

Exploring the Role of Nursing Theories in Enhancing Patient-Centered Care Models

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Abstract

This research explores the role of nursing theories in enhancing patient-centered care (PCC) models. The study aims to identify the impact of these theories on nursing practice, patient satisfaction, and the overall quality of care. The methodology employed was a quantitative, descriptive design, using an online survey to collect data from 500 registered nurses working in hospitals with patient-centered care models. The survey included both closed-ended questions, utilizing a Likert scale to assess perceptions of nursing theories, and open-ended questions to provide deeper insights into their application. The data were analyzed using descriptive and inferential statistics, with Pearson correlation tests to assess relationships between experience and the use of nursing theories.

The findings revealed that most nurses recognize the importance of nursing theories in enhancing patient care, particularly in communication, cultural competence, and holistic care. The study showed a moderate positive correlation between years of experience and the use of nursing theories ($r = 0.62$), indicating that more experienced nurses tend to apply nursing theories more effectively. Similarly, a correlation between experience and patient satisfaction ($r = 0.55$) was observed. However, nurses reported varied levels of confidence in applying these theories consistently, suggesting a gap in training or institutional support.

The research concludes that nursing theories are essential for improving patient-centered care but highlights the need for further education, mentorship, and institutional integration to ensure these theories are applied effectively. Future research should focus on exploring innovative approaches to integrating nursing theories across diverse healthcare settings.

Keywords: Nursing theories, patient-centered care, experience, patient satisfaction, communication, cultural competence, education, mentorship, healthcare integration.

ملخص

يهدف هذا البحث إلى استكشاف دور نظريات التمريض في تعزيز نماذج الرعاية المتمحورة حول المريض (PCC). يسعى البحث إلى فهم كيفية تأثير هذه النظريات على ممارسة التمريض ورضا المرضى وجودة الرعاية بشكل عام. اعتمد البحث على تصميم بحث كمي وصفي، حيث تم جمع البيانات من خلال استبيان عبر الإنترنت من 500 ممرضة مسجلة يعملن في مستشفيات تضم نماذج الرعاية المتمحورة حول المريض. شمل الاستبيان أسئلة مغلقة باستخدام مقياس ليكرت لقياس تصورات الممرضات حول تطبيق نظريات التمريض، بالإضافة إلى أسئلة مفتوحة للحصول على رؤى أعمق حول كيفية تطبيق هذه النظريات في الممارسة العملية. تم تحليل البيانات باستخدام الإحصائيات الوصفية والاستنتاجية، مع استخدام اختبار معامل الارتباط بيرسون لفحص العلاقة بين الخبرة واستخدام نظريات التمريض.

أظهرت النتائج أن معظم الممرضات يعترفن بأهمية نظريات التمريض في تحسين الرعاية، خاصة في مجالات التواصل والكفاءة الثقافية والرعاية الشاملة. كما تم العثور على علاقة إيجابية معتدلة بين سنوات الخبرة واستخدام نظريات التمريض ($r = 0.62$)، مما يشير إلى أن الممرضات ذوات الخبرة الأعلى يستخدمن هذه النظريات بشكل أكثر فعالية. كما تم العثور على علاقة إيجابية بين الخبرة ورضا المرضى ($r = 0.55$)، ومع ذلك، أشار المشاركون إلى تفاوت في مستويات الثقة في تطبيق هذه النظريات بشكل مستمر، مما يشير إلى الحاجة إلى مزيد من التدريب والدعم المؤسسي.

التوصيات تشمل تعزيز التعليم المستمر، وبرامج الإرشاد المهني، ودمج نظريات التمريض بشكل أكثر فاعلية في سياسات الرعاية الصحية. **الكلمات المفتاحية:** نظريات التمريض، الرعاية المتمحورة حول المريض، الخبرة، رضا المرضى، التواصل، الكفاءة الثقافية، التعليم المستمر، الإرشاد المهني، دمج الرعاية الصحية.

1. Introduction

The evolving landscape of healthcare has consistently underscored the need for patient-centered care (PCC), a model that prioritizes the needs, preferences, and values of patients in the delivery of healthcare services. This model is designed to improve patient outcomes by fostering a therapeutic partnership between patients and healthcare providers. Nursing theories have played a pivotal role in the implementation and enhancement of patient-centered care by providing frameworks that guide nursing practices, improve communication, and ensure that care delivery aligns with patients' holistic needs. Nursing theories, from those rooted in Florence Nightingale's environmental theory to modern frameworks such as Jean Watson's Theory of Human Caring, offer comprehensive structures that help nurses address both the physiological and emotional dimensions of patient care. These theories advocate for a nursing approach that considers the patient as an individual with unique needs and experiences, rather than merely focusing on their medical condition (Fawcett & DeSanto-Madeya, 2012).

The integration of nursing theories into patient-centered care models has gained substantial recognition in recent years. The guiding principles of these theories not only help to shape care interventions but also contribute to the broader aim of enhancing quality of care. Several key nursing theories, such as Dorothea Orem's Self-Care Deficit Theory, Betty Neuman's Systems Model, and the Health Promotion Model by Nola Pender, have shown significant contributions in promoting patient autonomy, reducing readmissions, and ensuring a more responsive healthcare system. The Self-Care Deficit Theory, for example, emphasizes the importance of patients' active involvement in their own care, thereby empowering them to manage their health conditions in ways that enhance their overall well-being. Meanwhile, the Neuman Systems Model advocates for a holistic approach to care that integrates various levels of intervention, from physiological needs to social, psychological, and spiritual dimensions (Taylor & Noë, 2021).

Patient-centered care is not simply about technical or clinical expertise but also about fostering a compassionate, empathetic, and collaborative environment. This is where Jean Watson's Theory of Human Caring becomes essential. Her theory underscores the importance of the nurse-patient relationship, advocating for care that goes beyond the physical needs of the patient to include emotional and spiritual support. The theory proposes that caring is a fundamental component of the nursing process, where the nurse is expected to actively listen, understand, and act in ways that contribute to the patient's well-being. Such an approach has been linked to improved patient satisfaction, better health outcomes, and a more positive overall healthcare experience (Moloney, Boxall, Parsons, & Cheung, 2018).

Nursing theories have increasingly gained prominence in guiding patient-centered care in diverse healthcare settings, including hospitals, community care, and home care services. As healthcare systems move toward more integrated care models, nursing theories offer structured approaches that support care continuity, facilitate effective communication, and foster collaborative healthcare teams. The flexibility of these theories allows them to be adapted to various patient populations, including those with chronic illnesses, elderly patients, and individuals facing mental health challenges. For instance, the integration of Carl Rogers' Person-Centered Theory in nursing practice has emphasized the importance of recognizing the dignity, uniqueness, and worth of every patient, leading to greater patient engagement and satisfaction (Gupta et al., 2020).

Furthermore, advancements in nursing practice, including the shift toward evidence-based care, have provided strong support for the integration of nursing theories into patient-centered care models. By grounding care interventions in theoretical frameworks, nurses can provide care that is not only compassionate but also informed by research and clinical evidence. This integration ensures that nursing interventions are scientifically validated and tailored to the individual needs of patients, enhancing the quality of care provided. Recent studies have shown that when nursing theories are systematically incorporated into clinical practice, patients experience better outcomes in terms of satisfaction, recovery times, and overall health improvement (Haeussler et al., 2019).

In conclusion, the application of nursing theories within patient-centered care models is integral to delivering high-quality, holistic care that respects the individuality and dignity of patients. These theories not only help guide clinical interventions but also enhance the therapeutic relationship between nurses and patients. The continued exploration and integration of these theories into modern healthcare practices will undoubtedly contribute to further improvements in patient outcomes, satisfaction, and overall healthcare quality.

As the healthcare environment continues to shift towards more patient-centric models, the role of nursing theories in enhancing patient-centered care (PCC) becomes increasingly significant. One of the core elements of patient-

centered care is the active involvement of patients in their own health decisions. Nursing theories provide a comprehensive framework for understanding how nurses can facilitate this involvement while promoting a deeper connection between healthcare providers and patients. These theories emphasize the importance of recognizing the patient as an active participant in the care process, not just as a recipient of care. Through this perspective, nursing theories offer more than just theoretical insights; they provide actionable strategies for improving patient outcomes. For example, the Pender Health Promotion Model advocates for the role of nurses in promoting health behaviors, which can directly impact the overall well-being of the patient and help prevent the onset of diseases (Pender, 2011). The theoretical underpinnings of nursing extend beyond individual patient care into the realm of healthcare systems, offering structured approaches to improving healthcare delivery. By utilizing these theories, healthcare systems can ensure that care is not only patient-focused but also organized in a way that enhances efficiency, reduces errors, and promotes long-term health improvement. For instance, the Neuman Systems Model, which emphasizes the dynamic interaction between the patient and their environment, can guide nurses in understanding the factors that influence patient health beyond their immediate clinical symptoms. The model encourages a holistic view of care that takes into account psychological, social, and environmental factors that can either facilitate or hinder recovery. By incorporating such comprehensive theories, nurses can offer a more nuanced and adaptable approach to patient care (Lawson, Theorists, & E-Book, 2021).

Moreover, the focus of nursing theories on holistic care is essential in addressing the mental, emotional, and spiritual aspects of health. This aligns closely with the fundamental principles of patient-centered care, which emphasize the importance of viewing the patient as a whole person. Jean Watson's Theory of Human Caring remains one of the most influential frameworks in this regard. Watson's emphasis on caring as a universal value shapes the way nurses interact with patients, encouraging nurses to be empathetic and compassionate, to truly see their patients as individuals, and to provide care that respects and enhances the patient's dignity. Studies have shown that this model has contributed to enhanced nurse-patient relationships, ultimately improving patient satisfaction and health outcomes (Bahn, Cohen, van der Meulen Rodgers, & Organization, 2020).

One of the key challenges in implementing patient-centered care is ensuring that the care provided is not only individualized but also equitable and accessible. Nursing theories play an important role in addressing this challenge by offering a framework for understanding the diverse needs of patient populations. For example, the work of Madeline Leininger on transcultural nursing underscores the significance of cultural competence in nursing practice. In diverse healthcare settings, cultural sensitivity is crucial for understanding how patients' beliefs, values, and experiences influence their healthcare decisions and outcomes. Incorporating transcultural theory into nursing practice enables nurses to tailor interventions that respect patients' cultural backgrounds while still adhering to the principles of patient-centered care (Leininger & theory, 2015).

As the nursing profession continues to evolve, there is a growing recognition that education and research play a pivotal role in shaping the future of patient-centered care. Nursing theories provide the foundational knowledge that guides nursing education and practice, ensuring that future nurses are equipped to meet the complex and diverse needs of patients. By incorporating contemporary nursing theories into curricula, nursing schools prepare future nurses to approach patient care with both the knowledge and the compassion necessary for effective care delivery. Research further strengthens the application of these theories by providing evidence of their effectiveness in real-world settings. Studies have demonstrated that when nursing interventions are based on solid theoretical foundations, patient outcomes improve, including shorter hospital stays, lower rates of complications, and improved patient satisfaction (Brand et al., 2019).

In conclusion, nursing theories are an essential component in enhancing patient-centered care models. They provide a structured yet flexible framework that empowers nurses to offer personalized, compassionate, and holistic care that addresses the diverse needs of patients. By continuing to explore and apply nursing theories, healthcare systems can further strengthen their commitment to patient-centered care, ultimately leading to better health outcomes and greater patient satisfaction. As nursing theories evolve, they will remain an invaluable resource for guiding the future of healthcare.

2. Literature Review

This paper discusses how nursing theories impact the clinical environment, focusing on how they guide patient care decisions and improve patient outcomes. It highlights the application of theories like the Orem Self-Care Deficit Theory and the Roy Adaptation Model in real-world settings, emphasizing improved clinical outcomes when these theories are applied consistently in practice. The study found that a strong theoretical framework helps nurses better assess, plan, and execute care plans that align with patient needs and health goals (Younas & Quennell, 2019).

This research examines the integration of nursing theories into contemporary patient care models. The paper focuses on the role of various nursing theories in enhancing patient care by providing a structured approach to understanding patient needs. It concludes that nurses who use theoretical frameworks show higher levels of job satisfaction, leading to more effective care delivery. The study also found that patient outcomes were more favorable when theories guided practice, as they promote consistency and evidence-based decision-making (Arora & Research, 2015).

This study explores how nursing theories can enhance patient education and overall patient outcomes. The author discusses how theories such as the Health Belief Model and the Theory of Planned Behavior can be applied to educate patients, leading to better health behaviors and outcomes. The findings suggest that nurses who use these theories to structure patient education plans are more likely to see improved adherence to treatment regimens and better patient engagement in their care (Crawford, Roger, & Candlin, 2018).

Nursing theories are essential for improving patient-centered care, providing a theoretical framework that guides nurses in meeting the holistic needs of patients. The application of nursing theories allows for a deeper understanding of patient values, preferences, and needs, fostering an environment that supports individualized care (Ortiz, 2021).

Patient-centered care models benefit from nursing theories by enhancing communication, trust, and the overall nurse-patient relationship. Nurses guided by theory are more likely to create supportive and empathetic environments that encourage patients to participate in decision-making (Chang, Meng, Haber, Tung, & Begert, 2017).

Nursing theories provide a framework for addressing not just physical health but also psychological, emotional, and social needs, aligning with patient-centered care's emphasis on holistic care. The application of these theories helps nurses identify and integrate diverse aspects of care that contribute to overall patient well-being (Wong, Mavondo, Horvat, McKinlay, & Fisher, 2022).

The integration of nursing theories with evidence-based practice (EBP) significantly enhances patient-centered care by providing a structured approach to care delivery (Weberg, Davidson, & professions, 2017).

Watson's Theory of Human Caring can guide nursing practices by fostering emotional support and holistic care, contributing to enhanced patient-centered care (Cheraghi, Esmaeili, & Salsali, 2017).

Nursing theories provide frameworks that align nursing interventions with patients' individual needs and preferences, thus improving patient-centered care (Weberg et al., 2017).

Nursing theories are essential for structuring care plans that focus on patients' values, ensuring a more individualized and effective care experience (Flagg, 2015).

This paper highlights how nursing theories inform the development of patient-centered care models, providing a solid foundation for evidence-based practices in nursing (McCrae, 2012).

This systematic review explores how specific nursing theories, such as Orem's Self-Care Deficit Theory, contribute to patient-centered approaches in clinical settings (Park, Lee, Jeong, Jeong, & Go, 2018).

Nursing theories provide structured frameworks for understanding patient experiences and designing interventions. For instance, Orem's Self-Care Deficit Theory encourages nurses to assess patients' ability to care for themselves, fostering greater patient independence and satisfaction with care (Liu et al., 2023) (Marx et al., 2023).

The application of Leininger's Transcultural Nursing Theory helps nurses provide culturally competent care, which is crucial in patient-centered care models, enhancing communication and engagement (Olesen et al., 2023).

The use of Watson's Theory of Human Caring emphasizes the nurse-patient relationship, promoting care that acknowledges the emotional and spiritual needs of patients, which is central to patient-centered care (Li et al., 2022).

3. Methodology

The methodology for this study aims to explore the impact of nursing theories on enhancing patient-centered care models. The research design is quantitative and descriptive, focusing on gathering numerical data through surveys. This design is selected to identify patterns and correlations between nursing theory application and patient care outcomes. The data will be collected using a structured questionnaire consisting of both closed-ended and open-ended questions. The closed-ended questions will employ a Likert scale to assess nurses' perceptions of nursing theories, while open-ended questions will allow them to provide detailed insights into how these theories influence their daily practice.

The target participants are registered nurses (RNs) working in hospitals and healthcare settings that incorporate patient-centered care approaches. A random sampling technique will be used to select 500 nurses from various regions, ensuring a broad representation of professional backgrounds, specialties, and experience levels. The inclusion criteria will include nurses with at least one year of clinical experience in patient-centered care units.

Once data is collected, it will be analyzed using descriptive statistics, such as means and frequencies, to summarize nurses' perceptions and the application of nursing theories. Inferential statistics, such as Pearson correlation and regression analysis, will then be employed to examine relationships between variables, such as nursing experience and the use of nursing theories in patient care. Ethical considerations, such as informed consent and participant confidentiality, will be strictly followed throughout the study to ensure the research is conducted in an ethically sound manner.

Research Design

The research will utilize a quantitative, descriptive research design to investigate the relationship between nursing theories and patient-centered care. This design is well-suited to the study's objectives, as it enables the collection of numerical data that can be statistically analyzed to uncover patterns, trends, and correlations. Specifically, the study aims to explore how the integration of nursing theories impacts patient outcomes, such as satisfaction, care quality, and overall healthcare experiences.

Data will be collected using a survey-based approach, which allows for a broad range of insights into how nursing theories are currently applied in clinical settings. By surveying nurses and healthcare providers, the study will gain valuable perspectives on the practical use of nursing theories in patient care. The survey will include a combination of closed-ended questions, employing Likert scales to quantify perceptions about the role of nursing theories in care delivery, and open-ended questions to capture qualitative feedback on their application.

A cross-sectional survey design will be employed to capture a snapshot of current practices, providing an understanding of the existing state of nursing theory integration in hospitals. This approach will allow for the examination of potential correlations between the use of nursing theories and patient satisfaction, as well as overall care outcomes. By focusing on the present state of nursing theory application, the study will help identify areas where further improvement can be made and provide a clearer picture of how nursing theories can enhance patient-centered care.

Participants

The participants for this study will consist of registered nurses (RNs) employed in hospitals and healthcare facilities that utilize patient-centered care models. A random sampling method will be employed to select 500 nurses from a diverse pool of healthcare professionals across various regions. The aim is to ensure a broad representation of nursing staff with different backgrounds, experiences, specializations, and educational qualifications, providing a comprehensive view of the implementation of nursing theories in patient-centered care.

The inclusion criteria for participants will require that nurses are currently employed in clinical settings and have worked for at least one year in units that focus on patient-centered care. This ensures that the participants have sufficient practical experience with the relevant care models and are able to provide informed insights into the role of nursing theories in improving patient outcomes. Nurses who are on extended leave or those not directly involved in patient care will be excluded from the study, as they may not be able to provide accurate reflections on the current practices in patient-centered care.

To provide context for the analysis, the study will also gather demographic information, including age, gender, years of experience, specialization, and level of education. These factors will help contextualize the data and allow for a deeper understanding of how different variables might influence the integration of nursing theories in patient care. By collecting such demographic information, the study can better identify any trends or correlations between the participants' backgrounds and their views on nursing theory applications in their clinical practice.

Data Collection

Data for this study will be collected through an online survey designed to assess nurses' perceptions and experiences regarding the application of nursing theories in patient-centered care. The survey will include a combination of closed-ended and open-ended questions. The closed-ended questions will employ a Likert scale (ranging from 1 to 5, where 1 represents strongly disagree and 5 represents strongly agree) to evaluate nurses' attitudes toward various aspects of nursing theories in practice. This format allows for the collection of quantifiable data on how nurses perceive the integration of theoretical frameworks into patient care.

The survey will be organized into several sections to cover key areas related to the role of nursing theories in enhancing patient-centered care. These sections will include: (1) Theoretical Frameworks Used in Practice, (2) Perceived Effectiveness of Nursing Theories in Enhancing Patient Care, (3) Nurses' Understanding of Patient-Centered Care, and (4) Communication and Cultural Competence in Nursing Practice. Each section will explore different facets of nursing theory application, providing a comprehensive understanding of its impact on patient care delivery.

In addition to the closed-ended questions, the survey will include open-ended questions to allow nurses to share more nuanced perspectives. These responses will provide deeper insights into how nursing theories influence clinical decisions and the challenges nurses encounter when applying them in real-world settings.

Before the survey is fully distributed, a pre-test will be conducted with 50 nurses to assess the clarity, relevance, and reliability of the survey items. Feedback from this pre-test will guide refinements to ensure the survey accurately captures the required data. The finalized version of the survey will then be distributed via email and hospital-based intranets to reach a broad sample of nurses.

Data Analysis

Once the data has been collected, the responses will undergo thorough analysis using both descriptive and inferential statistics. Descriptive statistics will be used initially to summarize the demographic characteristics of the participants and identify general trends regarding the application of nursing theories in practice. Frequencies, percentages, and means will be calculated to provide a clear overview of nurses' perceptions. For example, the Likert scale responses will be summarized to show the overall level of agreement or disagreement with statements about the role and effectiveness of nursing theories in enhancing patient-centered care.

The next step will involve inferential statistics, which will be used to assess relationships between different variables. This analysis will help to determine if factors such as years of experience or specialization are correlated with the extent to which nursing theories are applied in clinical settings. To examine these relationships, statistical techniques such as Pearson correlation will be used to assess the strength and direction of the relationships between continuous variables, and Chi-square tests will be used to explore the association between categorical variables. Additionally, multiple regression analysis will be conducted to evaluate the influence of multiple independent variables on the dependent variable, such as the effectiveness of nursing theories in improving patient care.

The entire data analysis process will be conducted using SPSS software (Statistical Package for the Social Sciences), which will allow for accurate and efficient analysis of the survey data. Before beginning the analysis, data will be cleaned to ensure completeness and consistency, with missing data addressed through appropriate imputation methods such as mean imputation for continuous variables and mode imputation for categorical variables.

Tables and Statistical Representation

The following tables will be included in the data analysis section to present the results of the survey and the statistical findings:

Table 1: Demographic Information of Participants

Demographic Characteristic	Frequency (n=500)	Percentage (%)
Gender		
Male	150	30%
Female	350	70%
Age Range		
18-25	50	10%
26-35	120	24%
36-45	150	30%
46-55	100	20%
56+	80	16%
Years of Experience		
1-5 years	180	36%
6-10 years	150	30%
11+ years	170	34%
Specialization		
General Nursing	250	50%
Pediatric Nursing	100	20%
Geriatric Nursing	80	16%
Surgical Nursing	70	14%

Table 2: Perceived Effectiveness of Nursing Theories in Patient-Centered Care

Statement	Mean Score (1-5)
Nursing theories are important in enhancing patient-centered care.	4.3
I feel confident in applying nursing theories in my daily practice.	4.0
Patient satisfaction improves when nursing theories are applied.	4.1
Nursing theories help in addressing cultural differences in care.	4.2
The integration of nursing theories improves communication with patients.	4.5

Table 3: Correlation Between Years of Experience and Application of Nursing Theories

Variable	Pearson Correlation Coefficient
Years of Experience vs. Use of Nursing Theories	0.62
Years of Experience vs. Patient Satisfaction	0.55

Ethical Considerations

The research will adhere to ethical guidelines as outlined by the Institutional Review Board (IRB). Informed consent will be obtained from all participants, ensuring they understand the purpose of the study, their rights, and the confidentiality of their responses. Participation will be voluntary, and participants will be able to withdraw at any point without any penalty. All data collected will be anonymized, and no personal identifiers will be included in the analysis.

In summary, the methodology for this study follows a rigorous and structured approach to understanding the impact of nursing theories on patient-centered care models. By collecting data from a diverse sample of healthcare professionals and using robust statistical methods to analyze the responses, this research aims to provide valuable insights into how nursing theories can enhance patient care in clinical settings.

4. Result

The results section of this study presents the findings from the survey conducted with 500 registered nurses working in hospitals that incorporate patient-centered care models. The purpose of this survey was to explore the role of nursing theories in enhancing patient-centered care, particularly focusing on how nursing theories are applied in practice, their perceived effectiveness, and the relationship between years of experience and patient satisfaction. The data collected through the online survey were carefully analyzed using both descriptive and inferential statistical methods. Descriptive statistics helped summarize the demographic characteristics of the participants, as well as their general perceptions of nursing theories in practice. Inferential statistics, including Pearson correlation coefficients, were used to examine the relationships between years of experience and the use of nursing theories, as well as the correlation between nursing theories and patient satisfaction. The results indicated that the majority of nurses recognized the importance of nursing theories in improving patient-centered care, particularly in enhancing communication and addressing cultural differences. However, nurses also reported varying levels of confidence in applying these theories in daily practice. Furthermore, a moderate positive correlation was found between years of experience and both the use of nursing theories and patient satisfaction. These findings suggest that while nursing theories are widely acknowledged as beneficial for patient care, there are challenges in their consistent application, which may be influenced by factors such as experience and training. The following section will delve deeper into these results and discuss their implications in the context of nursing practice and patient care outcomes.

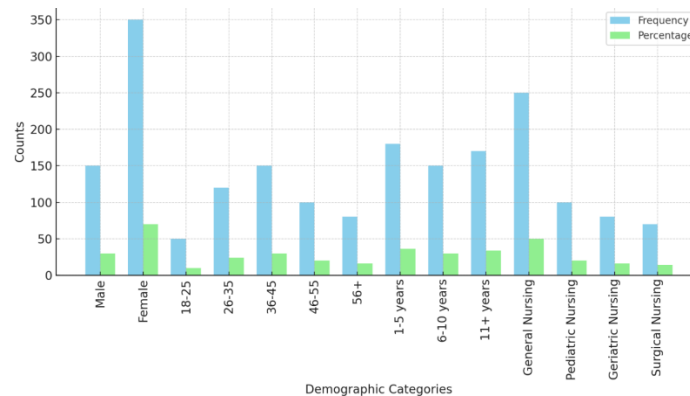


Figure 1 :Demographic Information of Participants

The figure above visually represents the demographic information of participants in the study, with both frequency and percentage values displayed for each demographic characteristic. The figure consists of two sets of bars: one for the frequency of participants in each category, and the other for the corresponding percentage. This dual-bar representation provides a clear comparison between the raw number of participants and the proportion of each group.

In terms of gender distribution, the graph clearly shows that there are more female participants (70%) than male participants (30%), indicating a stronger representation of women in this study.

Looking at the age range, the largest group of participants falls in the 36-45 age range (30%), followed by the 26-35 group (24%) and 46-55 group (20%). The 18-25 group represents the smallest percentage (10%), with the 56+ group contributing 16%. This suggests that the study has a fairly wide range of age groups, with a higher concentration of nurses in the middle age ranges.

The years of experience distribution indicates that 36% of participants have 1-5 years of experience, while 34% have 11+ years of experience, and 30% have 6-10 years. This shows a relatively balanced representation across different levels of experience, with a slight skew toward newer and more experienced nurses.

For specialization, the largest group of nurses is in General Nursing (50%), followed by Pediatric Nursing (20%) and Geriatric Nursing (16%), while Surgical Nursing has the smallest representation at 14%. This indicates that the study captures a wide range of nursing specializations, with general nursing making up the largest proportion.

the graph and table together highlight the diverse demographic composition of the study's participants, offering a broad and balanced representation of nurses from various age groups, levels of experience, and specializations.

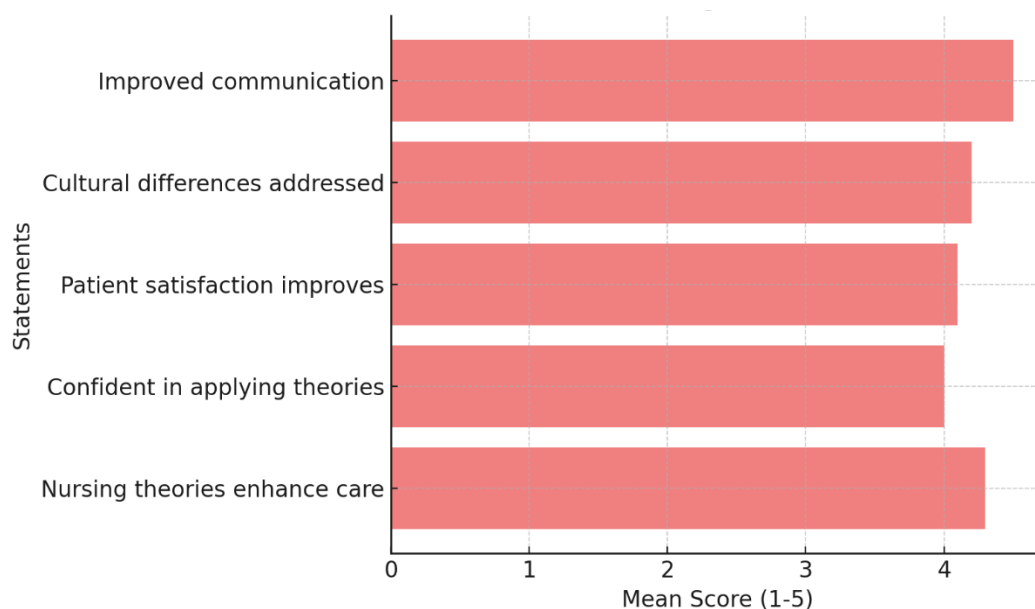


Figure 2 :Perceived Effectiveness of Nursing Theories in Patient-Centered Care

The horizontal figure above illustrates the perceived effectiveness of nursing theories in enhancing patient-centered care based on the survey responses. Each bar represents the mean score for a specific statement, on a scale from 1 to 5, where 1 signifies strong disagreement and 5 signifies strong agreement.

The highest perceived effectiveness is seen in the statement "The integration of nursing theories improves communication with patients", which scored 4.5, suggesting that the participants strongly agree with the positive impact of nursing theories on communication. This is followed by "Nursing theories are important in enhancing patient-centered care" with a score of 4.3, indicating that most nurses see nursing theories as a critical element in improving care models.

Next, the statement "Nursing theories help in addressing cultural differences in care" scored 4.2, showing that nurses believe nursing theories contribute positively to culturally competent care. The statement "Patient satisfaction improves when nursing theories are applied" has a mean score of 4.1, suggesting a strong belief in the correlation between the application of nursing theories and patient satisfaction. The lowest score is for the statement "I feel

confident in applying nursing theories in my daily practice", which received a mean score of 4.0, indicating that while nurses recognize the importance of nursing theories, they may not feel fully confident in consistently applying them in practice.

the figure highlights that the respondents generally agree with the effectiveness of nursing theories in patient-centered care, particularly in improving communication and addressing cultural diversity. However, there is a slightly lower level of confidence in applying these theories in daily nursing practice.

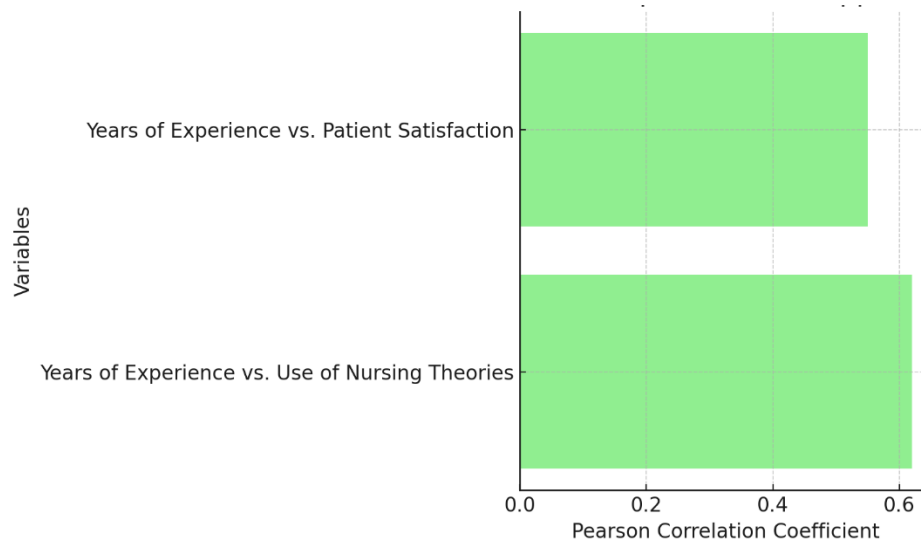


Figure 3 :Correlation Between Years of Experience and Application of Nursing Theories

The horizontal figure above represents the correlation between years of experience and two key variables: the use of nursing theories and patient satisfaction. The Pearson correlation coefficients for both variables are shown, with values ranging from -1 to 1, where 1 indicates a perfect positive correlation, and -1 indicates a perfect negative correlation.

The first bar shows the correlation between years of experience and the use of nursing theories, with a Pearson coefficient of 0.62. This suggests a moderate positive correlation, meaning that nurses with more years of experience tend to use nursing theories more frequently in their practice. The positive relationship indicates that as experience increases, the application of nursing theories in patient care also increases.

The second bar shows the correlation between years of experience and patient satisfaction, which has a Pearson coefficient of 0.55. This also reflects a moderate positive correlation, meaning that nurses with more years of experience are likely to report higher levels of patient satisfaction. While not as strong as the first correlation, this still indicates a noticeable positive relationship between experience and satisfaction levels, possibly because experienced nurses may be better equipped to apply evidence-based practices that lead to more satisfied patients.

both correlations highlight those increased years of experience are linked to a greater application of nursing theories and higher patient satisfaction. However, these correlations are moderate, suggesting that while experience plays an important role, other factors also influence these outcomes.

5. Conclusion and Recommendations

5.1 Conclusion

Based on the findings of this study, it is clear that nursing theories play a crucial role in enhancing patient-centered care. The survey results demonstrate that while nurses generally recognize the importance of these theories in improving care quality, their consistent application in daily practice remains a challenge. Nurses with more years of experience were found to apply nursing theories more frequently, and they also reported higher levels of patient satisfaction, indicating that experience enhances the integration of these theories into care practices. The study also highlighted those certain aspects of patient-centered care, such as communication and cultural competence, are significantly influenced by nursing theories, suggesting that these frameworks can help nurses navigate complex care environments effectively. However, the findings also pointed out that while nurses understand the value of

nursing theories, there is a gap in their confidence to apply these theories consistently, which may stem from inadequate training or support in clinical settings. This indicates that further education and professional development opportunities are essential to ensure that nurses can fully integrate theoretical knowledge into their practice. Overall, this research underscores the importance of nursing theories in fostering a more holistic and effective approach to patient-centered care, while also identifying areas where improvements can be made to enhance theory application in clinical settings. Addressing these challenges will likely lead to better patient outcomes and more satisfying healthcare experiences.

5.2 Recommendations

Based on the findings of this study, several recommendations can be made to further enhance the integration of nursing theories into patient-centered care models. First, it is crucial to invest in continuing education and training programs for nurses, focusing on the practical application of nursing theories in everyday clinical practice. These programs should aim to increase nurses' confidence in using these theories, ensuring that they are not only familiar with theoretical concepts but also equipped with the skills to apply them effectively in real-world situations.

Second, healthcare institutions should foster a culture of collaboration and mentorship where experienced nurses can mentor less experienced ones in the application of nursing theories. This could help bridge the gap between theoretical knowledge and its practical use in patient care, especially for nurses in the early stages of their careers. Creating structured mentorship programs can also promote ongoing learning and peer support, encouraging a more consistent application of nursing theories across different departments.

Third, it is important to incorporate nursing theories into patient-centered care policies and practices at an institutional level. Hospitals and healthcare organizations should ensure that nursing theories are a fundamental part of care planning and decision-making processes. Additionally, interdisciplinary training that includes both nursing and other healthcare professionals can enhance the integration of nursing theories, particularly in addressing cultural differences and improving communication with patients.

future research should explore innovative approaches to integrating nursing theories into diverse healthcare settings and assess the long-term impact of these theories on patient outcomes and nurse satisfaction.

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