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The two theories that can be compared and contrasted with one another are Florence Nightingale's theory of what it is and what it is not and Myra Estrine Levine's conservation model. Both the theories are related with nursing and they are able to show a range of comparisons and contrast in these models.

### **Comparison**

The theory of Nightingale is able to demonstrate the basic guidelines which can be said to be kept in mind while attending to the patients. Her theory can be said to be proposed for the purpose of making any woman a nurse and thus it helps in looking into the very basics of hygiene and how well a wellness can be maintained. On the other hand Myra through her theory is able to demonstrate in a very clear and concise manner the way the conservation model can be used in the field of nursing (Timber & Barbara 2001). Through her theory it can be said that the wellness of the human being is largely dependent upon the wholeness which does suggest that the use of the conservation principle must be adopted for the same. The model of conservation also helps in keeping together the balance of the energy supplied and the biological demands of the body. For example both the theorists are looking at the basics like the use of water, light, air supply for the purpose of bringing in wellness in the patient.

From the purpose of education it can be said that both the models are representing a great sense of learning and knowledge and thus can be considered to be very essential. From an administration point of view also the knowledge and the science indicated by the theories helps in bringing a rather better comparison between the two. Nightingale in her theory does mention that one must learn the art of getting hygiene kept around the house. This shows the use of managerial skills for the wellness of the people (McEwen, Melanie and Evelyn M Wills, 2011).

### **Contrast**

The theories however similar do show signs of being contrast from one another majorly in the area where Nightingale emphasizes that each and every woman keeping few tips handy can attend to the needs of a patient and thus can be seen as a nurse. However Levin does insist that adaptation and knowledge is essential for the role of nursing (George B. Julia, 2009). This can be said to be a difference among the two theories which is promptly understood.

From a research point of view it can also be said that the theories are rather helpful as they give the researchers enough platform to formulate their speculations based on the theories. As both the theories are much in sync with the basic thus it can be said to be the base of any research and thus very important and helpful as well. Both the theories can even be categorized to be rather helpful in the field of practice as they point out all the relevant learning which should be utilized

for the purpose of practice and thus the knowledge gained through them can also be said to be immense.

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### **Primary references for the theory of What It Is and What It Is Not**

Nightingale, F. Notes on nursing: What it is and what it is not. 1860.

Works by Florence Nightingale at Project Gutenberg

### **References for example of application of theory of what it is and what it is not**

Selanders LC. The power of environmental adaptation: Florence Nightingale's original theory for nursing practice. J Holist Nurs. 2010 Mar; 28(1):81-8.

### **Theory description**

The theory of what it is and what it is not was proposed by Florence Nightingale in the year 1860 and thus has been able to distinguish between the very basic of the nursing. Use of light, sound and air can be said to be the medium of education through the theory. Through her experience Nightingale has been able to derive the key measures of wellbeing and how one can avoid being into disease as per the theory.

### **Scope of the theory**

The scope of the theory is very much expanded towards the use of basic knowledge which is required for nursing. The theory helps in explaining as to the basic concepts of nursing and thus has its scope in the field of healthcare and also in the personal hygiene and wellbeing.

### **Purpose of the theory**

The purpose of the theory can be said to be very specific as it helps in suggesting that how the practice of wellness can help and bring much effective growth and wellbeing in the patient. Some useful measures which have been described in the theory can be taken as key figures and used effectively.

### **Origin of the theory**

The theory was originated in 1860 by Florence Nightingale.

### **Major assumptions of the theory**

The major assumptions of the theory can be said to be based on the fact that disease is a reparative process.

It can also be said that the sufferings that do come from the disease are also to be considered besides the disease itself.

It lays emphasis on what the nursing department can do in the similar aspect.

The first rule of nursing has been explained which helps in defining that the air within must be as pure as the air without.

The health of the house also determines the health of the residents of the house. It emphasizes upon the fact that the house needs to have clean air and pure water. It should have efficient drainage system and light.

The hygiene of the house must be maintained by all the family members. Infections in the house should not be left unattended.

The patients should not be disturbed and thus no noise should be made around the patient. A good sleep can help in healing the patient in a very effective manner.

### **Theory evaluation:**

#### **Congruence with the nursing standards:**

This theory can be said to be in proper sync with the nursing standards as it helps in giving the basic guidelines of the measures that the nurses should maintain while attending to the patients.

#### **Congruence with the current nursing interventions**

The theory has been evaluated and defined in the nineteenth century but still it holds a great place in the nursing standards as it aims in achieving the basic measures which can be applied for nursing behaviour.

#### **Use of the theory by nursing administrators, educators and researchers:**

The theory is in use by the administrators as it helps in defining the basic standards of nursing like for example maintain hygiene. Using light as source of the process of healing, it is even used for education of nursing as it implies to lay the focus on the fundamentals of nursing and thus can be said to be very useful for the purpose of teaching. Researchers also find the theory beneficial as they are often able to use the measures in their application.

## References

Timby, Barbara Kuhn. *Fundamental Skills And Concepts In Patient Care*. Philadelphia: Lippincott Williams & Wilkins, 2001. Print.

George B. Julia . *Nursing Theories- The base for professional Nursing Practice* . 3rd ed. Norwalk.: Appleton & Lange. 2009

McEwen, Melanie, and Evelyn M Wills. *Theoretical Basis For Nursing*. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins, 2011. Print.



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