

### The Basic Concepts of the Theory

- Betty Neuman's Systems Model suggests nursing's involvement in holism and how the internal and external environment shapes health, while considering the person's feelings, not just their disease.
- The idea of Neuman's Models was to deliver a comprehensive view of the many aspects of human beings, including socio-cultural, physiological, psychological, spiritual, and developmental-all of which comprise the concentric circle of the model (Gausman, 2005).
- The patient is a dynamic, open system containing a central structure of energy which depicts the **concentric circle** and is made up of the essential factors an organism needs collectively to survive. These essential factors include: normal temperature range, genetic structure (hair color and other features), response pattern (homeostasis functioning and maintaining), organ strength or weakness, ego structure, and knowns or commonalities (value system) (University of the Philippines, 2008).
- The model includes **flexible lines of defense**, which is the outer most space to the normal line of defense, the line of resistance, and the central structure. The lines of defense rely on sleep, nutritional condition, and the amount and quality of stress in order to keep the individual free from a substantial amount of stress (University of the Philippines, 2008).
  - The normal lines of defense portray the individual's common wellness level and are dynamic depending on the internal and external environment.
  - The lines of resistance are the last boundary that protects the structure and comes into play if the flexible line of defense does not adequately protect the normal line of defense.
  - Stressors are a potential affect on the quality of the individual's system and depend on the lines of defense. They can occur on an intrapersonal level (by infection, thoughts or feelings), interpersonal level (among individuals) or extrapersonal level (such as jobs or finance).
- **Reconstitution** is a growth in energy and occurs when an individual adapts to the stressors and starts after treatment for the stressors in which the person or the nurse attempts to maintain the system's stability (Gausman, 2005).
- **Prevention** is when the person or nurse attempts to keep the stressors and the stress response from having a negative affect on the body. The three types of prevention include:
  - Primary prevention concentrates on preserve the normal and flexible line of defense and occurs before the individual's system reacts to the stressor to help him/her deal with the stress better.

- Secondary prevention focuses on supporting the inner lines of resistance in order to avoid damage to the central structure and occurs after the individual's system reacts to a stressor.
- Tertiary prevention concentrates on adjustment and stability and encourages a return to wellness after treatment. This occurs after the individual's system has received treatment through secondary prevention (University of the Philippines, 2008).

### Summary of Neuman's Systems Model

Betty Neuman's approach to the system's model and her focus on the individual is unlike any theorist of her time. Neuman views the individual as being a whole, dynamic system consisting of five different variables including: physical/physiological, socio-cultural, developmental, and spiritual. In addition, the individual is comprised of a central core, in which the mechanisms needed for survival are the focus (Clayton State University, 2010). These include, normal temperature range, genetic structure (hair color and other features), response pattern (homeostasis functioning and maintaining), organ strength or weakness, ego structure, and knowns or commonalities (value system). The central core is protected by flexible lines of defense, which is the outermost boundary to the normal line of defense, the line of resistance, and the central structure (Gausman, 2005).

Neuman views health in relation to wellness and is constantly impacted by the internal and external environment. The impact of these environments, which include intrapersonal, interpersonal and extrapersonal stressors can all affect the person's normal line of defense and throw off the stability of the individual's system (University of the Philippines, 2008). Reconstitution, which is a growth in an individual's energy, occurs when an individual adapts to the stressors and starts after he/she receives treatment for the stressors. In addition, the nurse attempts to maintain the system's stability and is a result when prevention is not adequate. However, prevention is ideal attempt for the individual or nurse to keep the stressors and stress response from having a negative affect on the body (Clayton State University, 2010). The first type of prevention is primary prevention, which concentrates on preserving the normal and flexible lines of defense and occurs before the individual's system reacts to the stressor. The secondary prevention focuses on supporting the inner lines of resistance while avoiding damage

to the central core and occurs after the system reacts to a stressor. Finally, the tertiary prevention concentrates on stability and focuses on a return to wellness after treatment through secondary prevention (University of the Philippines, 2008).

### References

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