



INTEGRATED NURSING INTERVENTION THEORY IN PROVIDING COMFORTABLENESS TO INCREASE PATIENT WELL BEING: SIMPLE THEORY CONSTRUCTION

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ABSTRACT

This article shows that an integrated and compatible independent nursing intervention model approach is important to be able to hope of providing a strong theoretical basis for nurses on improving the wellbeing of acute coronary syndrome patients through a conceptual model of integrated nursing interventions during treatment in the hospital. The purpose of this article is to present a simple theoretical construction using a 7-step approach which includes: origin, meaning, logical adequacy, usefulness, generaliability and parsimony as well as testability, about integrative nursing intervention theory in providing comfort to improve patient well being. This type of research is a development research model with a simple theory construction model approach. The problems faced by patients with acute coronary syndrome most often are chest pain, anxiety and hemodynamics which can interfere the patient's well-being. Chest pain that is occurred due to coronary blockage has an impact on the fear of death and can affect hemodynamic stability. Anxiety is the most prominent stress and greatly disturbs the patient's psychological condition. The integrative nursing intervention model becomes a model approach that can be applied by nurses in nursing care services for patients with acute coronary syndrome. Therefore, the role of nurses as service providers should be able to make the best contribution through the application of an integrative nursing intervention model. This intervention model approach is expected to be able to improve patient well being during hospitalization.

Keywords: anxiety, chest pain, hemodynamics, integrative nursing intervention model, patient well being

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INTRODUCTION

According to Wong (2014) cardiovascular disease is a disease that causes >17 million deaths in the world every year (30% of all deaths), especially in developing countries, and this figure is expected to increase to 23.6 million by 2030. According to data from the Ministry of Health (2014) of 17.5 million deaths due to non-communicable diseases, there were 7.4 million deaths due to coronary heart disease (CHD). Currently, CHD is the leading cause of death, accounting for 36% of all deaths. CHD is still a health problem in the world and it is estimated that the death rate will continue to increase up to 23.3 million by 2030.

The prevalence of CHD in Indonesia in 2013 reached 0.5% or around 883,447 cases of the total non-communicable diseases, and in Central Java it was recorded at 0.5% or around

120,447 cases (Health, Research, & Health, 2018). Acute coronary syndrome (ACS) is one of the main clinical manifestations of CHD and the most frequent cause of death (Sanchis-Gomar, Perez-Quilis, Leischik, & Lucia, 2016). ACS is a collection of clinical symptoms of myocardial ischemia that is occurred due to lack of blood flow to the myocardium in the form of chest pain, ST segment changing on the Electrocardiogram (ECG), and changing in cardiac biomarkers. SKA is still a significant public health problem (Kumar & Cannon, 2009).

The data from the American Heart Association (AHA) states that in the United States in 2006, nearly 1.4 million patients were diagnosed with ACS, consisting of 537,000 patients with unstable angina, and 810,000 patients with ST elevation myocardial infarction (STEMI) and Non ST elevation. Myocardial infarction (NSTEMI) in 2006 ACS was the leading cause of death with 563,000 deaths in 2010 in the United States. ACS is also the leading cause of death in Europe, with an incidence of 681,000 deaths per year (Overbaugh, 2009).

The main causes of ACS are thrombus, mechanical obstruction, dynamic obstruction, inflammation and increased oxygen demand. ACS is occurred as a result of atherosclerotic plaque rupture followed by platelet aggregation and thrombus formation. The narrowing causes blood flow disturbances so that the heart muscle cells lack oxygen supply from the affected blood vessels (Overbaugh, 2009). These effects cause symptoms of chest pain that is very disturbing. The pain is felt like being crushed by a heavy object or discomfort. The pain may spread to the chest, jaw or arm. ACS is a life-threatening condition that requires special treatment and special supervision to monitor hemodynamics, which are often unstable. (Kim, Byeon, Song, & Lee, 2010). Acute ACS attacks will cause complaints of chest pain, anxiety to unstable hemodynamic conditions, which will interfere comfortableness. Further more serious consequences lead to reduced happiness and loss of well-being (Kim et al., 2010). The role of nurses to provide patient comfort is needed in the form of integrative nursing interventions. Integrative nursing intervention is a therapeutic action that combines physical, social, psychospiritual and environmental oriented interventions given to patients. This intervention is expected to provide comfort and improve patient well being.

Integrative nursing intervention becomes a theory that nurses will be used in providing care to patients to overcome the problems they complain of: chest pain, anxiety and hemodynamics, discomfort up to loss of well-being. Therefore, the writer are interested in constructing a simple theory about integrative nursing interventions in providing comfortableness to improve patient well being. The purpose of this article is to present a simple theoretical construction using a 7-step approach which includes: origin, meaning, logical adequacy, usefulness, generaliability and parsimony as well as testability, about integrative nursing intervention theory in providing comfort to improve patient well being.

METHODS

This research method uses a simple theory construction approach according to Walker and Avant (2011) covering the stages: origins, meaning, logical adequacy, usefulness, generaliability and parsimony and testability.

RESULTS

Origins

At this initial stage there are 2 steps that must be done, namely: understanding theory and identify concepts to build theory. Integrative nursing intervention theory is based on 2 nursing theories, namely comfort theory from Katharine Kolcaba and unitary human being theory from Martha E. Rogers. Comfort theory considers patients as individuals, families,

institutions, or communities who need health care by nurses or loved ones to increase comfortableness (K. Kolcaba, 2003).

Meaning

The steps at this stage include: Determine of Concept Definitions to Build Theory, Making Relationships Between Concepts (Statements) and Arranging the Theory of Basic Assumptions. The results of this stage of research are presented in Table 1.1, Table 1.2 and Chart 1.1, as follows:

Table 1.
Concept Definitions for Building Theory

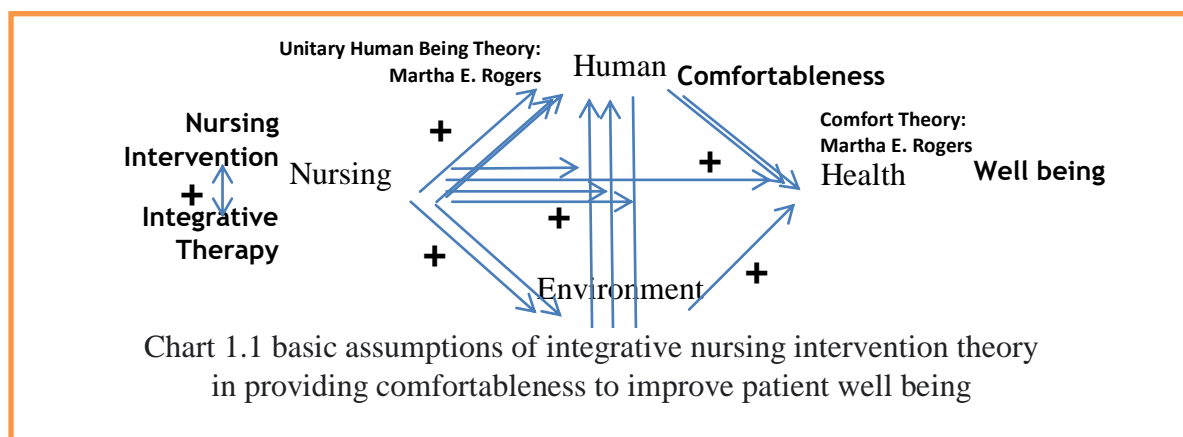
No	Kode	Concept	Theoretis Definitive	Kind	Form
1	NI	<i>nursing intervention</i>	a treatment performed by nurses based on clinical judgment and knowledge of nurses to improve patient/patient outcomes (Butcher, Bulechek, Dochterman, & Wagner, 2018)	Description Definitive	Concrete
2	IT	<i>integrative therapy</i>	healing method that unites physiological, affective, cognitive, contextual and behavioral systems to create multi-dimensional relationships (Gilbert & Orlans, 2010)	Description Definitive	Concrete
3	EV	<i>environment</i>	a condition that can affect the living things in it (K. Kolcaba, 2003)	Description Definitive	Concrete
4	CF	<i>comfort</i>	the fulfillment of a holistic individual's basic needs, including: physical comfortableness, psychospiritual, sociocultural, environmental. (K. Y. Kolcaba, 1994)	Description Definitive	Concrete
5	WB	<i>well-being</i>	a condition that is comfortable, prosperous, peaceful, happy with life satisfaction including material and non material aspects (Dodge, Daly, Huyton, & Sanders, 2012)	Description Definitive	Concrete
6	RL	<i>relief</i>	a situation in which a recipient has a specific need fulfillment (M. Alligood & Tomey, 2014)	Description Definitive	Concrete

No	Kode	Concept	Theoretic Definitive	Kind	Form
7	EA	<i>ease</i>	a state of calm and pleasure (M. Alligood & Tomey, 2014)	Description Definitive	Concrete
8	TD	<i>transcendence</i>	a state in which an individual reaches above his problem. (M. R. Alligood, 2017)	Description Definitive	Abstract
9	RN	<i>resonancy</i>	the changing between nature and man from the lowest frequency to a higher frequency in the wave of change (Fawcett, 2003)	Description Definitive	Abstract
10	HC	<i>helicy</i>	natural conditions and the relationship between humans and the environment is sustainable, beneficial, is a simultaneous interaction between humans and the environment, does not express rhythm (Fawcett, 2003)	Description Definitive	Concrete
11	IG	<i>integrality</i>	process of mutually beneficial relationships between humans and their environment on an ongoing basis. (Rogers & Malinski, 1986)	Description Definitive	Concrete

Table 2.
Creating relationships between concepts (statements) by Type, Sign and Symmetry

No	Statement	Type	Sign	Symmetry
1	Integrative therapy complements nursing interventions	<i>conditional</i>	+	<i>symmetric</i>
2	Nursing interventions and integrative therapy can provide comfortableness	<i>causal</i>	+	<i>symmetric</i>
3	Nursing interventions and integrative therapy can improve well-being	<i>causal</i>	+	<i>symmetric</i>
4	The environment can increase and decrease comfortableness	<i>causal</i>	+	<i>symmetric</i>
5	The environment can increase and decrease well-being	<i>causal</i>	+	<i>symmetric</i>
6	Relief can increase comfortableness and well-being	<i>causal</i>	+	<i>symmetric</i>
7	Ease can increase comfortableness and well-being	<i>causal</i>	+	<i>symmetric</i>
8	Transcendence can increase and decrease comfortableness	<i>causal</i>	?	<i>asymmetric</i>
9	Transcendence can increase and decrease well-being	<i>causal</i>	?	<i>asymmetric</i>

10	Resonancy can affect comfortableness	causal	?	asymmetric
11	Resonancy can affect well-being	causal	?	asymmetric
12	Helicy can increase comfortableness	causal	+	symmetric
13	Helicy can improve well-being	causal	+	symmetric
14	Integrity can increase comfortableness	causal	+	symmetric
15	Integrity can increase well-being	causal	+	symmetric
16	comfortableness can increase well-being	causal	+	symmetric
17	Well-being can increase comfortableness	causal	+	symmetric



Logical Adequacy

Table 3.
Table Logical Adequacy

	NI	IT	EV	CF	WB	RL	EA	TD	RN	HC	IG
NI	+	+	+	+	+	+	+	+	+	+	+
IT		+	+	+	+	+	+	+	+	+	+
EV			+	?	?	+	+	+	+	+	+
CF				+	+	+	+	+	?	+	+
WB					+	+	+	+	?	+	+
RL						+	+	+	+	+	+
EA							+	+	+	+	+
TD								+	+	+	+
RN									+	+	+
HC										+	+
IG											+

Usefulness

The steps at this stage include: usefulness, generalizability, parsimony and testability. It is possible that integrative nursing intervention theory will be widely used in nursing practice. This theory still cannot be assessed for generalizability, because there has been no related research in using this simple theory. The testability of this theory has not yet been determined, because there has been no related research in using this simple theory.

DISCUSSION

The three types of comfortableness according to K. Kolcaba (2003) can be seen from physical comfortableness (body sensations, homeostatic mechanisms, immune function), psychospiritual (self-awareness, sexual identity, the meaning of one's life), sociocultural

(interpersonal relationships, family, family traditions, rituals and religious practices) and environment (temperature, light, sound, smell, color, furniture). Comfortableness is a central concept of nursing tips. Various nursing theories state comfortableness as a patient's basic need which is the goal of providing nursing care. K. Y. Kolcaba (1994) defines comfortableness in a way that is consistent with subjective experience. Kolcaba defines comfortableness as a state of having fulfilled basic human needs (M. R. Alligood, 2017). Meanwhile, the unitary human beings theory from Martha E. Rogers views the human (individual) as a complete unit and the environment as an integrated energy source for the process of human life. Between the universe and humans, there will be a continuous exchange of energy and matter (Fawcett, 2003). The scope of Rogers' theory, began nursing investigations that study the relationship between humans and the environment. Nurses must be able to view the individual as a whole and holistically. It means that providing nursing interventions does not only focus on improving physical conditions, but must be comprehensive by paying attention to all aspects including: biological, psychological, social, spiritual and cultural, as well as controlling the internal and external environment in helping patients achieve a level of well-being. Rogers & Malinski, 1986).

Rogers explained that life is a hemodynamic process which is included: 1) Resonancy, this principle talks about nature and the changing that is occurred between humans and the environment. Resonance can be described as a wave pattern which is indicated by changing from the lowest frequency to a higher frequency in the changing wave; 2) Helicy, the principle states that the natural and the relationship between humans and the environment are sustainable, innovative, indicated by an increasing in the types of patterns of human behavior and the environment that lead to sustainability, benefit, is a simultaneous interaction between humans and the environment, not expressing rhythm; and 3) Integrality is a process of beneficial interaction between humans and their environment on an ongoing basis (Fawcett, 2003).

Nursing intervention is an effort or action given by nurses to improve health, prevent disease, treat and rehabilitate patients. Meanwhile, integrative therapy unites is the system within the individual as a whole consisting of aspects of body, mind and spirit to improve the patient's health. Together assess the condition of the system to identify priorities, integrate therapeutic possibilities from various disciplines and traditions to create and implement interventions (Sidani & Braden, 2011). Therefore integrative nursing interventions become a unique therapeutic choice structure, using evidence from multiple sources of knowledge. Nurses work to integrate multiple disciplines and perspectives to create a coordinated nursing experience for the patient's comfortableness and well-being.

Based on the origin and the underlying theory, it can be identified that there are 5 major concepts to build this theory, namely: 1) nursing intervention, 2) integrative therapy, 3) environment, 4) comfort, 5) well-being; and there are 6 relevant concepts, namely: 1) relief, ease, transcendence, resonancy, helicy and integrality. The chart above illustrates the building of the basic theoretical assumptions in the nursing paradigm includes: Human, Environment, Health-Ill and Nursing. Humans are individuals, families, groups and communities who need health care; Humans are a unified whole and have different traits and characters. The dynamic process of human life always interacts with the environment, influencing each other and being influenced or as an open system. Humans as a unit consisting of body, mind and spirit who are able to participate creatively in changing.

The environment is an aspect of the patient, family, or institution that the nurse or loved one can manipulate to increase comfortableness. Environment as four buildings of irreducible energy identified with specific characteristic patterns and manifestations. The environment included everything that is beyond what is provided by the human structure. Places of health services include: buildings, equipment, staff, patients and visitors and health service activities that produce both a positive impact on healing for patients and negative impacts. Health-illness is as an expression of human interaction with the environment in a fundamental process to achieve comfortableness. Health is as a range of health and illness is an outcome that will be achieved in overcoming health problems that arise in the patient system. Health is optimal functioning, described by the patient as a state of health, peace, prosperity and serenity.

Nursing is a humanistic science dedicated to improving health, preventing and treating and curing disease and rehabilitating to achieve well-being. Professional nursing practice is scientific and integrated in all aspects of care, both biopsychosociocultural and spiritual. Nursing is a professional practice that provides nursing interventions to provide healing for patients. Nursing is the assessment, design and implementation of comfortableness needs to improve well-being. According to K. Kolcaba (2003) there are 3 types of comfortableness namely: 1) relief which means when the specific comfortableness needed by the patient is met; 2) ease means when the patient feels calm and satisfied, and; 3) transcendence when the patient successfully exceeds the need of comfort (M. Alligood & Tomey, 2014). The goal of integrative nursing intervention theory is expected to provide comfort and well-being that is the patient's needs.

Integrative nursing intervention theory can be used widely in nursing practice. Nurses believe that (a) nurses are professions that have a major contribution in providing care to patient systems, (b) nurses have the authority to provide nursing interventions given to patient systems to improve patient health and well-being, (c) integrative nursing interventions are given according to patient needs that cover all aspects of life (d) nursing care paradigm using an integrative approach.

CONCLUSIONS

Simple theory construction according to Walker and Avant (2011) includes stages: origins, meaning, logical adequacy, usefulness, generaliability and parsimony and testability. The theory of integrative nursing intervention is based on the comfortableness theory of Katharine Kolcaba and the unitary human being theory of Martha E. Rogers. The theory of integrative nursing intervention consists of 11 concepts which include 5 major concepts and 6 other relevant concepts, arranged in the basic assumptions of theory in the nursing paradigm.

In theory development, it is expected to be able to carry out theory development correctly. One of the processes in theory development is to conduct analysis theory and construction theory. In carrying out construction theory must follow the steps systematically and carefully. Activities in formulating theory must be based on a study of the underlying theory and use adequate and scientifically justifiable literature. This is to provide a strong foundation in building theoretical construction.

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