Application of Theory to Research: Peplau’s Theory

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**Senn, J. (2013). Peplau's Theory of Interpersonal Relations: Application in Emergency and Rural Nursing. *Nursing Science Quarterly, 26(1):*31-5**

Senn (2013) utilized the theory of Peplau and the concept of interest to support her research. The purpose of her study was to evaluate the aspects of Peplau’s theory of interpersonal relations and how it is applied in rural nursing and emergency nursing. Additionally, the author aimed at differentiating between the concept of rural nursing and Peplau’s theory through defining conceptual models and theories.

The researcher used this theory in her study to evaluate the requirements of emergency nursing. According to Senn (2013), emergency nursing requires tactful and skillful communication between healthcare providers and patients. However, the nurses are likely to interact briefly with the patients in the emergency setting. Furthermore, the researcher used the elements of Peplau’s theory especially when she was applying the principles of the phases in the relationship between the nurse and the patient. Also, the researcher used the Peplau theory to establish a protocol, which was supposed to be implemented in nursing practice when handling patients with severe anxiety. A certain criterion that was obtained from the theory was used to identify anxiety protocol. The components of the theory were also used in the setting of the emergency department. In particular, the nurses in charge applied some phrases that are used in the nurse-patients relationship. Nonetheless, these phrases were applied briefly since normal emergency room visit lasts for less than four hours. The research used the theory to present the nurses as excellent multi-taskers since they can talk to the patients while performing other tasks. Finally, the researcher used the theory to solve some case studies that were presented to the emergency department in the healthcare facility.

The researcher defined the concepts of interest both theoretically and operationally. Theoretically, the researcher used theories to describe how Peplau's model applies to the emergency department in the healthcare facility. Additionally, she discusses the usefulness of Peplau's theory and rural nursing. In particular, she captured how the entire process of the nurse-patient relationship. She also suggests some gaps for further nursing research due to the inadequacy of the available information in the subject matter. Operationally, the researcher used case studies to illustrate the application of Peplau's theory in the emergency department in the healthcare facility. For instance, she used the case study of a 32-year-old woman who visits the emergency department screaming. The nurse introduces herself to the patient before conducting any diagnosis thus establishing a nurse-patient relationship. Also, the researcher used the theory operationally to illustrate the experience of patients in the emergency room.

**D’Antonio, P et al. (2014). The Future in the Past: Hildegard Peplau and Interpersonal Relations in Nursing. *Nursing Inquiry***

This article expounds on Peplau's transformative idea which displays nursing as an interpersonal process at its core. This idea is seen to have some change in the discipline and is described as an idea that has guided towards some future refinement in the field of nursing. The article emphasizes interpersonal relations which move nurses from a reductionist focus on diseases and how they are treated to a wider perspective which includes the experiences of the illness on the individuals, families and the health system in which they express themselves. Even though the systems vary from country to country the Peplau's ideas help all nurses in maintaining a steadfast focus on the set goals and priorities.

In the 21st century, there are more exciting ideas on the structure and the function of the brain are being formulated. However, in social work, psychology, nursing, and medicine there are raising concerns on the teachings and research that are critical in relationship and behavior changes that have been overridden by the focus of on the biological experience of health and the illness. The importance of the nurse-patient relationship is still in the curricula. Researchers argue that the value of relationships must be restored in the process of behavior change that helps in maximizing health and establishing mutual engagement between the nurse and the patient. This leads to patient-centered care.

Peplau's ideas came at a period of expansiveness. It was catalyzed by the concerns of the mental health of soldiers who were in the 2nd world war. New political energy, private and public coalition joined and focused on ensuring that nurses went through collegiate education to be at per with the new health care demand. Peplau's formulation of interpersonal relations in nursing got its voice and audience in the new expectations and resources. The nurse's relationship with the patient became a priority.

There are two sections of interpersonal relations, which are very important in nursing. Part 11 identifies the psychological experiences that the given patient have undergone and affect personalities of the patients or the nurses when relating with each other and part III that focuses on how an illness process can change the development process of both the nurse and the patient and can strengthen the yearn for personality development in both. This shows that Peplau҆s idea has a demand for both the patient and the nurse. This article has focused on how Peplau҆s ideas are timeless and can be applied by nurses to date when treating their patients by familiarizing with their illness experiences and the changes they have gone though.

**References**

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