

Theory Application Paper

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Theory Summary

Imogene King's theory of goal attainment focuses on interactions between nurses and patients that lead to goal attainment (Alligood, 2018). King's theory was motivated by a question, "What is the nature of nursing" (Alligood, 2018). Her answer was "the way in which nurses, in their role, do with ad for individuals that differentiates nursing from other health professionals" (Alligood, 2018). This theory is relevant to health care because nurses are the main interaction patients have while they are being cared for. The interactions between them can influence goal attainment and King's theory emphasizes this point. King's theory is centered around these interactions, concerns of how a patient views their health status can change interactions. Many patients are not aware of the urgency of their health status and often this can lead to goals not be attained. Communication between providers, nurses, and patients must focus on creating goals from the same viewpoints. This is a limitation within King's theory because the concerns of misconceptions of health are not addressed fully.

Article

Caceres published an article about functional status. The focus of the article is exploring functional status and King's theory of goal attainment, along with King's conceptual system (Caceres, 2015). The definition of functional status is explored in this article because its meaning changes with context it is being used. Caceres (2015) emphasizes the importance of functional status, as it relates to nursing. King believed that the function of a patient was more than just their physical ability to function (Caceres, 2015). King's theory of goal attainment and her conceptual system focus on patient's and their needs (Caceres, 2015). Functional status

needs further exploration but using King's theory of goal attainment allows nurse to put emphasis on functional status while providing patient-centered care (Caceres, 2015).

The application of King's theory in this article is crucial in furthering the care provided to patients. Functional status is the focus of the article as it is often minimalized when providing care. Using King's theory of goal attainment, the patient has input and the interactions help determine functional status. This allows for goals to be better suited to the patient's current state of health, including physical and mental. The article allows the reader to understand the depth of functional status as a whole, while using King's theory.

Clinical Practice

Goal attainment is often an issue in the clinical setting with patients with chronic diseases. Patients with heart failure often have many readmissions to acute care settings due to lack of compliance with interventions. Disease management is key in prevention of further health decline. I currently practice on a cardiac specialty unit. King's theory of goal attainment is utilized with every interaction. Goal setting should be done with a patient, in order to address concerns from each party.

Often the patient population I deal with are noncompliant because the restrictions placed on them are hard to conform to in everyday life. Salt restriction, fluid restriction, diet control, weight loss management, and much more are all goals for the patients made by the providers. King's theory of goal attainment focus on interactions with the client that affect the goal making and attainment process (Alligood, 2018). This theory has changed how I approach my patients with heart failure. I now involve them in the goal making and move slower towards these goals understanding the patient wants to obtain the goal just needs more time and steps to obtain the goal. Collaborating with the patient and allowing them to tell me how where they think we could

begin to obtain the goal has greatly increased compliance among patients and decreased readmission rates.

Personal Philosophy

My personal philosophy of nursing focuses on caring for my patients. Providing them the care that I provide my children and family members on a daily basis. King's theory of goal attainment is significant within my personal philosophy of nursing because it focuses on the interactions between patients and nurses. Too often are we focused on obtaining our goal or task that is being performed instead of the patients we serve.

The interactions that I have with my patients are sincere, caring, meaningful, and important to me. I want them to remember that I am there for them and not just because this is my job. Communication and interactions make up 100% of their image of me and if I can't make them feel like they are my priority, not their disease, then I am not performing to the level they deserve.

Reflection

Elaborating on King's theory of goal attainment within this paper has assisted me on understanding the depth of the theory and its uses. I had not thought about how I used this theory in practice and now understand how this theory effects the care provided. Interactions and communication with patients have always been emphasized but in today's world of healthcare the focus is often on the illness and not the patient. Using King's theory to identify the weak links in the chain of goal attainment has helped me understand the importance of these interactions we have with the patients. Positive outcomes are the reason we provide our interventions and we forget the importance of the patient's input on the illness and care being provided to them.

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Signature: Alice Palmer

Date: 11/20/2020

References

Alligood, M. R. (2018). *Nursing theorists and their work* (9th ed.). St. Louis, MO: Mosby, Inc

Caceres, B. A. (2015). King's Theory of Goal Attainment. *Nursing Science Quarterly*, 28(2), 151-155. <https://doi-org.proxy.lib.odu.edu/10.1177%2F0894318415571601>