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Experiencing Transitions

Arthur J. Engler

University of Connecticut School of Nursing, arthur.engler@sbcglobal.net

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Experiencing Transitions: A Middle-Range Theory

Research Interest Group(s)

March 20, 2006



Transitions

- Changes in health may -> chances to improve well-being and/or to be exposed to further risks
- Can also result in process of transition
- Vulnerability – Conceptualized as QOL revealed by understanding clients' experiences and responses during transitions



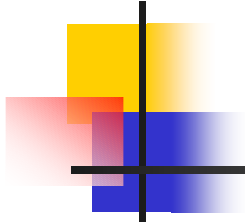
Nurses

- We're often primary caregivers of those undergoing transitions (and experience them ourselves)
 - Respond to changes and demands
 - Prepare clients for impending transitions
 - Help clients learn new skills related to their health/illness experience



Studies Using Transitions as A Framework

- Becoming an African-American Mother
 - Grounded theory
 - Core category
 - Engaged mothering
- Neglecting and Ignoring the Menopausal Transition
 - Qualitative/quantitative
 - Core category
 - Neglecting and ignoring the menopausal transition

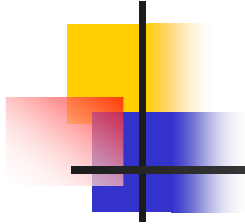


- Parents and Diagnostic Transitions

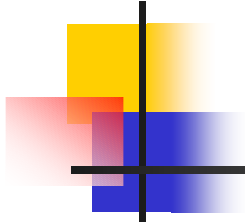
- Qualitative
- Core concepts
 - Illusiveness of normality
 - Rude Awakening
 - Work of managing uncertainty
 - Creating new meanings
 - Taking stock of costs and benefits

- Migration, Work, and Health

- Qualitative
- Core concepts
 - Multiple transitions
 - Fluid identities
 - Constant comparisons
 - Changing perspectives on class, culture, and women's work



- Family Caregiving Study
 - Grounded theory
 - Longitudinal design
 - Core concept
 - Shifting patterns of self-care and caregiving



- All studies revealed 2 or more types of transitions
- Must consider all transitions in individual or family's life, not focus on only one specific type of transition
 - Sequential or simultaneous
 - Extent of overlap among transitions
 - Nature of relationship between events triggering transitions for client or family



Emerging Framework (Fig. 1, p. 17 Article)

- Types and patterns of transitions
- Properties of transition experiences
- Facilitators and inhibitors of transition
- Process indicators
- Outcome indicators
- Nursing therapeutics



Transition Properties

- Awareness
- Engagement
- Change and difference
- Time span
- Critical points and events



Transition Facilitators & Inhibitors

- Personal conditions
 - Meaning
 - Cultural beliefs and attitudes
 - SES
 - Preparation and knowledge
- Community conditions
- Societal conditions



Patterns of Response

- Process indicators
 - Feeling connected
 - Interacting
 - Location and being situated
 - Developing confidence and coping



Outcome Indicators

- Mastery of new skills needed to manage transition
- Development of fluid yet integrative identity



Conclusion

- *Knowledge is empowering to those who develop it, those who use it, and those who benefit from it. Understanding the properties and conditions inherent in a transition process will lead to the development of nursing therapeutics that are congruent with the unique experiences of clients and their families, thus promoting healthy responses to transition” (Meleis et al., p. 27)*



Research Interest Group(s)

- Developmental
 - Reflect life cycle transitions, e.g., parenthood, aging, adolescence
- Health/illness
 - Primarily illness-related, e.g., adapting to chronic illness
- Situational
 - Changes in educational, professional, family roles
- Organizational
 - Occur in environment
 - Reflect changes in structures and resources at systems level



Types of Transitions

- Developmental
 - Health and illness
 - Situational
 - Organizational
-
- Can we organize ourselves with this theory?
 - Can we form 2 or 3 groups?
 - How