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Application of

NURSING THEORIES



Ajesh Kumar TK
Soumya Chandran

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3

Lydia Eloise Hall: Core, Care and Cure Circles



'To look at and listen to self is often too difficult without the help of a significant figure (nurturer) who has learned how to hold up a mirror and sounding board to invite the behaver to look and listen to himself. If he accepts the invitation, he will explore the concerns in his acts and as he listens to his exploration through the reflection of the nurse, he may uncover in sequence his difficulties, the problem area, his problem, and eventually the threat which is dictating his out-of-control behavior.' –Lydia Eloise Hall (1965)

INTRODUCTION

Nursing theory in line with Lydia Hall is nothing short of revolutionary. In the 1960s, Hall put down her thoughts about nursing, in her own simple words. She did not consider herself as a nursing theorist, but instead she talked about her thoughts and remarkable ideas of nursing care as learned it over the years by her. These lead to the development of Hall's 'Care, Cure, Core Theory' also known as the 'Three Cs of Lydia Hall'. Nurses primarily function within these three realms: core, where nurses use theirselves to relate with the client; care, using hands on caring for the body and, cure, in the nurses' application of medical know-how.

Biography and Achievements

- Lydia Hall was born on September 21, 1906 in New York City and she grew up in Pennsylvania.
- She received her graduation from York Hospital School of Nursing in Pennsylvania in 1927.
- She earned her Bachelor of Science and Master of Arts from Teachers College, Columbia University in 1937 and 1942, respectively.
- She died on February 27, 1969 of heart disease in Queens Hospital of New York.
- She worked with the Visiting Nurse Service of New York from 1941 to 1947.
- She worked as a faculty in Fordham Hospital School of Nursing from 1947 to 1950.

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- Also worked as a faculty at Teachers College.
- She also involved in US Health Service research activities.
- Hall provided volunteer service to New York Board of Education, Youth Aid, and other community associations.
- She received the Teachers College Nursing Alumni Award in 1967.
- She established the Loeb Center for Nursing and Rehabilitation at Montefiore Hospital in Bronx, New York.
- She provided direct care to clients and coordinated needed services.
- Practice model was validated over a 5-year-time with a reduction in hospital readmission.
- Hall career interests revolved around public health nursing, pediatric cardiology cardiovascular nursing, and nursing of long-term illnesses.
- Hall authored 21 publications and many articles and her nursing theory were published in the early to middle 1960s.

METAPARADIGM OF THE THEORY

- **Individual/Person:**
  - The main focus of nursing care in Lydia E Hall's work is the human being who is 16 years older and past the acute stage of long-term illness.
  - She emphasizes the importance of an individual/person as unique, capable of growth and learning, and requiring a total person approach.
  - Client is composed of body, pathology, and person.
  - Individuals set their own goals and they are capable of learning and growing and achieve their maximum potential.
- **Health:**
  - It can be inferred to be a state of self-awareness with conscious selection of behaviors that are optimal for that person.
  - She stresses the need to help the individual explore the meaning of his behavior to identify and overcome problems through developing self-identity and maturity.
  - She considered becoming ill is the behavior.
- **Nursing:**
  - Nursing is identified as consisting participation in the care, core, and cure aspects of client care.
  - Care is the sole function of nurses and core and cure are shared with other members of the health care team. Major purpose of nursing care is to achieve an interpersonal relationship with the person which facilitate the development of core.
- **Environment/society:**
  - The concept of environment is dealt within relation to the individual/person.

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- Hall developed the concept of Loeb Center because she assumed that the hospital environment during treatment of acute illness creates a difficult psychological experience for the ill person.
- Loeb Center focuses on providing an environment that is conducive to self-development. In such a setting, action of the nurses is for assisting the individual in achieving a personal goal.

Assumptions

- The client holds the motivation and energy necessary for healing.
- The three aspects of nursing should be viewed as interrelated but not viewed as functioning independently.
- The three aspects interact and the circles change size, based on the patient's progress.

Concepts of the Theory

- *Behavior:* According to Hall behavior as everything that is said or done. Behavior is dictated by conscious and unconscious feelings.
- *Reflection:* She defines reflection as a Rogerian method of communication in which selected verbalizations of client is repeated back to him with different phraseology, to invite him to explore feelings further.
- *Self-awareness:* She defines self-awareness is the state of being that nurses try to help their client's achieve. The more self-awareness individuals have of their feelings, the more control they have over their behavior.
- *Phases of medical care:* She divides medical care into 2 phases; biologically critical and evaluate the follow-up. During the first phase, the client receives intensive medical care and multiple diagnostic. It lasts a few days to a week or more and is the period when physicians plan treatment that help the patient reach the second phase. The second phase begins when doctor starts giving only follow-up care. She defines second stage of illness as the non-acute recovery phase of illness. This stage is helpful for learning and rehabilitation. The need for medical care is minimal but nurturing and learning is great. So this is the ideal time for wholly professional nursing.
- *Wholly professional nursing:* Wholly professional nursing means nursing care given exclusively by professional registered nurses educated in the behavioral sciences who take responsibility and opportunity to coordinate and deliver the total care of clients like nurturing, teaching and advocacy in the promotion of healing.

THEORY ASSERTION

Lydia Hall's model has three components which are represented by three independent but interconnected circles. These three circles are—the core, the care, and the cure. The size of each circle constantly varies and depends on the state of the client. The size of the circles represents

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the degree to which the client is progressing in each of the three areas. The professional nurse at this time is able to help the client reach the core of his problem through the closeness provided by the care aspect of nursing. She developed this model in 1960s.

Care Circle

- The care circle represents the nurturing component of nursing.
- Exclusive function of nurses is the care and nurses nurture clients.
- Nurturing involves using the factors that make up the concept of mothering (care and comfort of the individual) and provide for teaching-learning activities.
- The nurse-patient relationship is therapeutic in itself.
- Professional nursing care is the most important need of chronically ill patients.
- The professional nurse provides bodily care for the client and helps the client to complete such basic daily biological functions as eating, elimination, bathing, and dressing. When providing this care, the nurse's goal is to provide comfort to client.
- Nurses help clients meet their needs when assistance is required to them.
- Teaching is a part of caring.
- Nurses form interpersonal relationships with clients.
- A hand on care creates an atmosphere of trust and open communication between clients and nurses.
- It is based on natural and biological science.

Cure Circle

- It is based on the pathological and therapeutic sciences.
- The cure process is shared with medicine.
- Nurses apply their knowledge of disease to assist with the medical plan of care and educate the clients and their families about the process of illness.
- By performing medical tasks nurses assist doctors.
- Nurses help clients and families adhere to and understand the treatment ordered by doctors.
- Nurses act as client advocates.

Core Circle

- It is based on the social science.
- The core is shared with other members of the health team like psychologists, social workers, clergy and the community.
- The professional nurse, by developing an interpersonal relationship with the client (mainly through effective communication), is able to help the client verbally express feelings regarding the disease process and its

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effects. Through such expression, the client is able to gain self-identity and further develop maturity.

- Nurses help clients understand their roles in the rehabilitation process.
- By the use of **reflective technique** (acting as a mirror to the client) the professional nurse, helps the client look at and explore feelings regarding his current health status and related potential changes in lifestyle.
- **Motivations** are discovered through the process of bringing into awareness the feelings being experienced. With this awareness, the client is now able to make conscious decisions based on understood and accepted feelings and motivation.

Lydia Hall's Care, Cure, Core model was the first to stress that the whole individual needed care and only professional nurses should give care to clients. It included not only care of clients but also integrated care of their families and advocated for community involvement. The nurse is present in all the circles of the model of Lydia Hall. The main focus of the nurse's role is on the care circle. This is where the nurse acts as a professional in order to help the client meet his needs and to attain a sense of balance.

Cure circle is dominant during the acute phase of disease, but core and care circle is dominant in the sub-acute phase of disease. The care circle also will be dominant during rehabilitation and follow-up phases and immediate post-acute care.

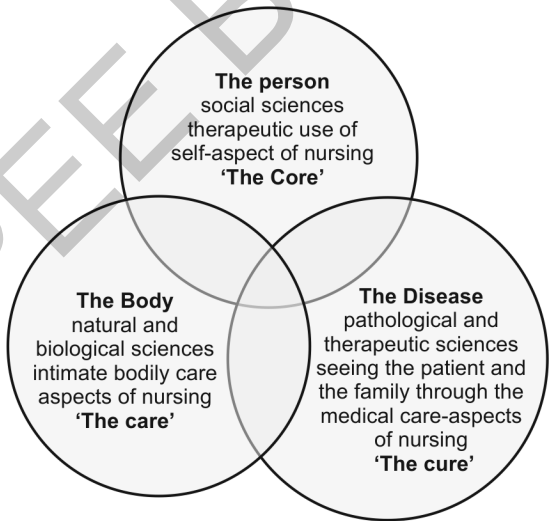


Fig. 3.1: Core, care and cure model

Thus, nursing could be most effective when the client was out of biological crisis and needed help with care and core issues. Since the nurse physically takes care of the body (care) of the client by touching or 'the laying on of hands' she develops a nurturing/fostering relationship with

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the client and is in the perfect position to teach the client about his own feelings (core). The nurse reflects the client's feelings back to him in hope that this will lead to self-awareness in the client. It is through this self-awareness of the client that Hall says, 'Healing might be hastened'. Hall admits that there is no conclusive evidence that this self-awareness hastens healing, but she does point out the positive outcomes that are associated with the Loeb Center.

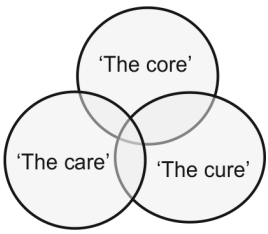


Fig. 3.2: Acute patient care

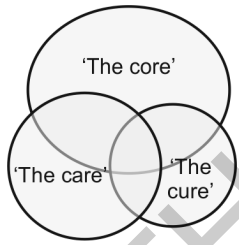


Fig. 3.3: Sub-acute phase of disease

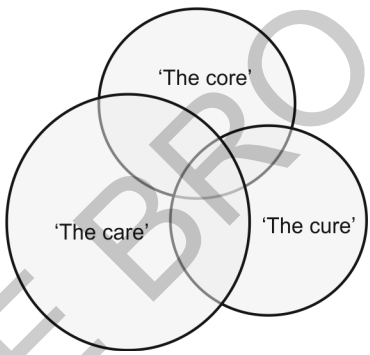


Fig. 3.4: Immediate postacute care

Hall's Theory and Nursing Process

- *Assessment phase:* It involves collection of data about the health status of the person. According to Hall, the process of data collection is benefit for the client rather than for the benefit of the nurse.
- *Nursing diagnosis phase:* It is the statement of the client's need or problem area.
- *Outcomes and planning:* It involves setting priorities and mutually establishing client-centered outcomes and goals and the client decides the highest priority and also what outcomes and goals are desirable for him for the recovery.
- *Implementation phase:* It involves the actual establishment of the plan of care.
- *Evaluation phase:* It is the process of asserting the clients progress toward the health goals. It is directed toward deciding whether or not the client is successful in reaching the established goals. Evaluation is done on the basis of the following questions:

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- Is the patient learning 'who he is, where he wants to go and how he wants to go there?
- Is the patient learning to understand and explore the feelings that underlie behavior?
- Is the nurse helping the patient see motivations more clearly?
- Are the patient's goals congruent with the medical regime? Is the patient successful in meeting the goals?
- Is the patient physically more comfortable?

APPLICATION

Nursing Practice

- Lydia Hall's theory resembles the nursing model of primary care.
- Hall's concepts of nurses being relevant and applicable ideas and are accountable and responsible for their own practice. Concerns for these concepts demonstrate support for Hall's theory.

Nursing Education

- Hall's theory gives importance to definite ideas regarding nursing care provided by a professional nursing staff.
- Hall emphasized the concept of nurses practicing as practical doctors 'Nursing diagnosis vs Medical diagnosis'.

Nursing Research

Hall's theory implementation in nursing units within the United States was not found outside the Loeb Center. Given the changes in health care and current Medicare and Medicaid policies and procedures, it may be difficult to further test Hall's original assertion that wholly professional nursing care will hasten recovery.

Limitations

- In this theory acute stage illness clients are not included
- Only refers clients above 16 years
- Reflection is only tool of therapeutic communication
- Only in cure circle family is mentioned
- Her theory relates only to those who are ill
- This theory was not satisfied with concept of 'team nursing'.

Critique of the Theory

- *Simplicity:* This theory is simple and easily understood. The major concepts and relationships are limited and clear. The theory is easily understood and is indigenous to nursing as the language used to define and describe the theory is simple.

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- *Generality:* The most serious fault of Hall's theory of nursing it is limited generality. Hall devotes her theory to adult individuals who are ill.
- *Empirical Precision:* Hall's theory has been tested at two other facilities and has been found successful. These two facilities only care for adults, mainly those over 65 years of age. Therefore, empirical precision of Hall's theory continues to be limited, further testing in facilities not caring for adults will still be needed.
- *Derivable Consequences:* The theory provides a general framework for nursing and the concepts are within the domain of nursing, although the aspects of Cure and Core are shared with other professionals and family members. Application of the theory in practice has produced valued outcomes in all three areas.



CLINICAL APPLICATION OF HALL'S CORE, CARE AND CURE CIRCLES

Assessment

Minnu is a 25-year-old post-graduating cricket player in a university. Unfortunately, while on her way to her match, she was involved in an automobile accident in which her left arm was crushed and his left leg was injured. There was concern about possible internal injuries but luckily there was none. The required surgeries have been completed for her left arm and foot; she is now in physical therapy to deal with the effects of the accident and her recent immobility.

Care	Core	Cure
• Physically, the remarkable findings are her left arm is in an orthopedic device to stabilize it and encourage bone healing. • She is left handed but has learned to compensate with her right hand for most activities of daily living. She needs minor assistance for dressing. • She is rapidly gaining confidence in her ability to provide for her own physical care.	She is looking at the floor, tells you, her nurse that she is going home tomorrow? And share your observation that she is not looking very happy about the prospect. Minnu says' yes, I am doing okay here but I am scared about going back to school. How will take notes and tests? It Looks like I have totally messed up cricket team. I am more worried with grades. I have to do well in school, or else I will not be able to graduate this year. I am scared that I cannot fully use my dominant arm; I am also very worried with physical therapy.	The surgical incision on her left arm and left leg has healed and she is beginning to bear weight on the foot. There are no problems with her hydration or elimination, skin is intact with good skin turgor, all the vital signs and laboratory values are within normal levels. She is finishing her antibiotics.

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Nursing Diagnosis: Reluctant to be discharged associated with concerns about abilities to successfully meet academic expectations (Core Circle).

Outcome: Postgraduate in College and meet academic expectations.

Goals: Regain uring left arm as much as possible (Care and cure circles). And successful completion of academic expectation/performance to be able to postgraduate in college (Core Circle).

Implementation: The school nurse is most likely to involved at this point. Arrange physical therapy sessions for her around school schedule. Take notes with right hand. Arrange to have extra time for her for written tests. Provide listening ear to help, Minnu is dealing with frustrations that are bound to arise.

Evaluation by Using Hall's Five Questions

- Yes, she wants to postgraduate this year and now is not likely for her to play again for the cricket team, so she has changed her focus to academics (Core).
- She verbalized her feelings and concerns on what happened to her, and at the possibility that she may not regain full use of her dominant arm. She has also recognized that her initial resistance to physical therapy was based on fear (Core).
- The nurse at the hospital helped her to verbalize her concerns about being discharged. The school nurse helps her decide to ask for extra time for tests since she writes slower with her right hand. She will do anything to graduate.
- Her goals are congruent with the medical regimen and she is meeting those goals. Physical therapy has been arranged for her after school, she has learned to use a laptop computer with one hand to take notes, do homework and take tests, her teachers have been accommodating about testing time, some have been willing to give oral tests for her (Cure and Core).
- Physically, her arm continues to be uncomfortable and her foot aches at times. As a total individual, she is comfortable that she is successfully refocusing her efforts to meet her objective of post-graduating in college (Care and Core).

CONCLUSION

Hall used her knowledge of psychiatry and nursing experiences in the Loeb Center as a framework for formulating the Care, Core and Cure Theory. This theory gives importance on the importance of the total client rather than looking at one part or aspect. There is also emphasis give on all three aspects of the theory, the three Cs, functioning together.

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