal, some dramatic, leaves its mark forever on each patient (Levine, 1977, p. 845). The goal of nursing is to promote adaptation and maintain integrity (health). The goal of nursing is to promote the whole, realizing that each individual requires a unique and separate cluster of activities. The integrity of the individual is his constant concern and it is the responsibility of the nurse to assist the patient to defend and seek its realization. The goal of breastfeeding is achieved through the use of conservation principles: energy, structure, personal and social integrity. At. As mentioned above, Levine's conservation model discussed how the person and environment become congruent over time. It is the measure of the person with his situation of time and space. The specific adaptive responses make it possible to retain many molecular, physiological, emotional, psychological and social. These answers are based on three factors (Levine, 1989): historicity, specificity and redundancy. 1. Historicity refers to the notion that the answers are partly based on past personal and genetic history. Each individual consists of a combination of personal and genetic history, and adaptable responses are the result of both. 2. Specificity refers to the fact that every system that constitutes a human being has unique stimulus-response paths. Responses are stimulated by specific stressors and are task-oriented. Responses stimulated in multiple paths tend to be synchronized and occur in a cascade of free (or harmful in some cases) reactions. 3. Redundancy describes the notion that if a system or path, is unable to ensure adaptation, then another path may be able to take over and complete the work. This can be useful when the response is corrective (for example, the use of allergy shots for a long period of time to decrease the effects of severe allergies by gradually desensitizing the immune system). However, redundancy can be harmful, for example when previously failed responses are re-established (for example, when autoimmune conditions cause a person's immune system to attack previously healthy tissue in the body). A change in an individual's behavior during an attempt to adapt to the environment is called an organismic response. It helps people protect and maintain their integrity. There are four types, namely (1) Flight or Struggle: an instantaneous response to the real or imaginary threat, the most primitive response; (2) Inflammatory: response intended to ensure structural integrity and the promotion of healing; (3) Stress: response developed over time and influenced by every stressful experience encountered by the person; and (4) Perceptual: involves collecting information from the environment and converting it into an experience of meaning. KEY CONCEPTS (Conservation principle) The core, or central concept, of Levine's theory is conservation (Levine, 1989). When a person is in a state of preservation, it means that individual adaptive responses conform productively and with the least effort, preserving optimal function and identity. Conservation is achieved through the successful activation of adaptive pathways and behaviors that are appropriate for the wide range of responses required by working humans. Myra Levine described the Four Principles of Conservation. These principles focus on preserving an individual's entirety. He argued that nursing is a human interaction and proposed four principles for the preservation of nursing care that care for the unity and integrity of individuals. Its framework includes: energy, structural integrity, integrity and social integrity. I. Energy Conservation: Refers to balancing input and energy production to avoid excessive fatigue. It includes adequate rest, nutrition and exercise. Examples: adequate availability of rest; Maintenance of adequate nutrition II. Conservation Conservation Structural integrity: Refers to the maintenance or restoration of the structure of the body that prevents physical rupture and promotes healing. Examples: assisting the patient in ROM exercise; Maintenance of personal hygiene of patient III. Preservation of personal integrity: Recognizes the individual as one who strives for recognition, respect, self-awareness, self-esteem and self-determination. Example: Recognizing and protecting the patient's space needs IV. Preservation of social integrity: An individual is recognized as someone who resides in a family, community, religious group, ethnic group, political system, and nation. Example: Helps the individual preserve his place in a family, community and society. Myra Levine's model also discusses other statements and assumptions: The nurse creates an environment in which healing could occur A human being is more than the sum of the part The human being responds predictably The human being is unique in their responses The human being know and evaluate objects ,condition and situation The sense being ,reflects, reason and understanding Human action is self-determined even when emotional Human being are able to prolong reflection through such action strategists The human being must be aware and able to contemplating objects, condition and situation A human being is an agent who acts deliberately to achieve objectives Security changes involve the whole individual A human being has unity in his response to the environment Each person possesses a unique adaptive capacity based on his own life experience that creates a unique message There is an order and continuity to life change is not random A human organism responds in an ever-changing way A theory of breastfeeding must recognize the importance of the detail of care for an individual patient with in an empirical framework that successfully describes the requirement of all patients A human being is a social animal A human being is a constant interaction with an evolving society Change is inevitable in life Nursing needs existing and emerging needs of self-care and dependent care Nursing is associated with conditions of regulation of exercise or development of the ability to provide care Despite the completeness and wide application of Levine's theory , the model is not unrestricted. For example, Levine's conservation model focuses on disease rather than health; therefore, nursing interventions are limited to dealing only with the condition of presentation of an individual. As a result, nursing interventions according to Levine's theory have a present and short-term focus and do not health promotion and disease prevention principles, although these are essential components of current nursing practice. Therefore, the main limitation is attention to the individual in a state of illness and and patient's addiction. In addition, the nurse has a responsibility to determine the patient's ability to participate in the care, and if the perception of the nurse and the patient about the patient's ability to participate in care does not match, this misalignment will be an area of conflict. There are a number of limitations when it comes to the four principles. On energy conservation, Levine's goal is to avoid fatigue or excessive energy use. This is manageable in the care of the bedside table of sick customers. In cases where energy should be used rather than stored as in manic patients, ADHD in children or those with limited movements such as paralyzed customers, Levine's theory does not apply. On the preservation of structural integrity, the goal is to preserve the anatomical structure of the body and prevent damage to the anatomical structure. This, once again, has its limits. In cases where the anatomical structure is not so perfect, but without disfigurement or problems identified as in plastic surgeries, procedures such as breast improvements and lipositions; the structural integrity of the person is compromised, but it is the choice of the patient in search of physical beauty and psychological satisfaction that is taken into account. Otherwise, such procedures should not be promoted. On the preservation of personal integrity, the nurse should provide knowledge and the patient must be respected, endowed with privacy, encouraged and psychologically supported. The limitations here focus on clients who are psychologically altered and incapable and cannot understand and absorb knowledge, i.e. comatose patients, suicidal individuals, or clients. Finally, the preservation of social integrity aims to preserve and recognise human interaction, in particular with customers, other significant ones that make up its support system. The specific limitation for this, is when the customer does not have other significant ones such as family members. Abandoned children, psychiatric patients who are unable to interact, clients who do not respond like unconscious individuals, the attention here is no longer the patient himself, but the people involved in his health care. Nursing research Conservation Principles have been used for data collection in various research Hi conservatorstoma has been used by Hanson et al. in their study of the incidence and prevalence of pressure ulcers in patient hospital Newport (n.a.) used principle of energy conservation and social integrity for . comparing the body temperature of the child who had been placed on the mother's chest immediately after birth with those who were placed in warmer Education Conservation model has been used as curriculum development guidelines It has been used to develop the nursing degree program at Allentown college in St. Francis de Sales, Pennsylvania. Used in the Kapat Holim-sponsored nursing education program in Mr Taylor (n.d.) described an evaluation guide for the collection of data from neurological patients that forms the basis for the development of a comprehensive nursing plan and thus evaluates nursing care. McCall (n.d.) has developed an evaluation tool for data collection based on four retention principles to identify the nursing needs of epileptic family assessment patients Was designed by Lynn-Mchale and Smith (n.d.) for family members Critical care patients The care retention model was used for nursing practice at different times Bayley (n.d.) discussed the care of a severely burned teenager based on four conservation principles and discussed the perceptual, operational and conceptual environment of patient Pond (n.d.) used conservation model to guide nursing care of the homeless in a clinic , shelters or roads Evaluation of the nursing process Collection of provocative facts through the observation and interview of challenges to the internal and external environment using four principles of conservation Nurses observes patient for the organisms responses to the disease, reads the medical reports, speaks to the patient and family Assesses factors that challenge the individual Trophycognosis Nursing diagnosis-gives provocative facts meaning A judgment of nursing care has arrived through the use of the scientific process The judgment is made on the patient's needs for care The epothesis Planning Nurse proposes hypotheses on the problems and the solutions that become the care plan Go is to keep the whole and promote adaptation Interventions Test the hypothesis-ivviii are designed on the basis of the principles of conservation Mutually acceptable Goal is to maintain the whole and promote adaptation Evaluation Observation of the organisms response to interventions A new hypothesis is proposed: to summarize, Levine expressed the opinion that within the nurse-patient relationship the state of health of a patient depends on the adaptation process supported by the nurse. This guides nurses to focus on a client's influences and responses to promote the whole through the Conservation Principles. The goal of this model is to achieve this goal through energy conservation, structural, personal and social integrity. The goal of nursing is to recognize, assist, promote and support adaptive processes for the benefit of the patient. REFERENCES websites: Current nursing. (n.a.). Nursing theories: the four principles of by Levine. Recovered July 2009. Leach, M. J. (n.a.) Wound management: Using Levine's conservation model to guide the practice. Vol. 52, Number 8. Retrieved from: July 2009. Sitzman, K. & L. W. (2009). Understanding the work of nursing theorists: a creative start. Recovered July 2009. Jones and Bartlett Publishers. Yeager, S. (2002). Overview of the theoretical nurse: the conservation model of Myra Levine. Retrieved from: sey0levine.html July 2009. www.google.com www.yahoo.com Books: Aomuevo, C. A., et al. (2005). 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Gochuico, Alfred Joseph Grayda, Analie Guillermo, Cathie Guirjen, Jhune Huyo Hueysuwan, Natasha Idala, Lisette Jacla, Frel Jardiolin, Bilmarie Jaro, Maria Elvira Juangco, Arminda Juanich Enjoy! Enjoy!

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