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## **Transitions theory**

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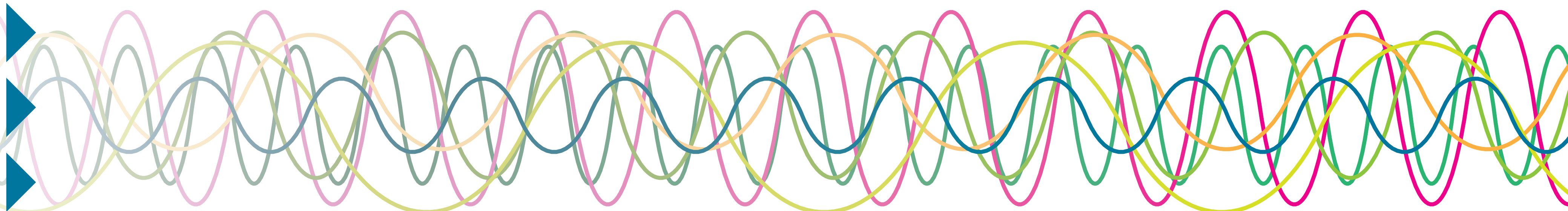
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# TRANSITIONS THEORY

Transition a concept central to nursing

## Transition process

- Changes in Health
- Changes in Health-Seeking Behavior
- Changes in Healthcare Utilization

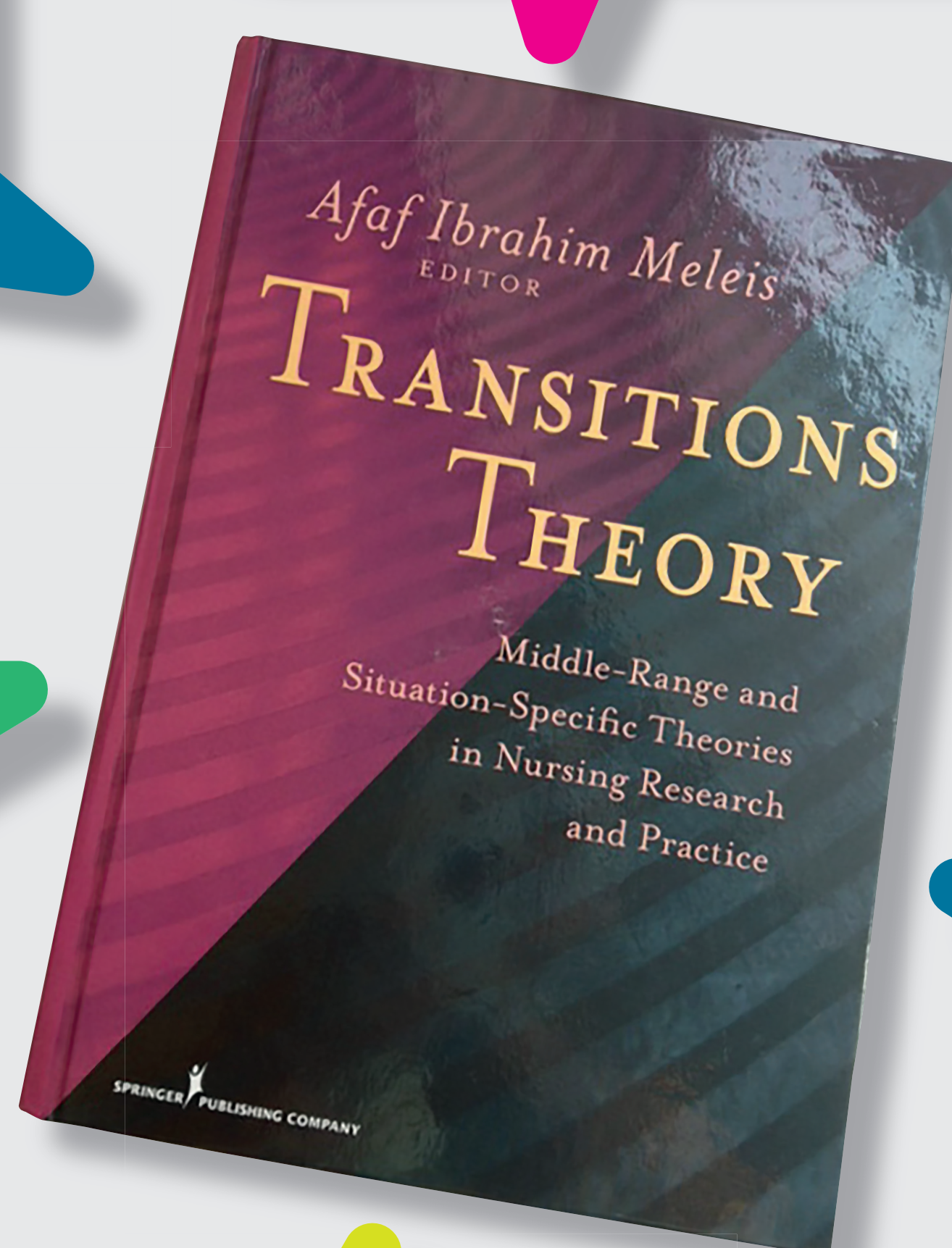


Transition is a process and more than a change

Facilitating healthy transitions through Promotive, Preventive and Interventive actions

Transitions theories developed by Afaf Meleis and colleagues 1975 – 2010 in a number of publications collected in a textbook

- Middle-Range Theory
- Situation-Specific Theory



## Progress Indicators of Healthy Transition

- Feeling connected
- Interacting
- Being situated
- Developing confidence and coping

Nursing mission is facilitating healthy transitions

## Outcome Indicators of Healthy Transition

- Subjective mastery, well-being
- Fluid integrative identities
- Well-being of relationships

## Four transition types that could be single or multiple

- Developmental
- Situational
- Health/Illness
- Organisational

## THEORY

Knowledge about the meaning of theories in general - and here **TRANSITIONS THEORY** - has over time improved patient care and contributed to evidence-based nursing care. Transitions theory is suitable as framework in nursing research, education and practice; it has proved useful in different nursing contexts.

## NETWORK

The International Nursing Research Network **PRANSIT**, established in 2009, and researching patients' and relatives' transfer from unit to unit and from hospital to home in reviews, is using Meleis' transitions theory as framework. **PRANSIT's** reviews concern neonatal, adolescent and intensive care thus contributing to evidence-based knowledge in these contexts.

## MEMBERS

The **PRANSIT** members are teaching transfer and transition issues in nursing nationally and internationally.



### PRANSIT International Nursing Research Network:

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### PRANSIT publications using TRANSITIONS THEORY as FRAMEWORK

Uhrenfeldt L, Aagaard H, Hall EOC, Ludvigsen MS, Fegran L, Meyer G. (2013) Patients' experiences of intra- and inter-hospital transitions: A qualitative meta-synthesis. *Journal of Advanced Nursing* 69, 8, 1678–1690  
Fegran L, Hall EOC, Aagaard H, Uhrenfeldt L, Ludvigsen MS. (2014) Adolescents' and young adults' transition experiences when transferring from paediatric to adult care: A qualitative metasynthesis. *International Journal of Nursing Studies* 51, 123–135  
Aagaard H, Hall EOC, Ludvigsen MS, Uhrenfeldt L, Fegran L. (Submitted) Wandering parenthood: A meta-study of NICU parents' experiences of hospital transition