Review of I. King for New Users

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http://www.slideshare.net/macluvniam/dorothea-orem-imogene-king
(2009)
IMOGENE KING, RN, MSN, ED, FAAN

Theory of Goal Attainment

Born in January 30, 1923 (West Point, Iowa)
Died on December 24, 2007, Actively working until just before her death from a stroke

Education included St. John’s Hospital and University, St. Louis University, Teachers College at Columbia University

New York: John Wiley & Sons, 1981

WORK EXPERIENCES

- **Administrator** (Ohio State University)
- **Educator** (St. John’s Hospital School of Nursing; Loyola University; University of South Florida)
- **Practitioner** (Adult Medical-Surgical Nursing)
- **Assistant chief** of the Research Grants Branch, Division of Nursing, Department of Health, Education and Welfare
- **Professor emeritus** at University of South Florida
HER STORY

• 1963.. challenged by her philosophy professors with a question, “Have you or any other nurses defined the ‘nursing act’?”

• 1972.. reading course work led King to the Literature Systems analysis and General Systems Theory and hence to another set of questions
• What is the goal of nursing?
• What are the functions of nurses?
• How can nurses continue to expand their knowledge to provide quality care?
King’s Theory and Nursing’s Metaparadigm - PERSON

- ...social beings who are rational and sentient
- ...communicate their thoughts, actions, customs, and beliefs through language
- ...exhibit common characteristics like ability to perceive, to think, to feel, to choose between alternative courses of action, to set goals, to select means to achieve goals, and to make decisions
According to King, humans in receiving health care have three fundamental needs:

(a) The need for **health information** that is understandable at the time when it is needed and can be used

(b) The need for **care that seek to prevent illness and promote health**, and

(c) The need for **care that humans are unable to provide themselves**.
King’s Theory and Nursing’s Metaparadigm - NURSING

• ...a process of action, reaction, and interaction whereby nurse and client share information about their perceptions in the nursing situation

• ... nurse and patient share goals, problems, and concerns and explore means to achieve a goal.
NURSING

• **Goal of nurse:** “To help individuals to maintain their health so they can function in their roles.”

• **Domain of nurse:** “includes promoting, maintaining, and restoring health, and caring for the sick, injured and dying.

• **Function of professional nurse:** “To interpret information in nursing process to plan, implement and evaluate nursing care.”
ASSUMPTIONS

Nurse-Client Interactions

• Perceptions of nurse & client influence interaction process.

• Goals, needs & values of nurse & client influence interaction.

• Individuals have a right to knowledge about themselves.

• Individuals have a right to participate in decisions that influence their life, their health, and community services.
ASSUMPTIONS

Nurse-Client Interactions

• Health professionals have **responsibility to share information** to help individuals make decisions about their health care.

• Individuals have a **right to accept or to reject** health care.

• **Goals** of health professionals and goals of recipients of health care **may be incongruent**. Nurses work to bring them into alignment.
King’s Theory and Nursing’s Metaparadigm - HEALTH

• ...dynamic life *experience* of a human being

• ...implies continuous *adjustment to stressors* in the external and internal environment through optimum use of one’s resources to achieve maximum potential for daily living
King’s Theory and Nursing’s Metaparadigm - ENVIRONMENT

• …the background for human actions

• **Internal environment:** transforms energy to enable person to adjust to continuous external environmental changes

• **External environment:** involves formal and informal organizations. Nurse is a part of the patient’s environment.
DYNAMIC INTERACTING SYSTEMS

• Three systems in the conceptual framework:
  – **Personal System** (the individual)
  – **Interpersonal Systems** (individuals interacting with one another)
  – **Social System** (groups of people in a community/society sharing common goals, interests, and values)

• Study systems as a **whole** rather than as isolated parts of a system
DYNAMIC INTERACTING SYSTEMS

Elements of each System

- **Goal**: Health
- **Structure**: 3 open systems
- **Functions**: identified in the reciprocal relationships as they interact
- **Resources**: essential to keep systems in harmony
  – People & money
- **Decision making**: critical to perform functions and attain goals
Personal System Concepts

- **Self**
  - awareness of being a person separate from others

- **Growth and Development**

- **Body Image**
  - personal & subjective; acquired or learned; dynamic and changing
  - includes how person sees self & other’s reactions to one’s appearance

- **Space**

- **Time**

- **Learning** (1986, not defined)

- **Perception**
Interpersonal System Concepts

• Interaction
• Communication
• Transactions
• Role
• Stress
Social System Concepts

- **Organization**
  - formal or informal structure that *orders positions and activities*
  - made up of *persons with roles and positions* to meet goals

- **Authority**
  - *regularity, direction and responsibility for actions*

- **Power**
  - *energy* necessary to avoid chaos in a society

- **Status**
  - *relationship of one’s place* in a group to others

- **Decision Making**
  - changing and orderly process wherein *choices are made* in relation to goals
THEORY OF GOAL ATTAINMENT

• ...elements are seen in the *interpersonal systems* in which two people, who are usually *strangers*, come together in a health care organization to *help and be helped* to maintain a state of health that permits functioning of roles.

• ...reflects King’s belief that the practice of *nursing* is *differentiated* from other healthcare professions by *what nurses do with and for individuals*.

• nurse and client *communicate* information, *set goals mutually* and then *act* to attain those goals.
KING’S DIAGRAM OF INTERACTION

Feedback

Nurse
Perception
Judgment
Action
Reaction
Interaction
Transaction
Feedback
Patient
Perception
Judgment
Action
Reaction
Interaction
Transaction
Feedback
MAJOR CONCEPTS OF THE THEORY

• Perception
• Communication
• Transaction
• Growth and Development
• Time
• Space
Some MAJOR CONCEPTS OF THE THEORY

• Perception – reality as seen by individual
• Communication—exchange of information
  intrapersonal / interpersonal
• Transaction
  – process of interactions in which human beings communicate within the environment to achieve goals that are valued
  – goal-directed human behaviors
  – Leads to mutual goal setting
THEORETICAL ASSERTIONS

• If perceptual accuracy (PA) is present in nurse-client (I) interactions, transactions (T) will occur.

PA (I) = T
THEORETICAL ASSERTIONS

• If nurse and client achieve transactions (T), goals will be attained (GA): short term, intermediate and then long term goals.
THEORETICAL ASSERTIONS

• If goals are attained (GA), satisfactions (S) will be present.
• If goals are attained (GA), effective nursing care (NC\textsubscript{e}) has and will occur.
THEORETICAL ASSERTIONS

• If role conflict (RC) is experienced by nurse or client or both, stress (ST) in nurse-client interactions (I) will occur detracting from transactions, satisfaction and goal attainment and subsequent effective nursing care (NCe).
THEORETICAL ASSERTIONS

• If nurses with special knowledge and skills communicate (CM) appropriate information to clients, mutual goal setting (T) and goal attainment (GA) will occur.
Thank you for the opportunity to share with you this time discussing in some frail way the great work of Imogene King.

Bev Whelton

» http://www.kingnursing.org