

The Neuman Systems Model of Nursing

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- Born in Ohio & lives in Watertown, Ohio
- Worked in many areas of nursing practice
- Professor at UCLA
- Family Therapist
- Founder/ Director of the NSMTG, Inc.
- Holds two Honorary Doctorates (1992-Honorary Doctorate of Letters, Neumann College; 1998-Honorary Doctorate of Science, Grand Valley State University)
- Fellow, American Academy of Nursing, 1993



KEY TERMS: Client/client system is conceptualized as:

- Individual
- Family
- Group/ aggregate
- Community

INTERACTING VARIABLES:

- Physiological Variable
- Psychological Variable
- Sociocultural Variable
- Developmental Variable
- Spiritual Variable

Environments:

Internal environment

External environment

Created environment

Stressors:

- Intra-personal stressors
- Inter-personal stressors
- Extra-personal stressors

Central Core:

- The central or core structure consists of basic survival factors [normal temp range, genetic structure, response pattern, organ strength/ weakness, ego structure] (Neuman, 2002).

Flexible Line of Defense (FLD)

- Forms the outer boundary of the defined client system [individual/ family/ group/ community] (Neuman, 2002)
- Acts as a protective buffer system for the client's normal line of defense or wellness state
- Prevents stressor invasion of the client system

Normal Line of Defense (NLD)

- The client/ client system's normal or usual wellness level
- This line represents what the client has become/ evolved over time (Neuman, 2002)
- The NLD defines the stability and integrity of the client system, its ability to maintain stability and integrity
- This normal defense line is the standard against determining any variance from wellness

Lines of Resistance

- A protective mechanism that attempts to stabilize the client system and foster a return to the usual wellness
- LOR contain certain known and unknown internal and external resource factors that support the client's basic structure and NLD (mobilize WBC, activate immune system mechanisms)

Optimal System Stability

- Optimal wellness is the greater possible degree of system stability at a given point in time (Neuman, 2002).
- Optimal client system stability means the highest possible health condition achievable at a given point in time (Neuman, 2002).

Variance from Wellness

- Varying degrees of system instability (Neuman, 2002).
- The difference from the normal or usual wellness condition (Neuman, 2002).

Illness

- Illness is a state of insufficiency with disrupting needs unsatisfied (Neuman, 2002).
- Illness is an excessive expenditure of energy... when more energy is used by the system in its state of disorganization than is built and stored, the outcome may be death (Neuman, 2002).

Reconstitution

- Is the determined energy increase related to the degree of reaction to a stressor, and represents the return and maintenance of system stability following treatment for stressor reactions (Neuman, 2002)
- May be viewed as feedback from the input/ output of secondary intervention
- Complete reconstitution may occur beyond the previously determined NLD or usual wellness state, may stabilize the system to a lower level, or return to the level of wellness prior to illness.

Prevention as Intervention

- Basis for health promotion
- Nursing is prevention as intervention encompass three dimensions:
 - (1) Primary Prevention
 - (2) Secondary Prevention
 - (3) Tertiary Prevention

Neuman's Nursing Process

- Nursing Diagnosis
- Nursing Goals
- Nursing Outcomes

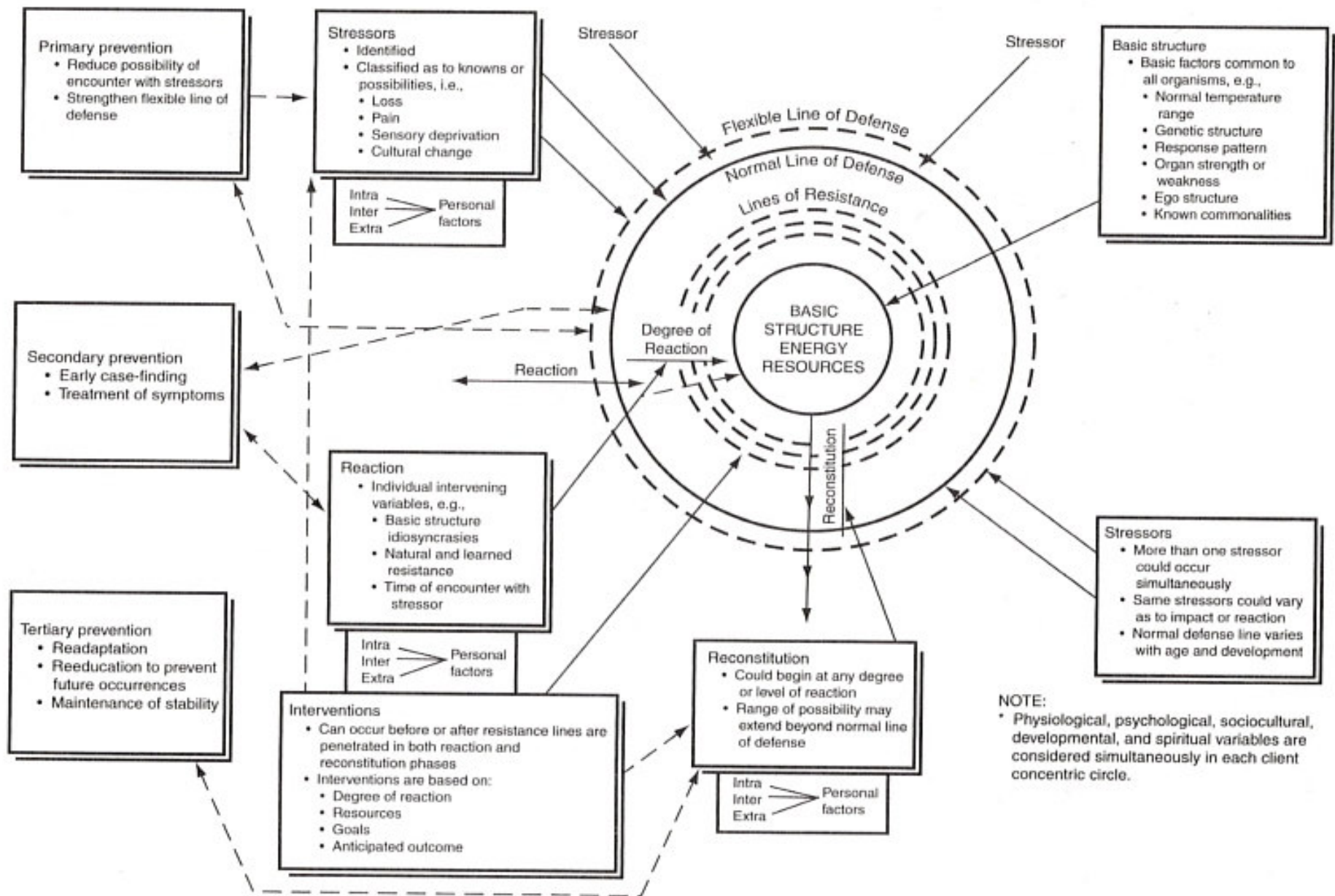


FIGURE 1-3. The Neuman Systems Model. (Original diagram copyright © 1970 by Betty Neuman.)

Website

- <http://www.neumansystemsmodel.com>