

Concept Analysis of Overcoming in Nursing Practice

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Introduction

Nurses have worked with the society around them and the sick assisting them in solving health and social difficulties that they are experiencing through their lives. The kind of issues that the nurses support the population or the society surrounding them include mental, environmental, physical and social habits. The process of engagement between the nurses and the patient might differ from patient to patient. A qualitative study was carried, and it was found that mothers who were homeless had the desire to overcome their situation that they were in at the time. Various measures were discussed to achieve their ambition, such as securing stable employment that can enable them to acquire a house. Thus, the homeless mothers were identified, and various strategies were instituted to solve their situations. The result obtained from this concept analysis will assist in developing an understanding of how to deal with homeless women in society and how nurses can improve their skills efficiently in dealing with this situation.

Definitions And Use Of The Concepts

The term overcome means to prevail or to overpower. It has several synonyms, such as survive and conquer. Thus, some individuals have made the name to become a source of inspiration. This entails public speakers and motivational speakers such as Keller. Keller had a physical disability, which was deafness and blindness, but went on to be one of the most celebrated authors. The Overcoming term has also been used in songs to motivate those who are listening and also used in spiritual and protest songs. Anthem of the Civil Rights movement has used the term to signify that they should pull through all barriers that exist. On the Tindley prayer, the term was depicted from the book of John, which states that whatever is born from the Father in heaven shall overcome the world. Hence, this illustrates that in order for one to prevail over the situation, he or she will need to have the innate ability, motivation, and willpower to overcome the condition. In the health discipline, it refers to an individual's ability to prevail on the issue.

These issues entail mental illnesses and addictive behaviours. It is a painful procedure, and it requires one to implement a conscious undertaking with the will to move beyond the existing situation. In some cases, overcoming leads one to recover; thus, such a situation is not a problem again. Hence, there exist three attributes which have been used interchangeably to illustrate the term overwhelmed, and they are adaptation, survival and resilience. Each of the terms has its own

layman's meaning, such as resilience, which means to cope despite the challenges that come through. Whereas to survive is the ability to live despite the life-altering incident (Bandura, 1977).

Defining Attributes

These are signs and symptoms that are very vital in differentiating the term and bringing out its meaning. There exist three characteristics that adequately describe the term in question which is "overcome." The three attributes include the ability to acknowledge that the situation or the behaviour exists. Secondly demonstrates the zeal to surmount the problem, and finally, thirdly, the belief that the exertion of mental power to change the current situation. Overcoming is referred to the process of prevailing through a job or a problem (Bender, 2007).

Antecedent

It refers to going before in time, thus also bringing in synonyms such as anterior and prior. Hence, these are attributes that occur before the process of overcoming the situation or the problem that exists. In the procedure of overcoming, there must be the identification of the current behaviour where one lived before so that one can figure out the changes in the behaviour to change the outcome. The result of the issue relies on the will and the individual's ability and capacity to change the existing situations. This one's expectation is a result of the ability to change behaviour. Hence, the need to believe in one plays a vital role in achieving behavioural change. Hence, the term of self-belief to achieve is known as self-efficacy, and those with high self-efficacy are likely to overcome their issues and problems in comparison to those with low efficacy.

There exist five stages in the change model, and they entail pre-contemplation, contemplation, preparation stage, action stage, and final stage, which are maintaining the behaviour. In a research that was carried out, the various statistics that were carried out, such as the inability to overcome the situation from the individual was a result of an ill-prepared strategy to solve and prevail through their circumstances.

Consequences

These illustrate the events that occur when the concept is implemented; hence, it generates new strategies on how to deal with specific situations that arise. The consequences are stability in life and finding hope. This means creating a positive atmosphere and enabling an individual to enjoy a healthy future (Bender, 2007).

Borderline Case And Analysis

Jenifer is a twenty-seven-year-old woman with two children. One is six years, and the other is two years. She has been rehoused three times in two years. She recently afforded to join the house but lacked a long-term resolution of how she was going to pay the bills since she had already separated from her boyfriend. She reflects on a borderline case where he overcomes attributes partially need to be entirely overcome to achieve it (Brush, 2013).

Contrary Case

Judy is an Indian woman who is twenty-five years of age with a five-year-old son living in a family shelter in a Shanti in the city of Mumbai. During forum sessions, she did not open up about his situation of homelessness and did not have hope. The local shelter system did not assist her since she could not prevail in her current position. When her friend offered alternative conditions, her response was pessimistic. These situations reflect the absence of any attributes of overcoming the case.

Model Case

Rachel is a twenty-one-year-old African woman who was pregnant when he separated from her boyfriend because of the assault she went through. While pregnant, she seeks refuge in a women's shelter since she did not receive support from her family. Hence she felt embarrassed, but she quickly resorted to an emergency house and later utilized the community resources and found legal assistance. She then enrolled in a college to study social work and engage in assisting his children in the future. Hence, this kind of case reflects an individual who has adopted all three attributes (Brush, 2013).

The Implication Of Nursing Practice

Nursing knowledge has enabled to design of clinical interventions on how to counter the situation. The nurse professionals who work with homeless individuals may find the position of overcoming some patient's problems. Overcoming is a crucial element in countering the homeless situation.

Conclusion

To conclude, overcoming is a critical component in prevailing through a situation such as addiction and homelessness. Hence, when one acknowledges the three attributes, then he or she will be able to achieve them in the long run. Overcoming requires a strategic analysis of the concept; hence, if one fails to acknowledge, then he or she cannot prevail through his or her situation.

Reference:

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