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FLORENCE NIGHTINGALE'S ENVIRONMENTAL THEORY AND THE MODEL PROPOSED BY JOHNSON AND WEBBER: NURSING FACING A THEORETICAL REFLECTION

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ABSTRACT

The objective was to reflect on Florence Nightingale's Environmental Theory and the model proposed by Johnson and Webber. Reflective and theoretical study carried out in January and April 2022. Analysis of the theory based on eight criteria: meaning, limits, language, concepts, formulation of propositions, variables and hypotheses, theoretical knowledge helps to explain and predict the phenomenon and theoretical knowledge influences nursing practice. The theory presents: clarity of meaning of ideas, clear limits, level of understanding above 91%, the main concepts, propositions formulated based on the concepts, variables and hypotheses that help to understand and interpret propositions, influence on nursing practice. It is concluded that Florence Nightingale's environmental theory has concepts that serve as a parameter today, and its relevance is considered a milestone in the history of nursing.

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INTRODUCTION

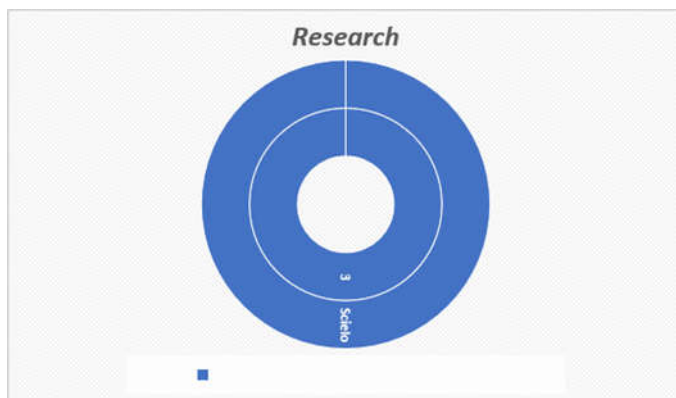
The environmental theory developed by Florence Nightingale¹ in the second half of the 19th century, in England, has as its main focus the environment, interpreted as all the external conditions and influences that affect the life and development of an organism, capable of preventing, suppressing or contribute to illness and death. Illness is considered a restorative process of health, and the nurse's role is to balance the environment, with the aim of conserving the patient's vital

energy in order to recover from the disease, prioritizing the provision of a stimulating environment for the development of health. health for the patient [1, 2]. The human being is like an integral being of nature, whose natural defenses are influenced by a healthy environment or not. Nightingale believed that providing an adequate environment was the differential in the recovery of patients, and it is this precept that underlies the Environmental Theory. Thus, the theorist became known for her actions that brought innovative results to the treatment of patients. In her writings, Nightingale addresses the provision of factors to maintain a favorable environment in order to facilitate the

healing process and healthy living, such as: ventilation, cleanliness, lighting, heat, noise, odors and food, so that the repair process, instituted by nature, is not impeded [3, 4, 5]. In the field of nursing, such concern with the environment has existed since the foundation of professional nursing in the second half of the 19th century, which reflects, nowadays, in a humanized care, based on the control of the environment around the patient, the which is seen as a being of relationships and interactions with the environment in which it is inserted. It should also be noted that the ambience is just one of the devices for the development of humanized care, but among such devices, there are: reception, with risk classification; collegiate managers; health and work training program; reference and matrix support teams; co-managed ambience projects, right of companion and open visit and construction of collective processes of monitoring and evaluation of humanization activities [6, 7]. The goal of nursing is to help patients to maintain their vital capacities, satisfying their needs. In view of this, Nightingale shows that nursing is a non-curative practice, in which the patient is placed in the best condition for the action of nature. From this perspective, the focus of nursing care is environmental hygiene, a basic concept most characteristic of their work. Nightingale lists the tasks that nurses must perform to assist sick individuals, and many of them are still relevant today [8, 9]. The use of nursing theories is of great relevance with regard to the foundation of practice, as it provides the appreciation of the profession's body of knowledge and its relationship with the nurse's performance. It is important to make a critical analysis of the theory in question, considering that carrying out a study of theoretical reflection helps to guarantee its validity and its correct use, providing relevant information for its development [10, 11, 12]. The objective was to reflect on Florence Nightingale's Environmental Theory and the model proposed by Johnson and Webber.

MATERIALS AND METHODS

Reflective and theoretical study carried out in January and April 2022. It was used as a base source for the critical analysis of Florence Nightingale's Environmental Theory and the model proposed by Johnson and Webber. The methodological sources used to support the discussion were scientific articles available in full in reliable databases [13].



*Source: Brasil Scientific Electronic Library Online

The construction of judgments about its usefulness in practice demonstrates how theoretical knowledge is incorporated into nursing practice. Johnson and Webber's model is intended to help make theoretical judgments about the value and use of theory, in order to identify connections between nursing practice and theory, contributing to an appropriate examination of the same [14, 15, 16]. Reflecting on a theory means: the meaning of the theory; consistency of limits; language comprehension; presence of important concepts and their definitions; formulation of propositions; variables and hypotheses; theoretical knowledge to explain and predict the phenomenon; influence of theoretical knowledge on nursing practice. The judgments that can be made with this type of critical analysis demonstrate how theoretical knowledge is incorporated into nursing

practice and provides knowledge about the theory in which its practice is consolidated [17, 18, 19].

THEORETICAL REFLECTION

Florence Nightingale's Environmental Theory: The environmentalist theory developed by Florence Nightingale¹ in the second half of the 19th century, in England, has as its main focus the environment, interpreted as all the external conditions and influences that affect the life and development of an organism, capable of preventing, suppressing or contribute to illness and death. The disease is considered, in this theory, a process that restores health, and the nurse's role is to balance the environment, in order to conserve the patient's vital energy in order to recover from the disease, prioritizing the provision of an environment stimulator of health development for the patient [20, 21]. There is, then, the conception of the human being as an integral being of nature, being seen as an individual, whose natural defenses are influenced by a healthy environment or not. Nightingale believed that providing an adequate environment was the differential in the recovery of patients, and it is this precept that underlies the Environmental Theory. Thus, the theorist became known for her actions that brought innovative results to the treatment of patients. In her writings, Nightingale addresses the provision of factors to maintain a favorable environment in order to facilitate the healing process and healthy living, such as: ventilation, cleanliness, lighting, heat, noise, odors and food, so that the repair process, instituted by nature, is not impeded [20, 21]. In the scope of nursing, such concern with the environment has existed since the foundation of professional nursing in the second half of the 19th century, which reflects, nowadays, in a humanized care, based on the control of the environment around the patient, the which is seen as a being of relationships and interactions with the environment in which it is inserted [20, 21].

Model proposed by Johnson and Webber: The meaning of the theory and the classification for its clarity and understanding. Nightingale presents the meaning of the environmental theory as the fact that the cause of the disease and/or non-rehabilitation of the patient is closely related to the environment in which the patient is inserted, most of the time unhealthy. For that, the theory advocated essential factors that ensured the sanitary conditions of the dwellings, such as: pure air, pure water, efficient drainage, cleaning, lighting, infection prevention, among others [1, 22]. Judgment regarding the limits of the theory, if they are consistent for the practice of nursing. Among the limits are included: to whom the nursing care is directed, care scenario, the nurse's role in the administration of this care and the responsibilities of other health professionals [22]. Throughout her work, the theorist narrates true stories that she has lived through, often demonstrating her opinion about them. This format given to her text substantially facilitates the understanding of the information that the author intends to pass on to her readers [1, 23]. According to Johnson and Webber, there are two categories of concepts: those commonly understandable and used in most theories, which can be called common concepts; and those more specific, which are used in the theory being studied, non-common concepts. The legacy left by Nightingale has the environment as a fundamental principle for the practice of the profession. The ideals referring to this principle were based on the concepts referred to in the Environmentalist Theory and were considered essential for the success of the theoretical work, managing to reduce the deaths of soldiers wounded by infection and promoting the recovery of patients [1, 24].

Fresh air, clarity, heating, silence, cleanliness, punctuality and assistance in diet administration are presented as variables of the theory in question. For Nightingale, the delay in the patient's recovery is based on the lack of knowledge or attention to one or all of these variables, causing the interruption of the restorative process [25]. Nightingale's knowledge was built through her experiences and experiences, therefore, the phenomenon of the environment influencing the health-disease process is based much more on her practical knowledge than even on her theoretical knowledge [1, 26]. The methods used in Nightingale's work served as the basis for

nursing education for more than a century, in fact, they persist in nursing programs to this day. There is, therefore, a lasting influence of his writings on the practice of the profession and the teaching of nursing [1, 26].

CONCLUSION

This study achieved its objective, as it reflected on the environmentalist theory of Florence Nightingale and the model proposed by Johnson and Webber, providing the basis for new studies and research to emerge from this elaboration. It is extremely important to point out that there are few studies on the proposed theme. It is noticeable that the theoretical precepts were established and currently serve as a parameter, and their relevance is considered a milestone in the history of nursing. It is concluded that the theory in focus has clear and understandable meanings, language and concepts, which induce the formulation of propositions and are explained and understood by variables mentioned by Nightingale in the construction of the environmental theory and that there is an influence of this in the practice of nursing. New studies from the same perspective are essential, as they will provide support for the theoretical development of nursing practice, contributing greatly to its development as a science. The model proposed by Johnson and Webber further substantiates the process of reflection and care.

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