

Figure 1. Venn Diagram of the Neuman Systems Model and Comfort Theory

Neuman Systems Model (NSM)
(ways to inform CT)

Shared

Comfort Theory (CT)
(ways to inform NSM)

Primary, secondary, **tertiary prevention**; Focus on assessment; Broad constructs such as lines of defense & reconstitution indirectly measured; Specialized language; Developmental factors a part of client system; **self-maintenance strategies**; Formal Board of Trustees for perpetuation;

Philosophical roots similar; Holistic Paradigm; Prevention (maintaining Ease) as intervention; Physical, psychological, spiritual, sociocultural, environmental aspects of clients; Both theories used for assessment, intervention, goals; Trans-cultural use & applications; Based on patients' needs and perceptions; dynamic systems; multi-disciplinary; Institutional-level interventions; established through publications in journals and texts.

Peaceful death a health seeking behavior; Focus on **outcomes of care**; Framework for ethical decision making & **Ways of Being** a nurse; Direct measurement of comfort as mediator or moderator; Familiar language; **Propositions easy to test** ; Congruent with NIC, NOC, NANDA ; Easy to document comfort in patient records; Comfort instruments in different languages and for different settings; Institutional Integrity includes regions, states, countries; Developmental factors as intervening variables; Web Site for perpetuation

Conceptual Leaps (Insights)

1. By definition, the concepts of stability (NSM) and comfort (CT) are similar. A measurement of comfort, previously operationalized, could be a proxy indicator for stability.
2. Primary prevention techniques (NSM) are described as the teaching of maintenance techniques and keeping patient in Ease (CT) which *strengthen* (NSM and CT) the client's flexible line of defense (NSM). These techniques facilitate stability (NSM) or prolonged comfort (CT) when faced with future stressors (tertiary prevention).
3. Problems with conceptual and operational definitions of *reconstitution* may be partially addressed if *comfort* is used as a mediator in path analysis.
4. Problems with conceptual and operational definitions of *created environment* may be partially addressed if *comfort* is used as a moderator in path analysis.

Recalcitrant Data

1. Why did healing touch group have shorter maintenance capabilities than coaching or coaching plus HT?
 - Because maintenance strategies (tertiary prevention, NSM) were not taught to this group.

2. Why did wait-list group in stress reduction study return to comfort baseline at the end of the study, and before interventions were administered?
 - They reacted to their stressors with natural and learned resistance (NSM)

(Dowd, Kolcaba, Steiner, & Fashinpaour, 2007)