

**Application of Peplau's Interpersonal Relations Theory**

Student's Name

Department, Institution

Course Name

Instructor's Name

Due Date

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The wake of quality and patient-centered care has necessitated the need for the rigorous application of nursing theories and evidence-based practices. In this context, the focus will be on nursing theories, and mainly centering on Hildegard Peplau's theory of interpersonal relations. Discussing interpersonal relationships in healthcare environments is essential, considering that contemporary health care relies heavily on interdisciplinary collaboration. The provision of quality care depends on the ability of health professionals to apply nursing theories.

Peplau tailored the theory of interpersonal relations to show how players in the healthcare environment can interact. Primarily, she theorized that nursing could be perceived as a therapeutic process that could take place swiftly if professionals, and especially nurses, therapeutically associated with patients (Deane & Fain, 2016). Stemming from this theorization, the staff nurse could employ communication and interviewing skills to coordinate therapeutic patient care. Ideally, communication and interviewing are nursing tools that enable the application of nursing as a therapeutic process as these two tools of interaction focus on relationship building through getting to know the patient better.

Although Peplau's theorization is operational and can be applied in various nursing areas, it raises several concerns for the staff nurse to consider. Notably, the theory assumes that both the staff nurse and the patient are protagonists who seek common goals (Hagerty et al., 2017). The notion is problematic because, in some cases, the patient may lack a need to actively engage in human social processes to enable the nurse to do their job. In this respect, the nurse may be faced with the challenge of remaining consistent. Also, the theory depends on the ability of the patient to trust the nurse. Thus, the staff nurse must deal with the concern of how to make the patient's trust reach full potential so that both parties can collaborate to meet the latter's needs.

Nursing managers can also employ concepts of Peplau's theory to address issues in nursing practice on behalf of the staff nurse, the patient, and the healthcare institution. The nurse leader can focus on the environment, which consists of forces outside the person and culture upon which the person is operating (Adams, 2017). Notably, the ability of the nurse and the patient to form a meaningful therapeutic relationship depends, albeit not entirely, on the environment. The institution should foster an environment that allows the nurse to build trust with the patient instantly. Therefore, the nurse manager can create an environment that enables the development of interpersonal relationships based on trust.

Primarily, the application of Peplau's theory would help the nurse manager to ask questions the answers to which could be the solution to health promotion. The nurse leader would ask questions like, how can the health care setting promote interactions that allow nurses to meet patients' needs? How should nurses conduct themselves to enable them to build trusting relationships with patients as soon as they meet? How can the concepts of Hildegard's theory be applied in health care settings that could lack intense nurse-patient interactions, like the emergency room? If the theory were used, how could the nurses address the concerns that would arise? Notably, by prompting the nurse manager to ask these questions, Hildegard's theory would help the nurse manager to streamline the healthcare delivery system with concepts that promote better patient outcomes.

Peplau's theory is more useful for the role of the staff nurse. Unlike the nurse manager, the theory bestows various critical roles to the staff nurse, including stranger, resource person, teacher, advisor, advocate, and leader (Fernandes & Naidu, 2017). From a stranger's point of view, the nurse handles the client in the hospital the same way two strangers meet. As a teacher and counselor, the nurse conveys information to the patient that helps the latter to comprehend

their situation better. As an advocate, the staff nurse serves as a representative of the patient. Finally, the nurse takes the leadership role by helping the patient to take responsibility to meet their treatment needs.

Equally important, concepts of Peplau's theory of interpersonal relationships can also be applied by the nurse practitioner. Considering the practitioner nurse works directly with patients, they may provide counselling and education where the latter needs clarification. More importantly, there exist specialized differences between the practitioner nurse and the staff nurse. The higher level of education and knowledge of nursing theories allow the practitioner nurse to create patient care plans and contribute to existing programs. In light of this, the nurse practitioner could rely on interpersonal relationships with the patient and their family members to devise individualized care plans. Thus, the nurse practitioner could use their relationship with the staff nurse to communicate patient needs, thereby promoting positive patient outcomes.

To sum up the discussion, the delivery of quality health care heavily relies on the ability of health professionals to apply nursing theories. Concepts of Peplau's theory enable healthcare professionals to provide quality care. The notions presented in Hildegard's argument can be used by the staff nurse, nurse manager, and the practitioner. Nonetheless, the theory is more useful to the staff nurse. Peplau's model should be applied to all healthcare institutions to manage patient care.

## References

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