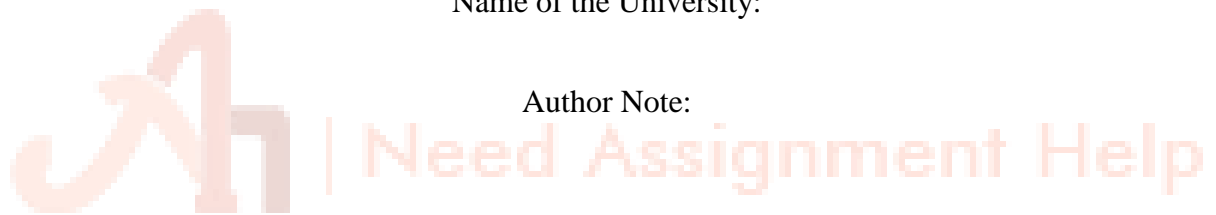


Nursing

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## **Introduction**

Dr Patricia Benner has introduced the concept that it is the responsibility of the nurses to develop better assistance and understanding of the patient with the passage of time and this is possible through good educational base. Benner has proposed the skill that an individual can gain knowledge without learning the theory and the other related concepts. Further, there shall be provisions for development of knowledge and this is possible in case of applied disciplines of nursing and medicine. It is vital to have practical knowledge of the research practices and this is possible through better and improved level knows how as well as other clinical experiences. The significance of this theory is that there are different levels of movement and it is vital to rely on the abstract principles as well as the concrete experiences that will help in getting an idea of the entire situation in a better way (Marañón & Pera, 2015). It has been found that there are different steps based on the abstract principles and this must be expanded through experience as well as clinical expertise.

## **Discussion**

### **Benner's Theory of Novice to Expert**

Benner's theory has made it clear that it is necessary to understand the designation of the nurses who are involved in providing nursing care and other related health services. This nursing practices are guided by the theories and the other related practices and thus it will help in the illumination of the meaning as well as synchronisation of the rhythms. The Novice to Expert model is also known as Benner's Stages of Clinical Competence and thus this can be adapted to nursing profession in a better way (Hutchinson et al.,2016). The utility as well as the concept of skill acquisition will assist the nurses in advancing as well as progressing to the next stage and this is considered to be vital in clinical setting. The nurses must try to expand their knowledge base and this will help to provide competent, holistic as

well as better care to the patient. There are many such inexperienced nurses who are working at different levels in the nursing school and thus they must try to follow the instructions and thus fulfil the needs and the requirements of the patients. This rule is applicable to different areas of nursing and thus it will be easier to handle the needs as well as the requirements of the patients. There are many such nurses who are newly trained or return to the workplace after a long break and thus they must be provided with proper refresher program. The nurses who are functioning at different levels are guided by the rules and orientation by the process of task completion. It requires mentor as well as experienced nurses to assist the situations and thus they will set priorities and integrate practical knowledge. It can be said that nurses at different level will demonstrate better ability and changing relevance and thus it will help them in the recognition and implementation of the skilled responses with the passage of time (Hutchinson et al., 2016).

There are five important stages of Benner's Theory such as Novice, advanced Beginner, Competent, Proficient and Expert. Benner has stated that all these levels allow the nurse to expand the knowledge base and thus it will help in proper care as well as development of the patient. In the novice stage, it must be checked that there must be proper provision of the clinical incident and this will make it easier to handle the entire incident in a better way. Moreover, it has been found that there might be difficulty in relation to the relevant as well as the irrelevant aspects and this is applicable in case of all nursing situation (Heckemann et al., 2015).

In the advanced beginner stage, a person will try to demonstrate the different forms of acceptable performance and this will make it easier to cope with the real life situation and thus it will have recurring or meaningful components of the entire situation. Moreover, it can be said that the nurses who are operating at this level are guided by different types of rules as well as task oriented competition. There must be proper provision to check and set the

priorities and thus it will help in the integration of practical knowledge and processes (Arzani, Lotfi & Abedi, 2016).

The competent stage occurs after two or three years of nursing and thus this is considered to be the most pivotal in the learning process. It is the responsibility of the nurse to recognise the patterns and the different elements of the entire situation and thus this cannot be ignored in such a situation. It has been found that a competent nurse is capable of devising new procedures as well as rules and actions on the basis of a particular situation. The nurses will move into the proficient stage after three to five years of nursing. In this stage, it is the responsibility of the performer to receive the entire information in terms of aspects and performance. This proficient level is considered to be a qualitative leap and thus it is beyond the competent phase. The nurses at this level will demonstrate the ability to look into the particular situation and thus it includes proper recognition as well as relevance of the entire situation. Further, the expert stage occurs after five years of nursing experience and thus it is important to check that the expert no longer relied on the analytical principles to connect to his or her level of understanding (Hutchinson et al., 2016).. In this stage, it must be checked that the nurse has proper experience and a good background to handle the entire situation without any related wasteful considerations. The expert must also have better level of understanding of the entire situation

### **Integration of Benner's theory into practice**

#### **Application of theory into practice**

Benner's nursing theory is applicable in the nursing school curriculum and thus it will be easier to handle the mentorship program in an efficient way. There are different types of mentors for training the new nurses and this are also considered to be the preceptor of the nurses. On the other hand, the nursing theory has also helped in the development of clinical

stimulation as well as different types of protocols and rules. It is necessary to focus on the healthy life experiences of the individuals and thus this will make it easier to assess the health as well as the life style of the individuals. The well-being as well as the health of the individuals is considered to be the most distinct ways of handling the entire situation in a smooth way. It has been found that Benner theory has made it easier to handle the nursing environment with care, concern as well as connection (Arzani, Lotfi & Abedi, 2016). There must be provisions for primary set ups and this is considered to be the most important aspect of granting as well as receiving care. On the other hand, it has been found that the nurses are considered to be the individuals that help in the delivery of caring practices and improvement of the relationship in a better way. The learning as well as the performance level of the nurses can be easily identified as well as classified on the basis of five important levels and thus it will help in mentoring as well as teaching the nurses. It is also necessary to have better understanding of the skills as well as the other related levels and this will help them to prepare themselves for the role of the educators (Weiss et al., 2016).

It can be said that the education of the staffs i.e. the nurses are considered to be an on-going process and thus it should never cease. There must be effective as well as safe care and practices and this will make it easier for the patients to take proper medications, flushing, withdrawals, blood culturing as well as other related aspects. The nurses must be trained and efficient and thus it will be easier to handle different types of infections and other related diseases. It is necessary to acquire the desired skilled set and this will help the clinicians to know more about the proper subject. On the other hand, it has been found that lack of compliance as well as knowledge will prevent different forms of infection and thus there must be proper prevention programs that will make it easier to serve the key committees as well as other related professional organisations. The skills that are considered to be vital for the central lines must be handled with better demonstration and thus this will bridge the gap

between the actual theories as well as the skills in the best possible way (Oshvandi et al., 2016).

### **Conclusion**

Therefore, it can be said that the clinicians are guided through different levels of transformation processes and this will help in the better practices as well as assumptions. There must be provision for proper decision making and analysis and thus it will make it easier to handle the performance level of the nurses in the advanced stages as well as interpretation of better skills and practices.



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