Dorothy Johnsons Behavioral System model

Student’s Name:

Institutional Affiliation:
Behavioral system model was coined by Dorothy E. Johnson in 1968, partly influenced by the works of Florence Nightingale on nursing (Holaday, 2015). Johnson acknowledged that the key situations to address are between the patient and their environment rather than with the illness the same as Florence. The behavioral system model does propose creating an efficient and effective behavioral practice on the patient to ensure that they are prevented from infections and illnesses. The patient is seen as a behavioral system with other seven sub-systems: dependency, eliminative, affiliative, ingestive, aggressive, and sexual and achievement (Holaday, 2015). The subsystems have the function of ensuring that the individual is protected from harmful influences, has a stimulating condition for growth, and has a nurturing environment. When the sub-systems are not balanced, they result in disequilibrium, and it is the role of the nurse to help the patient restore their health by returning to a state of equilibrium. According to Johnson, the human being also has two critical systems: a nurse handles the behavioral and biological, which the previous while the latter is catered by medicine. This paper aims to use a clinical-practice situation to demonstrate Johnson’s behavioral model as it can be used to design and implement a patient’s plan of care.

Johnson’s behavioral model applies nursing processes from the onset of a behavioral disorder or a change in the external and internal environment, which propagates the imbalance in the system. The behavior system model of nursing is best applied in the diagnosis and evaluation of a patient’s health, which makes it probable to develop a nursing care plan for positive outcomes. The evaluation process acts as a measure to assess whether there is a balance within the subsystems of the patient (Holaday, 2015). For the nurse to develop an evidence-based and patient-centered plan of care, they need to have enough data and information on the patient’s
physical, mental, and psychosocial well-being. Johnson’s behavioral model can be used to conduct a comprehensive assessment of the patient, which is a key step in the nursing processes.

In assessing the patient, the nurse seeks to gather vital information regarding the functioning and structure of the seven behavioral sub-systems. According to Johnson’s model assessment has to involve the internal environment such as pathological, biological, psychological, cultural, social, and ecological factors. The nurse can use the information collected to identify behavior functions that are maladaptive and causing an imbalance and the factors that are functional. The nurse can determine congruency among the sub-systems and structural units or discrepancy that cause imbalance. With information from the assessment, the nurse can develop interventions and multiple approaches to meet the goals of every sub-system.

The goal of nursing is to restore, maintain, and create a balance and stability in the patient’s behavioral system and in holistic care. The role of nurses is to help patients change or modify their environmental structure of forming ways in which the subsystems become
Damaged structural units are the target of nurses' interventions to restore behavioral system balance by implementing control and regulating measures, or enhance or limit the supply of given functional requirements (Holaday, 2015). For example, consider a patient with diabetes and limited resources, the nurse can refer the patient and their family to programs that are either non-profit organizations or state-funded. Some of these programs include NeedyMeds, RxOutreach, the Jonson and Johnson Patient Assistant Program, the Sanofi Patient Assistant Program, and state-assisted programs which are available in every state. Offering such useful information on organizations that can supplement insulin supply can greatly help in the promotion of the patient's quality of life. Nurses can also promote accessibility to healthcare; a good example is the use of community nurses to provide education, guidance, and care. A nurse is successful in their role when they help the patient maintain the equilibrium of the behavioral system and in the biological system.
References