Conceptual Framework for the study based on Ernestine wiedenbach helping art of clinical nursing theory - for coping and quality of life among perimenopausal women

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Abstract

Background: Nursing theories contribute significantly to the advancement of the nursing profession and its explaining phenomena important to the clinical practice. Utilization of nursing theories will empower the nurse to assess the need of the patient and to recognize the necessities of the patient.

Materials & Methods: The nurse can able to assess the cope and quality of the perimenopausal women’s life. Ernestine Wiedenbach helping art of clinical nursing theory was applied in this study and it was useful to assess the perimenopausal women’s symptoms, coping strategies and quality of life. This theory explains about the central purpose of the nurse, prescription, realities, identifying, ministering, and validating the need for help to meet of the perimenopausal women. Results: In this study, perimenopausal women had moderately adequate coping and moderately adequate quality of life.

Conclusion: This theory helps the researcher for the better assessment of perimenopausal symptoms and to prepare coping strategies to improve the quality of life during the perimenopausal period.

Keywords: Ernestine wiedenbach, clinical nursing theory, coping, quality of life, perimenopausal women

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Introduction

The Science of Nursing is developed in the discrete body of knowledge comprising of paradigms, framework and theories. Thus Conceptual framework and nursing theories provide the basis for clinical practice. A conceptual framework is made up of concepts that are mental images of a phenomenon.

Menopause is the natural phenomenon signaling the decreased ovarian function and onset of the last menstrual period and is generally diagnosed in retrospect, for confirmation occurs only after a 12-month cessation of menstrual periods. (Engida Yisma, et al, 2017).¹

Menopausal symptoms influence the psychological, physical, vasomotor, and sexual health related Quality Of Life (QOL) among women. Menopausal symptoms have a negative impact on Quality of life among perimenopausal women. (Thilagavathy Ganapathy, et al, 2018).²

In early nursing leader who is probably best known for her work in the theory developed. She believes there are four elements for her concept “the helping art of clinical nursing” which are a philosophy, a purpose, a practice, and the art.

The conceptual framework of the present study is based on prescriptive theory according to Ernestine wiedenbach (1969).² The nurse investigator incorporated this theory, in the conceptual framework the theory consist of (identification)Identifying the need for help(ministration) ministering the needed help, and (validation) validating the need for help to meet. Based on these aspects schematic presentations describe in relationship with the perimenopausal symptoms, coping, and Quality of Life of perimenopausal women.

**Statement of the problem**

An observational study on coping and quality of life among perimenopausal women at selected villages, Kanchipuram district, Tamil Nadu, India.

**Study purpose:**

The study to assess the coping and quality of life among perimenopausal women during the perimenopausal period.

The conceptual framework of the present study is based on prescriptive theory³ according to Ernestine wiedenbach (1969).

The conceptual model describes mental imaginary perception of the overall statement about concepts of the study. Modified Ernestine Wiedenbach helping art clinical nursing theory was applied in this study. This theory consists of following aspects Central purpose, Prescription, Realities, (identification) Identifying the need for help, (ministration) Ministering the need for help, and (validation) validating the need for help to meet.

The nurse investigator incorporates this theory, which represents schematic presentation in relationship with the perimenopausal symptoms, coping, and quality of life perimenopausal women.

**The Central purpose:** Defines the quality of health, the nurse investigator desires to effort on her study participants. It is a concept what the nurse investigator puts into words, believes in, and accepts as standards against the value of her actions. Central purpose reflects the nurse’s philosophy of care. In this study Central purpose is to assess the coping and quality of life among perimenopausal women.
The Prescriptions are the appropriate nursing actions selected to create and implement a care plan in accordance with the central purpose. The actions may be voluntary or involuntary. In this study Prescriptions are Coping strategies will be prepared as pamphlets based on the study results to improve the quality of life.

Realities are aspects of the situation that influence the nursing outcome: After the nurse investigator determines the central purpose and has developed the prescription, she considers the following realities:

Agent: The nurse investigator as an agent to perform the nursing action.

Recipient: The perimenopausal women who are suffering from perimenopausal symptoms.

Goal: The directed goal of nurse investigator’s to assess the perimenopausal symptoms, cope, and quality of life among perimenopausal women.

Setting: Poonjeri, Kadampadi and Perumalari Villages.

Identifying the need for help: The Nurse investigator identified the perimenopausal women in community areas based on the inclusion criteria to collect data on demographic variables like age, educational status, occupational status, and monthly income.

Ministering the needed for help: The Nurse investigator planned to assess the perimenopausal symptoms to the study

The standardized Greene Climacteric Scale by Elizabeth Greene was used in the study to assess the symptoms of perimenopausal women. The tool consisted of 21 items which include 11 psychological items, 7 Physical items, and 3 vasomotor items to elicit the menopausal symptom of the women.

The modified cope inventory scale was used in the study to assess the coping with perimenopausal symptoms. The tool consisted of 26 items to elicit the coping of women about positive reinterpretation and growth, mental disengagement, focus on and venting of emotions, the use of instrumental social support, behavioral disengagement, restraint, use of emotional social support active coping, denial, religious coping, humor, substance use, acceptance, suppression of competing activities, planning.

The standardized Utian quality of life scale was used in the study to assess the quality of life among perimenopausal women. The tool consisted of 23 items to elicit the quality of life of women about occupational, health, emotional and sexual.

Validating the need for help: The investigator will validate the following, Presence of menopausal symptoms, coping and quality of life among perimenopausal women.

The nurse investigator illustrates the metaparadigm in the following aspects.

Person – Here person is a perimenopausal women.

Environment – The environment is the identification of demographic variables.

Health – Described as a validation, the perimenopausal symptoms which show altered coping and quality of life among perimenopausal women.

Nursing action – explain as a ministration, here the nurse investigator assesses the symptoms cope, and quality of life among perimenopausal women.

Figure 1 Conceptual Framework for the study based on Ernestine Wiedenbach Helping Art of Clinical Nursing Theory

Conclusion

Helping Art of Clinical Nursing theory was developed by Ernestine Wiedenbach. This theory was very useful for the nurse investigator to develop the conceptual framework. It explained nursing as the

practice of identifying women’s need for help through the observation of menopausal symptoms, coping with the symptoms and quality of life.

Declarations

Funding: None

Conflicts of interest: Nil

Ethical approval: The study was approved by the Institutional Human Ethics Committee

References


