

a. Identify and briefly describe a nursing or interprofessional theory that may be used in advanced nursing practice.

Peplau's Nursing Theory of Interpersonal relations can be used in advanced practice by acknowledging that the quality and health of all patients are essential. This theory focuses on the nurse-patient relationship. "Peplau emphasized patients' experiences and the effect that nurse-patient relationships have on those experiences." (Hagerty, 2020).

b. Explain the relevance of the theory to your intended practice specialty.

By ensuring that as a nurse practitioner we understand the nurse patient dynamic and are able to apply it to ensure our patients receive the best quality of care possible. By first establishing the report with a patient builds trust and provides reassurance. In the second phase of Peplau's theory identifying the needs of each individual and providing comfort and support. Next utilizing resources that are available to ensure the patient needs are being addressed. And also by establishing achievable goals. In family practice the nurse should be communicating effectively and ensuring that the patient is being heard and included in their plan of care, while working with outside resources to address health and wellness. By using this theory, the nurse can establish a therapeutic relationship, encourage trust and communication skills and also focus on patient centered care.

c. Describe a current healthcare issue, societal need, or practice problem.

A societal need in family practice is for the patients and family to have a sense of love and belonging as stated in Maslow's Hierarchy of Needs. When a patient comes into the clinic and does not feel safe and secure it creates anxiety and reluctance to feel that proper care will be provided. Feeling acceptance allows for emotional and mental wellbeing. Building rapport with a patient allows a bond of trust to form and builds the connection that is needed to provide optimal care. If these few needs aren't established then the patient will have a difficult time allowing nursing staff to perform treatments, will create an environment that may have anxiety related emotions, possibly disgruntled patients and family members. Which will make taking care of the patient difficult and create barriers that may not be able to be reestablished.

d. Analyze how the theory you selected could be applied to address the problem.

By using Peplau's nursing theory will help form a bond in the beginning that will allow the patient to feel at ease about the care they are receiving. Building a solid foundation in the beginning may just ultimately save that patient's life or add to their quality of life. If the nurse is very kind, trusting and able to communicate with a patient that that nurse is trusted that nurse will be able to create a positive environment and the patient will most likely comply with the treatment plan and