

The Systems Theory in Nursing

Name of Student

Institutional Affiliation

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In my view, the most effective theoretical perspective that guides the nursing process with assessment of the family is the systems theory. Regardless, nurses have also used other theories in handling family assessments such as the family theory, development theory, and risk factor theory. I find the systems theory to be most effective and helpful as compared to the other theories, particularly because of its element of flexibility.

This theory assumes that members of a family are interconnected, hence they do affect each other's health patterns and general outcomes. In this theory, it is necessary to investigate the influences of each individual to their counterparts in the family setting so as to determine their behavior. As such, when an error occurs on one individual, then it is possible to analyze the other members and establish the possible of the error from them. This theory is most appealing to me as it gives a more comprehensive and relatable perspective as compared to the rest.

Anderson, B. R. (2016). Improving Healthcare by Embracing Systems Theory. *The Journal of Thoracic and Cardiovascular Surgery*, 152(2), 593–594.

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