

Journal Article Analysis

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As the textbook describes, a middle-range theory is referred to a part of a discipline's concerns with other topics. The concept is much narrower than other grand theories in which they give a broader range. Three key points that describe a middle-range theory consist of a description of a particular phenomenon, its explanation of the relationship between phenomena, or even predicts the effects of one phenomenon or another. A middle-range theory falls between grand nursing models and concrete ideas in which they are more specific and have a limited number of concepts with a limited aspect of the real world. These middle-range theories relate to nursing practice in that they provide a basis for generating testable hypotheses for a particular nursing phenomenon and population as well. This makes middle-range theories much more applicable to practice situations. They are also used as frameworks for research studies.

This journal article talks about how middle-range theories hold value in helping to investigate nursing practices through the perspective of SDG, also known as Sustainable Development Goals, which are intended to promote an equitable, healthy, and safe world. The SDG addresses five themes: Prosperity, Peace, People, Planet, and Partnership. The theory that it focuses on would be Jean Watson's Theory. Her theory is about how the act of caring regenerates life energies and potentiates patients' capabilities. "Watson's theory has reminded nurses worldwide that the power of a caring moment is transpersonal, transcending time, space, and physicality, and that a heart-centered approach to practice is what humanity needs in these times of extreme vulnerability" (Rosa et al., 2020). This article discusses the direct link between nursing science and the SDGs transcultural nursing theory within the caring aspect. It further explains that caring science is how we practice and contribute to society in which every human life matters. It is the sense of belonging to the universal cosmic of love. This is approved by the SDG, which calls for a civil society where all lives matter. The second point that the journal

explains is that the integration of this nursing theory reminds us that healing is always at the center of nursing care. This article then summarizes that theory is not static but rather fluid. The theory is a continued evolution that meets a societal level of needs. “Theory is language, expression, power, creativity, resilience, heritage, tradition. It is also a key guiding aspect of our professional future” (Rosa et al., 2020). In summary, a middle-range theory helps the nursing community grow in strength and provides concrete evidence to support research.

It is hard to identify any contradictions, but the takeaways from this journal are that middle-range theories demonstrate direct links to current world agendas as society changes. The goal of these theories is to specify relations between two concepts. The caring science in connection to nursing practice is heavily emphasized in this journal article and the major point of this concept is that humans should not be treated as objects and cannot be separated from a larger workforce. It emphasizes that the interpersonal relationship between the caregiver and patient potentiates healing for both parties.

References

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Watson, J. (2020). Nursing Theory in the Quest for the Sustainable Development Goals. *Nursing Science Quarterly*, 33(2), 178–182. doi:10.1177/0894318420903495