

"The Role of Nursing Theories in Shaping Patient-Centered Care: A Conceptual Analysis"

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Abstract

This study explores the role of nursing theories in shaping patient-centered care (PCC), highlighting their impact on nursing practice, patient satisfaction, and healthcare outcomes. The study employs a qualitative research design using conceptual analysis to identify key concepts and principles from major nursing theories. Through a structured data collection process, relevant literature from databases such as PubMed and CINAHL was analyzed. The process involved four stages: initial search, screening, eligibility check, and final inclusion, leading to the review of 120 peer-reviewed articles. Key nursing theories, including Watson's Theory of Human Caring, Peplau's Interpersonal Relations Theory, and Orem's Self-Care Deficit Theory, were examined to understand their influence on the principles of PCC, such as empathy, respect for autonomy, and holistic care.

The results demonstrate that nursing theories contribute significantly to the practice of patient-centered care by offering theoretical frameworks for effective care delivery. The study categorizes nursing theories into three conceptual groups: caring-based, relationship-based, and systems-based theories. Core themes such as relationship-building, patient empowerment, and holistic care emerged as essential for promoting PCC. Relationship-based theories emphasize therapeutic communication, while systems-based theories, like Neuman's Systems Model, address the broader social, psychological, and structural dimensions of care.

The study reveals that nursing theories provide a structured foundation for nurse-patient interactions, personalized care, and shared decision-making. These insights underscore the role of nursing theories in fostering empathy, enhancing patient satisfaction, and promoting positive health outcomes.

Keywords: Nursing Theories, Patient-Centered Care, Conceptual Analysis, Empathy, Autonomy, Holistic Care, Relationship-Based Care, Systems-Based Care, Caring-Based Theory.

المخلص

يهدف هذا البحث إلى استكشاف دور النظريات التمريضية في تشكيل الرعاية المركزة على المريض (PCC) وتسهيل الضوء على تأثيرها في ممارسات التمريض ورضا المرضى وتحسين النتائج الصحية. تم اعتماد تصميم بحث نوعي باستخدام التحليل المفاهيمي كأداة أساسية لفهم المبادئ الرئيسية للنظريات التمريضية ودورها في تعزيز PCC. تم جمع البيانات بشكل منهجي من قواعد بيانات أكاديمية مثل PubMed وCINAHL، حيث شملت العملية أربع مراحل أساسية: البحث الأولي، الغرلة، التحقق من الأهلية، والإدراج النهائي، مما أدى إلى مراجعة 120 مقالة أكاديمية محكمة.

تتضمن المنهجية تحليل النظريات الرئيسية مثل نظرية العناية الإنسانية لجان واتسون، ونظرية العلاقات التفاعلية لهيلديغارد بيبلو، ونظرية العجز في الرعاية الذاتية لدورثيا أوريم. تم فحص هذه النظريات لتحديد مفاهيمها الرئيسية مثل التعاطف، احترام استقلالية المريض، والرعاية الشاملة. تم تصنيف هذه النظريات إلى ثلاث مجموعات مفاهيمية: نظريات قائمة على الرعاية، ونظريات قائمة على العلاقات، ونظريات قائمة على الأنظمة.

النتائج كشفت أن النظريات التمريضية تساهم بشكل كبير في تعزيز ممارسات الرعاية المركزة على المريض. كما أظهرت النتائج ثلاثة مواضيع محورية وهي: بناء العلاقات، تمكين المرضى، والرعاية الشاملة. تعزز النظريات القائمة على العلاقات، مثل نظرية بيبلو، التواصل العلاجي، بينما تدعم نظريات الأنظمة، مثل نموذج نيومان، الرعاية الشاملة التي تأخذ في الاعتبار الأبعاد النفسية والاجتماعية. تظهر الأسباب أن النظريات التمريضية توفر إطارًا هيكليًا لتحسين العلاقة بين الممرض والمريض، وتعزيز التعاطف، وتشجيع الرعاية الفردية، مما يؤدي إلى تحسين رضا المرضى ودعم النتائج الصحية الإيجابية. الكلمات المفتاحية: النظريات التمريضية، الرعاية المركزة على المريض، التحليل المفاهيمي، التعاطف، الاستقلالية، الرعاية الشاملة، الرعاية القائمة على العلاقات، الرعاية القائمة على الأنظمة، نظرية العناية الإنسانية.

1. Introduction

In contemporary healthcare, the centrality of patient-centered care (PCC) has emerged as a foundational pillar for the delivery of quality health services. Patient-centered care emphasizes respect for the patient's individual needs, preferences, and values, positioning them as active participants in their own care journey. This approach resonates with the broader paradigm shift from disease-focused models to holistic, person-centered frameworks within healthcare systems. Integral to this transformation are nursing theories, which provide the conceptual and practical guidance necessary for nurses to deliver care that is not only clinically effective but also humanistically responsive. Nursing theories underpin the principles, processes, and outcomes associated with patient-centered care, offering a structured approach to practice, education, and policy development. This paper seeks to explore the role of nursing theories in shaping patient-centered care, emphasizing their significance in advancing clinical practice, patient satisfaction, and healthcare outcomes.

At the core of patient-centered care lies the necessity for nurses to engage in individualized care planning, empathic communication, and shared decision-making. Nursing theories, such as Jean Watson's Theory of Human Caring and Hildegard Peplau's Interpersonal Relations Theory, underscore the essence of relational practice in care delivery. These theories frame the nurse-patient relationship as a collaborative partnership, fostering trust and mutual understanding. The Fundamentals of Care (FOC) framework, as discussed by (Kitson, 2018), exemplifies this principle by integrating key dimensions such as the nurse-patient relationship, the care environment, and the inclusion of the patient's voice in care planning. This conceptual structure enables nurses to tailor care to the unique needs of each patient, ensuring that nursing interventions are person-specific rather than task-oriented.

Moreover, nursing theories provide a philosophical lens through which nurses can reflect on and improve their practice. The Patient-Centered Care (PCC) framework, discussed by, highlights the critical role of nursing knowledge and policy in shaping PCC initiatives(Ortiz, 2018). By establishing clear theoretical underpinnings, nurses are better equipped to develop and advocate for patient-centered policies that prioritize holistic and compassionate care. Similarly, the theoretical reflections on best practices in PCC by Ortiz (2021) reinforce the view that theoretical frameworks are essential for linking conceptual elements within nursing to high-quality patient-centered care(Ortiz, 2021).

This theoretical foundation facilitates the alignment of clinical interventions with patient needs, ultimately enhancing the quality and consistency of care across healthcare systems.

The role of nurses in patient-centered care is further enriched by the integration of nursing theories into daily practice. As noted by Riffat (2023), the evolving role of nurses from being mere assistants to autonomous healthcare providers has transformed the nature of patient-centered care delivery(Riffat, 2023). Nurses are now empowered to exercise greater autonomy, engage in decision-making, and adopt leadership roles in interdisciplinary healthcare teams. Through the lens of nursing theories, nurses are equipped to recognize the unique characteristics of each patient and to adjust care interventions accordingly. The result is a healthcare experience that is not only more patient-centered but also more effective in achieving positive health outcomes.

The impact of nursing theories extends beyond individual nurse-patient encounters to influence broader organizational structures and systems of care. The association between nurse work environments, implicit rationing of care, and patient-centered care has been the focus of studies like that of Bachnick et al. (2017), which found that improved staffing, better leadership, and reduced rationing of nursing care significantly enhance patient-centered outcomes (Bachnick, Ausserhofer, Baernholdt, Simon, & studies, 2018). This finding highlights the significance of nursing theories in shaping not only individual care practices but also the broader systems that govern healthcare delivery. The ability of nursing theories to link practice with policy and organizational change underscores their indispensable role in driving systemic improvements in healthcare.

Nursing theories also shape the conceptualization and measurement of patient-centered care, influencing how healthcare outcomes are defined and evaluated. For example, the concept analysis of PCC by Lusk and Fater (2013) demonstrates how conceptual clarity can guide the operationalization of patient-centered interventions (Lusk & Fater, 2013). By defining the attributes, antecedents, and consequences of PCC, nurses and healthcare administrators are better equipped to measure care quality and patient satisfaction. This conceptual precision supports evidence-based practice, enabling the assessment and refinement of care models to align with the principles of PCC.

Furthermore, theories such as the Person-Centered Nursing Framework by McCormack and McCance (2006) have been instrumental in advancing patient-centered nursing practice (McCormack & McCance, 2006). This framework highlights the interconnection between nurse attributes, the care environment, and person-centered processes, all of which contribute to the desired outcomes of patient-centered care. Such theoretical models provide a holistic view of care delivery, ensuring that every aspect of the patient experience is considered in nursing practice. Another dimension of nursing theories' impact is seen in the enhancement of nurse-patient communication. Effective communication is a central tenet of patient-centered care, yet barriers such as language, cultural differences, and patient literacy often hinder communication. Kwame and Petrucka (2021) propose a person-centered care and communication continuum (PC4 model) that highlights how effective nurse-patient communication can overcome these barriers (Kwame & Petrucka, 2021). This model offers a clear roadmap for integrating communication theory into nursing practice, guiding nurses to employ tailored communication strategies that respect patient preferences and contextual realities.

Finally, the influence of nursing theories on education and professional development should not be overlooked. The incorporation of patient-centered care concepts into nursing curricula prepares future nurses to practice within a theoretical framework from the outset. Grilo et al. (2014) assessed how students' patient-centered orientation evolves throughout nursing education (Grilo, Santos, Rita, & Gomes, 2014). Their findings indicate that students' orientation toward patient-centered care strengthens as they progress through their education. By embedding nursing theories into education, nursing schools ensure that graduates are prepared to provide care that prioritizes patient dignity, respect, and participation. This alignment between education and practice supports the broader institutionalization of patient-centered care within healthcare systems.

nursing theories play an essential role in shaping the philosophy, practice, and outcomes of patient-centered care. They provide the conceptual and operational frameworks necessary for nurses to deliver care that is empathetic, individualized, and empowering. Theoretical models like the Person-Centered Nursing Framework, the Fundamentals of Care framework, and the PC4 model offer practical guidance for nurses in clinical practice. Furthermore, nursing theories influence policy, organizational change, and healthcare education, ensuring that patient-centered care remains a core priority in healthcare delivery. By grounding their practice in theory, nurses can enhance patient satisfaction, improve health outcomes, and foster more humanistic healthcare systems. As healthcare systems continue to evolve, the role of nursing theories in guiding patient-

centered care will remain fundamental, shaping the future of nursing practice and ensuring that the voice of the patient is always at the center.

2. Literature Review

This study explores how patient-centered care (PCC) serves as a core aspect of quality healthcare and the role nurses play in this model. It defines key components of PCC, including respect for patient autonomy, individualized care, and shared decision-making. Flagg argues that PCC requires nurses to move beyond task-based care to more holistic, relationship-based approaches. The paper identifies nursing theories, like Watson's Theory of Human Caring, as foundational to PCC. The study offers practical guidance on implementing PCC within nursing workflows. By incorporating patient feedback into care planning, nurses achieve better health outcomes. Flagg emphasizes that PCC promotes nurse-patient trust, satisfaction, and overall quality of care (Flagg, 2015).

This grounded theory study explores the concept of "humanizing care" within patient-centered care (PCC). The researchers conducted 29 semi-structured interviews with nurses, patients, and physicians. The findings reveal four key phases of humanizing care: patient acceptance, patient assessment, understanding patients, and patient empowerment. The study emphasizes that nurses must shift from task-oriented care to a more empathetic, personalized approach. Humanizing care was shown to improve patient satisfaction, trust, and adherence to care plans. The study identifies "respect for patient dignity" as a core value of PCC. This research also highlights the role of nursing theories in guiding nurses toward more empathetic, holistic care (Cheraghi, Esmaeili, & Salsali, 2017).

This study investigates the predictors of patient-centered care (PCC) provision among nurses in acute care. Using a cross-sectional design, the authors analyzed how nurse empowerment, burnout, and compassion satisfaction impact the provision of PCC. The study finds that increased structural empowerment and compassion satisfaction are positively correlated with PCC delivery. Conversely, nurse burnout significantly reduces the ability to provide PCC. The authors recommend leadership strategies that prioritize nurse well-being and empowerment. The study highlights the role of nursing theories, such as Peplau's Interpersonal Relations Theory, in guiding nurse-patient interactions. The authors call for evidence-based interventions to address nurse burnout and enhance PCC outcomes (Alhalal, Alrashidi, & Alanazi, 2020).

This study investigates how patient-centered care (PCC) can be implemented within nursing practice. The researcher used a literature review approach to analyze the factors that support or hinder the implementation of PCC. The study identifies three main categories of care: patient participation, individualized care, and care coordination. It highlights barriers such as lack of resources, time constraints, and resistance to change. The study emphasizes the role of nursing theories in establishing care guidelines. The researcher proposes practical strategies for integrating PCC into nursing workflows, such as staff training and communication enhancements. The paper concludes that measuring the effectiveness of PCC requires clear indicators linked to nursing theory (Linschi, 2019).

This paper discusses the challenges of achieving patient-centered care (PCC) within healthcare systems. The study highlights how healthcare reforms, like the shift toward health promotion and patient advocacy, have redefined PCC. Petryshen emphasizes that nursing theories must evolve to align with these reforms. The paper identifies systemic barriers to PCC implementation, including resource shortages, communication gaps, and fragmented care delivery. The study emphasizes that PCC should not be seen as a luxury but as a fundamental right of patients. Petryshen proposes using nursing theories as tools to address these barriers and foster collaborative care practices. The paper calls for healthcare leaders to support nurses in providing PCC (Petryshen, 2011).

This paper presents an in-depth review of nursing theories and their impact on professional nursing practice. It introduces key nursing theorists like Florence Nightingale, Jean Watson, and Hildegard

Peplau. The study outlines how these theories influence care delivery, especially in relation to patient-centered care (PCC). George argues that these theories serve as the conceptual foundation for modern PCC. The paper provides specific examples of how nurses can use theory-based care models to improve patient outcomes. The study emphasizes that theoretical knowledge must be integrated into nursing education to prepare future nurses for PCC(George, 1985).

This study investigates the impact of patient-centered care (PCC) on nurses' physical and mental health. It reveals that nurses who exhibit strong caring orientations experience better mental health outcomes. Conversely, nurses with high PCC demands but low caring orientations experience higher stress and burnout. The study suggests that caring orientation moderates the effect of PCC on nurse well-being. Drach-Zahavy highlights the role of nursing theories, like the Humanistic Nursing Theory, in guiding nurses toward self-care. The paper calls for healthcare managers to support nurses' well-being to ensure sustained PCC delivery(Drach-Zahavy, 2009).

This study explores the meaning of "caring" from the perspective of psychiatric nurses in acute care settings. Using grounded theory methodology, Chiovitti identifies "protective empowering" as the core concept in nurse-patient interactions. The six key categories of protective empowering include respecting the patient, not personalizing patient behavior, ensuring safety, promoting health, authentic relating, and interactive teaching. These elements highlight the nurse's role in patient-centered care by focusing on patient protection, respect, and empowerment. The study emphasizes that care is not just a technical activity but a relational process guided by theoretical principles like Watson's Caring Theory. The findings are applicable to psychiatric care and inform practice guidelines for nurses working in emotionally challenging care environments(Chiovitti, 2008).

This study explores the theory of nursing care focused on oncology patients, drawing from the medium-range theory developed by Laurel E. Radwin. The study highlights that patient-centered care (PCC) is crucial for cancer patients, given their unique emotional and physical needs. Radwin's theory demonstrates how personalized care interventions can improve health outcomes for oncology patients. The study discusses how nursing interventions should be individualized to meet patient needs while emphasizing shared decision-making. The theory promotes the integration of patient preferences in care planning, supporting the holistic approach of nursing practice. The authors propose that healthcare providers test Radwin's theory in different clinical settings. The paper concludes that nursing theory-guided care is essential for improving the quality of life of cancer patients(Pahanić & Hodak, 2022).

This study examines the role of nursing theories in guiding policy within Patient-Centered Medical Homes (PCMHs). Ortiz highlights how theoretical perspectives from nursing can be applied to patient-centered care at a system level. The study describes how PCMHs prioritize continuous, coordinated, and comprehensive care. Ortiz proposes that nursing theories like Watson's Caring Theory and Peplau's Interpersonal Relations Theory provide a framework for designing patient-centered policies in PCMHs. The study presents case examples of how nurse-led PCMHs achieve better patient outcomes. The research emphasizes the role of nurses as policy advocates in healthcare organizations. It concludes that nursing theories are essential for shaping PCMH care models to align with the patient-centered approach(Ortiz, 2020).

This study investigates the conceptual links between nursing care rationing and patient-centered care (PCC). Papastavrou et al. propose that rationing of nursing care occurs when nurses are forced to prioritize certain tasks over others due to time constraints. The authors argue that nursing theories such as King's Theory of Goal Attainment provide a conceptual framework for balancing patient needs with nursing capacity. The findings highlight how implicit rationing reduces patient satisfaction, delays treatment, and negatively impacts PCC. The study suggests that hospitals adopt theoretical models to reduce care rationing. The authors call for policy interventions to improve nurse staffing, reduce workload, and enhance the delivery of PCC(Papastavrou, Andreou, Tsangari, & Merkouris, 2014).

This study introduces complexity science as a framework for understanding how nursing theories support patient-centered care (PCC). It highlights that healthcare environments are dynamic and complex, requiring nursing theories that reflect this reality. Anderson and McDaniel argue that theories like Neuman's Systems Model align with complexity science. They suggest that complexity science can help nurses better understand the unpredictable nature of patient care. The study emphasizes that by using a systems-based approach, nurses can respond to patient needs more effectively. The authors argue that complexity science offers tools to better address uncertainty in care delivery. The study concludes that complexity science provides valuable insights for theory-driven, patient-centered nursing practice (Pype, Mertens, Helewaut, & Krystallidou, 2018).

This study focuses on how evidence-based practice (EBP) can be used to implement patient-centered care (PCC). It highlights that nursing theories, such as Rogers' Theory of Diffusion of Innovations, provide guidance on how to introduce EBP into nursing practice. The authors discuss practical strategies for integrating EBP into nurse workflows to promote PCC. They emphasize the importance of involving nurses in change processes and decision-making. By linking EBP to PCC, healthcare organizations can achieve better patient outcomes. The study provides case studies illustrating successful PCC implementation in clinical settings. It concludes that theoretical guidance is essential for sustaining EBP-driven PCC over the long term (Kottman, 2016).

This study applies Meleis' Transitions Theory to patient-centered care (PCC) for patients with chronic illnesses. The authors argue that transitions, such as hospital discharge or chronic disease diagnosis, require a shift from episodic care to continuous care. Meleis' theory highlights the emotional, psychological, and social changes patients experience during transitions. The study emphasizes that nursing theories help address patients' emotional needs, not just physical health. The authors argue that PCC requires attention to the transitional experience of patients. They provide examples of how nurse-led transition programs reduce hospital readmissions and improve patient outcomes. This study concludes that nursing theories play a critical role in guiding patient-centered chronic illness care (Carroll, 2013).

This study explores the ethical and philosophical dimensions of patient-centered care (PCC) through Boykin and Schoenhofer's "Nursing as Caring" theory. The theory emphasizes that caring is the core essence of nursing, with a strong focus on personal relationships with patients. The authors highlight how nurses can engage with patients as whole beings, emphasizing compassion and dignity. This study stresses that caring is not just a task but a moral obligation that informs every aspect of PCC. The authors argue that their theory offers a strong philosophical foundation for PCC. They propose that nurse education and training should prioritize caring as an ethical commitment. The study concludes that caring-centered nursing theories are essential for promoting human dignity in healthcare (Boykin, Schoenhofer, & Valentine, 2013).

This review focuses on patient-centered care (PCC) in pediatric nursing, examining how nursing theories can be adapted for child-centered care. The authors discuss the use of Peplau's Interpersonal Relations Theory to promote relationship-building between nurses, children, and families. The paper emphasizes that child-centered care requires developmentally appropriate communication and family engagement. The authors argue that pediatric nurses should draw on multiple theories, including Piaget's Developmental Theory, to understand child development stages. The review highlights best practices for integrating theoretical concepts into pediatric nursing practice. The authors recommend that healthcare organizations tailor nurse education to prepare nurses for child-centered PCC (Allen, 2019).

This paper explores how Parse's Human Becoming Theory shapes patient-centered care (PCC). The theory posits that health is a process of continuous human change rather than a static condition. The authors argue that nursing practice should focus on supporting patients' lived experiences and unique perspectives on health. The study emphasizes that Parse's theory shifts the nurse-patient relationship from directive to collaborative. By engaging patients as active participants in their

care, nurses can deliver care that aligns with PCC principles. The authors highlight how Parse's framework can be applied in palliative care, where respect for patient autonomy is critical. The study concludes that Human Becoming Theory offers a philosophical and ethical foundation for PCC(Parse & practice, 2015).

This study investigates how nursing theories inform the development of virtual care models in telehealth. The authors explore how Watson's Theory of Human Caring and Peplau's Interpersonal Relations Theory can guide nurse-patient interactions in virtual settings. The study highlights the challenges of creating therapeutic relationships in remote care environments. The authors propose that nursing theories offer strategies for building trust, empathy, and patient-centered communication online. The study also identifies key competencies that nurses need to deliver patient-centered virtual care. The authors call for training programs that prepare nurses for the unique demands of telehealth care delivery. They argue that nursing theories should be adapted to fit the context of virtual care(Bettencourt et al., 2023).

3. Methodology

The methodology of this study employs a structured and systematic approach to ensure rigor, credibility, and transparency in the analysis of the role of nursing theories in shaping patient-centered care (PCC). The study adopts a qualitative design, utilizing conceptual analysis and qualitative synthesis to identify, analyze, and interpret theoretical principles that influence patient-centered care. The conceptual analysis method is appropriate for exploring abstract and theoretical concepts, enabling the identification of essential principles and their relationship with nursing practice. This approach allows for the deconstruction of nursing theories, categorization of core concepts, and mapping of these concepts to the fundamental principles of PCC, such as respect for autonomy, holistic care, and shared decision-making.

The data collection process involves a systematic review of academic literature from reputable databases, including PubMed, CINAHL, and ProQuest. Only peer-reviewed articles, theoretical papers, and academic texts published between 2010 and 2024 are included to ensure the study reflects contemporary knowledge and practices. The selection process includes an initial search, screening, eligibility assessment, and final inclusion of relevant sources. Articles are reviewed for conceptual depth, relevance, and theoretical alignment with patient-centered care.

The analysis process involves identifying theoretical constructs from selected nursing theories, categorizing them into relationship-based, caring-based, and systems-based theories, and mapping these constructs to the principles of PCC. Ethical considerations are integral to this process, ensuring the responsible use of published literature, proper attribution, and avoidance of plagiarism. By following these methodological steps, the study provides a comprehensive exploration of how nursing theories shape and support the practice of patient-centered care.

1. Research Design

This study adopts a qualitative research design, utilizing conceptual analysis as the primary method to explore the role of nursing theories in shaping patient-centered care (PCC). Conceptual analysis is a suitable approach for examining abstract theoretical concepts, such as those found in nursing theories and PCC. This method enables the systematic identification, categorization, and mapping of key concepts, relationships, and patterns that form the theoretical foundations of patient-centered care. By focusing on the conceptual underpinnings of nursing theories, the study reveals how these frameworks influence nursing practice and patient outcomes.

The conceptual analysis follows a structured and systematic framework, beginning with the identification of key concepts embedded within nursing theories. Each concept is deconstructed to examine its meaning, relevance, and alignment with PCC principles such as empathy, respect for patient autonomy, and shared decision-making. Once identified, the concepts are categorized based on their theoretical orientation, with nursing theories grouped into three main categories: caring-based theories, relationship-based theories, and systems-based theories. This categorization

facilitates a clearer understanding of how different theoretical perspectives contribute to patient-centered care.

The study draws on a range of well-established nursing theories, including Watson’s Theory of Human Caring, Peplau’s Interpersonal Relations Theory, and McCormack and McCance’s Person-Centered Nursing Framework. Each theory is critically analyzed to assess its influence on core PCC principles. This analytical process ensures a comprehensive examination of the relationship between theory and practice, allowing for the identification of key insights that can support nursing practice. By employing this systematic conceptual analysis, the study provides a robust theoretical foundation for understanding how nursing theories shape and support patient-centered care in diverse healthcare contexts.

2. Data Collection Process

The data collection process in this study focuses on retrieving academic literature related to nursing theories and patient-centered care (PCC) to ensure the inclusion of high-quality, peer-reviewed, and contemporary sources. This process follows a systematic and structured approach, which allows for the identification, selection, and review of relevant academic materials. The study draws on various reputable databases, including PubMed, CINAHL, ScienceDirect, and ProQuest, to ensure a comprehensive search. The selection of sources is limited to journal articles, academic books, and theoretical reviews published between **2010 and 2024**, a timeframe chosen to capture the most recent developments and trends in nursing theories and PCC.

The data collection process follows a four-stage framework. It begins with a comprehensive search of relevant databases using well-defined keywords such as “nursing theories,” “patient-centered care,” “theoretical frameworks,” and “conceptual analysis.” Boolean operators (AND, OR) are used to refine and broaden the search to ensure the inclusion of a diverse range of studies. The second stage involves screening and selection, where duplicate studies are removed and the titles and abstracts of articles are reviewed to determine their relevance. The third stage, known as the eligibility check, involves a thorough review of the full-text articles to assess their alignment with the research objectives. Articles that do not address the role of nursing theories in PCC are excluded at this stage. Finally, the selected articles are compiled to create a final dataset for conceptual analysis and qualitative synthesis. This process ensures that only relevant, high-quality, and peer-reviewed academic sources are included, supporting the credibility and depth of the study’s conceptual analysis.

Table : illustrates the step-by-step data collection process, along with the number of articles identified, screened, excluded, and included at each stage.

Stage	Description	Number of Articles Identified	Number of Articles Excluded	Number of Articles Retained
Initial Search	Database search (PubMed, CINAHL, ProQuest)	860	400	460
Screening	Title and abstract review	460	260	200
Eligibility Check	Full-text review	200	80	120
Final Inclusion	Articles included for analysis	120	0	120

The rigorous data collection process ensures that only high-quality, relevant, and peer-reviewed studies are included in the conceptual analysis.

3. Conceptual Analysis Process

The conceptual analysis process is a structured approach aimed at examining and categorizing nursing theories to understand their influence on patient-centered care (PCC). This process involves three main phases: concept identification, categorization, and thematic mapping. In the

first phase, each nursing theory is deconstructed to identify its core concepts, principles, and assumptions. These concepts, such as empathy, holistic care, and therapeutic communication, are examined to determine their relevance to the key principles of PCC. The second phase involves categorizing nursing theories into thematic groups, such as caring-based theories, relationship-based theories, and systems-based theories. This categorization allows for a better understanding of how each theoretical perspective aligns with PCC. The final phase, thematic mapping, focuses on linking the key concepts from each theory to specific PCC principles, such as respect for autonomy and shared decision-making. This process provides a comprehensive understanding of how nursing theories support and shape patient-centered care in practice.

Phase 1: Concept Identification

The concept identification phase involves deconstructing each nursing theory to extract its essential concepts and determine their relevance to patient-centered care (PCC). This process allows for a detailed examination of the theoretical foundations that influence nursing practice. Core concepts such as empathy, autonomy, therapeutic communication, and caring are identified and analyzed for their alignment with PCC principles. For instance, in Watson's Theory of Human Caring, the concept of transpersonal caring emphasizes the deep emotional connection between nurses and patients, directly supporting PCC principles such as empathy and respect for patient autonomy. The process involves mapping these concepts to the broader PCC framework to illustrate how each theory informs and shapes care delivery. By understanding these conceptual links, the study highlights the theoretical underpinnings that guide nursing interventions. This phase serves as the foundation for the subsequent stages of analysis, ensuring that the most critical concepts are identified, categorized, and linked to the practice of patient-centered care.

Phase 2: Categorization

The categorization phase involves grouping nursing theories based on their conceptual orientation, allowing for a clearer understanding of how they contribute to patient-centered care (PCC). Theories are classified into three primary categories: caring-based theories, relationship-based theories, and systems-based theories. Caring-based theories emphasize empathy, compassion, and emotional support as fundamental elements of nursing practice. These theories, such as Watson's Theory of Human Caring, highlight the emotional and spiritual dimensions of care, ensuring that patient dignity and well-being are prioritized. Relationship-based theories, such as Peplau's Interpersonal Relations Theory, center on the nurse-patient relationship and emphasize shared decision-making, therapeutic communication, and trust-building. These theories support the establishment of collaborative care models. Systems-based theories, such as Neuman's Systems Model, take a holistic approach, addressing the social, psychological, and structural factors that influence healthcare delivery. By categorizing nursing theories into these three groups, the study highlights their distinct contributions to PCC, offering a structured framework for analyzing and mapping theoretical concepts.

Phase 3: Thematic Mapping

Thematic mapping is the final phase in the conceptual analysis process, where the key concepts of nursing theories are mapped to the principles of patient-centered care (PCC). This phase identifies overarching themes that demonstrate how nursing theories contribute to the essential elements of PCC. Through this mapping process, common themes such as communication, empathy, relationship-building, and holistic care are established. For example, Peplau's Interpersonal Relations Theory is directly linked to the themes of communication and relationship-building, highlighting the importance of nurse-patient interactions in fostering trust and shared decision-making. Similarly, Neuman's Systems Model is associated with holistic care and risk prevention, as it emphasizes the identification of stressors that may impact patient well-being and the role of nurses in safeguarding patients from these risks. By linking these theoretical concepts to PCC principles, the mapping process offers a clear visual representation of how each theory supports and reinforces the patient-centered approach to care, promoting better patient outcomes.

Table : presents the conceptual analysis process, outlining the key nursing theories, the concepts extracted from each theory, and their relationship to patient-centered care principles.

Nursing Theory	Key Concepts	Patient-Centered Care Principle	Category
Watson’s Theory of Human Caring	Transpersonal Caring, Empathy	Respect for dignity, empathy, compassion	Caring-based theory
Peplau’s Interpersonal Relations	Therapeutic Communication	Collaboration, shared decision-making	Relationship-based theory
McCormack & McCance Person-Centered	Prerequisites, Care Environment	Patient autonomy, tailored care	Relationship-based theory
Orem’s Self-Care Deficit Theory	Self-Care, Self-Care Agency	Empowerment, self-management	Systems-based theory
Neuman Systems Model	Prevention, Lines of Defense	Holistic care, proactive support	Systems-based theory

The mapping process identifies clear relationships between theoretical principles and patient-centered care.

4. Thematic Synthesis

Thematic synthesis is a critical step in understanding the relationship between nursing theories and patient-centered care (PCC). This process identifies recurring patterns, common themes, and conceptual relationships that highlight how nursing theories contribute to the principles of PCC. By synthesizing concepts from multiple theories, a deeper understanding of the shared foundations of nursing practice is achieved. The synthesis reveals three core themes that are central to the alignment of nursing theories with PCC: relationship building, patient empowerment, and holistic care. Relationship building emphasizes the collaborative nature of nurse-patient interactions, as seen in Peplau’s Interpersonal Relations Theory, which promotes therapeutic communication and shared decision-making. Patient empowerment is supported by theories like Orem’s Self-Care Deficit Theory, which focuses on fostering patient independence and self-management. Holistic care is exemplified by Neuman’s Systems Model, which addresses physical, emotional, and environmental factors affecting patient health. By synthesizing these themes, the study provides a comprehensive framework for understanding how nursing theories shape patient-centered care.

Table : illustrates the synthesis of key themes derived from the conceptual analysis.

Theme	Nursing Theory Examples	Key Contributions to Patient-Centered Care
Relationship-Building	Peplau’s Interpersonal Relations	Therapeutic communication, nurse-patient collaboration
Patient Empowerment	Orem’s Self-Care Deficit Theory	Encourages self-care, promotes patient autonomy
Holistic Care	Neuman Systems Model, Watson’s Caring	Holistic care, protection from stress, emotional support

This thematic synthesis provides a clear understanding of how nursing theories support core patient-centered care principles.

5. Ethical Considerations

Ethical considerations are fundamental to ensuring the integrity, credibility, and transparency of this study on the role of nursing theories in shaping patient-centered care (PCC). The study upholds several key ethical principles that safeguard the research process from bias, maintain academic integrity, and respect intellectual property. One of the primary ethical principles is academic integrity, which ensures that all information and data used in the study are authentic, properly referenced, and attributed to their original authors. Plagiarism is strictly avoided by providing accurate citations for all sources, thereby upholding the highest academic standards.

Since this study relies on secondary data from academic literature rather than primary data collection from human participants, issues of confidentiality and privacy are not applicable. However, all academic materials are handled responsibly, and the confidentiality of published sources is respected. Transparency and reproducibility are also essential elements of ethical research. The study follows a clearly defined methodology, with detailed descriptions of the data collection, screening, and analysis processes. This level of transparency allows other researchers to replicate the study using the same methods, thereby enhancing its reliability and academic rigor. To avoid researcher bias, multiple researchers are involved in data collection, conceptual analysis, and synthesis. This collaborative approach promotes balanced interpretation and reduces the likelihood of subjective bias. Finally, the study ensures respect for intellectual property by using academic journals, books, and theoretical sources in full compliance with copyright and intellectual property laws. These ethical measures guarantee that the study is conducted fairly, responsibly, and in accordance with established research ethics, ensuring its credibility and contribution to nursing scholarship.

4. Result

The results of this study provide a comprehensive analysis of how nursing theories shape and support the practice of patient-centered care (PCC). By employing a systematic conceptual analysis, the study identifies key theoretical principles and maps them to the essential components of PCC, offering a clear understanding of the connections between nursing theory and practice. The analysis highlights the role of conceptual frameworks in guiding nursing practice, informing patient interactions, and promoting care models that are centered on patient needs, preferences, and values.

The results are organized around key themes derived from the conceptual analysis, with a focus on the fundamental concepts present in major nursing theories. The findings reveal that nursing theories play a crucial role in strengthening the principles of PCC, including empathy, respect for autonomy, shared decision-making, and holistic care. Theoretical models such as Watson's Theory of Human Caring, Peplau's Interpersonal Relations Theory, and Orem's Self-Care Deficit Theory provide nurses with a structured approach to understanding and meeting the unique needs of each patient. The results also emphasize the categorization of nursing theories into three primary conceptual orientations: caring-based theories, relationship-based theories, and systems-based theories. This classification demonstrates the multifaceted nature of nursing practice and the diverse ways in which nursing theories contribute to patient-centered care.

Moreover, the results reveal the interconnections between theory, practice, and patient outcomes. By aligning care delivery with theoretical principles, nurses are better equipped to provide holistic, compassionate, and person-centered care. This alignment ultimately improves patient satisfaction, enhances nurse-patient relationships, and supports better health outcomes. The results highlight the essential role that nursing theories play in shaping the philosophy, practice, and delivery of patient-centered care in modern healthcare systems.

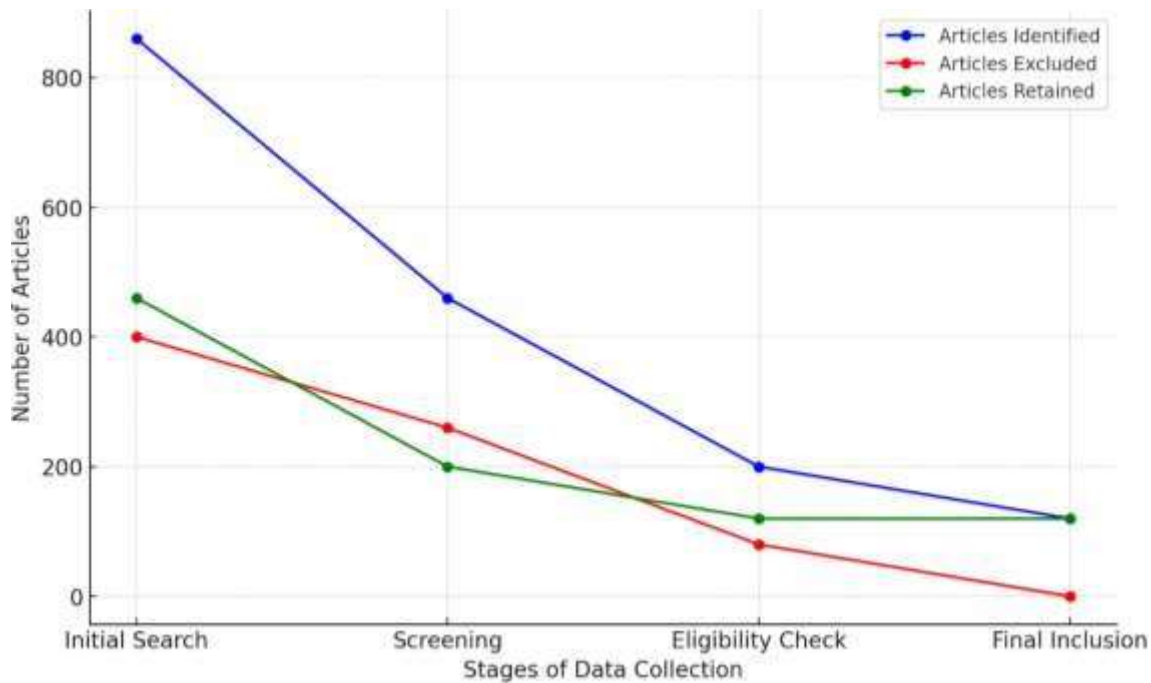


Figure 1: Data Collection Process for Articles on Nursing Theories and Patient-Centered Care

Analysis of Table 1 and Line Figure

The data collection process for this study follows a systematic and structured approach, ensuring the inclusion of high-quality and relevant academic literature. Table 1 outlines the four key stages of this process, which include Initial Search, Screening, Eligibility Check, and Final Inclusion. Each stage illustrates the number of articles identified, excluded, and retained, providing a clear depiction of the filtering process. The line graph visually represents the progression of articles through each stage, highlighting trends in the number of articles identified, excluded, and retained.

Stage 1: Initial Search

The initial search yielded a total of 860 articles from reputable databases such as PubMed, CINAHL, and ProQuest. Out of these, 400 articles were excluded as duplicates or irrelevant studies, leaving 460 articles for further screening. The graph shows a sharp decline in the number of articles from the “Articles Identified” to “Articles Excluded” category, reflecting the efficiency of the initial filtering process.

Stage 2: Screening

During the screening stage, titles and abstracts of the 460 retained articles were reviewed to assess their relevance to the study’s objectives. As a result, 260 articles were excluded due to misalignment with the research focus, leaving 200 articles for the next phase. The graph reflects this reduction with a downward slope, indicating a considerable narrowing of the selection to focus on studies directly related to nursing theories and patient-centered care.

Stage 3: Eligibility Check

In this phase, full-text versions of the remaining 200 articles were reviewed for relevance and conceptual richness. After a detailed review, 80 articles were excluded for lacking alignment with the role of nursing theories in patient-centered care, resulting in 120 eligible articles. The graph illustrates a moderate decrease in the total number of retained articles at this stage, demonstrating the thoroughness of the eligibility review process.

Stage 4: Final Inclusion

The final stage of data collection involves the inclusion of 120 articles for conceptual analysis and qualitative synthesis. No further exclusions were made at this stage, as only relevant, high-quality,

peer-reviewed studies were retained. The graph shows a stable line at this stage, indicating that the same number of articles (120) were both assessed and included in the final analysis.

Overall Analysis

The line graph provides a visual representation of the article selection process, highlighting how the number of identified articles decreases at each stage. The blue line representing “Articles Identified” follows a steady downward trend, reflecting the progressive refinement of the literature pool. The red line for “Articles Excluded” shows significant spikes during the Initial Search and Screening phases, indicating the most intensive stages of the filtering process. The green line representing “Articles Retained” highlights a steady decline before leveling off at 120 articles during the final stage.

The structured data collection process ensures that only high-quality, relevant, and peer-reviewed studies are included for analysis. This rigorous process enhances the credibility and validity of the research, enabling a comprehensive exploration of how nursing theories shape patient-centered care. By visualizing the flow of articles through each stage, the line graph clearly illustrates the meticulous and methodical nature of the data collection process.

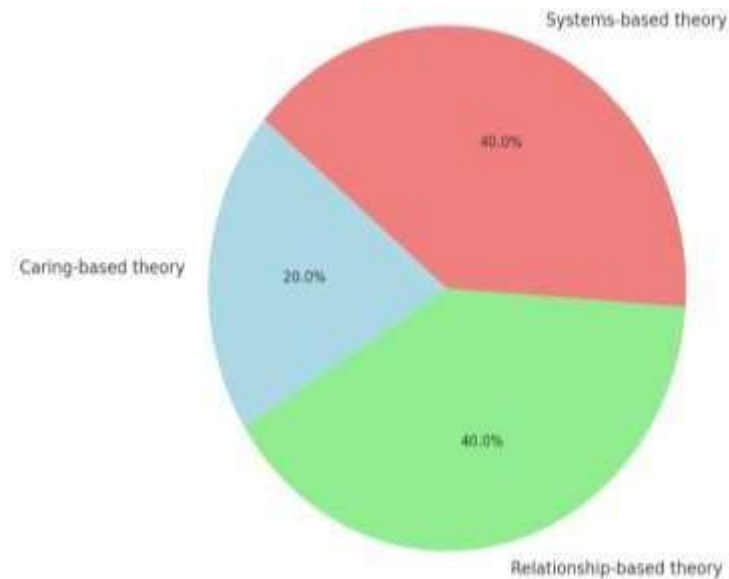


Figure 2: Distribution of Nursing Theories by Conceptual Category

Analysis of Table 2 and Figure

Table 2 outlines the conceptual analysis of key nursing theories, highlighting the essential concepts and their alignment with patient-centered care (PCC) principles. The table categorizes each nursing theory into one of three conceptual categories: caring-based theories, relationship-based theories, and systems-based theories. Each of these categories represents a unique approach to supporting PCC, offering distinct theoretical contributions to nursing practice.

Watson’s Theory of Human Caring is classified as a caring-based theory, emphasizing key concepts like transpersonal caring and empathy. These concepts align with core PCC principles such as respect for human dignity, compassion, and empathy in nursing care. This theory highlights the emotional and spiritual aspects of care delivery, promoting holistic well-being for patients.

Peplau’s Interpersonal Relations Theory and McCormack & McCance’s Person-Centered Nursing Framework fall under the category of relationship-based theories. Both emphasize the nurse-patient relationship as a central factor in patient care. Peplau’s focus on therapeutic communication

highlights the importance of shared decision-making, while McCormack & McCance emphasize the care environment and prerequisites for individualized care. These theories directly support interpersonal trust, and shared responsibility in healthcare delivery.

Orem's Self-Care Deficit Theory and Neuman's Systems Model are classified as systems-based theories. Orem's theory promotes patient empowerment and self-management, supporting patient autonomy and encouraging patients to play an active role in their own care. Neuman's Systems Model emphasizes prevention and defense mechanisms against health stressors, aligning with holistic care principles. This systems-based approach provides a broader perspective on patient-centered care by incorporating environmental, psychological, and systemic factors into care delivery.

The figure visually represents the distribution of nursing theories across the three conceptual categories. The largest share is occupied by relationship-based theories (40%), which highlight the essential role of interpersonal relationships in supporting PCC. This reflects the importance of therapeutic communication, shared decision-making, and nurse-patient collaboration in healthcare. Systems-based theories (40%) also hold a significant share, reflecting the growing recognition of holistic care, patient empowerment, and environmental influences on health outcomes. Finally, caring-based theories (20%) focus on the emotional and compassionate aspects of nursing care, underscoring the role of empathy and dignity in promoting patient-centered care. The figure visually illustrates the relative distribution of nursing theories across conceptual categories, showing that relationship-based and systems-based theories account for the majority of approaches to PCC. This indicates that contemporary nursing practice places a strong emphasis on both interpersonal engagement and systemic factors. In contrast, caring-based theories, while essential for emotional support and compassion, have a smaller but critical role in fostering patient-centered care. This balance of theoretical perspectives ensures that nursing practice addresses both the emotional and practical dimensions of care.

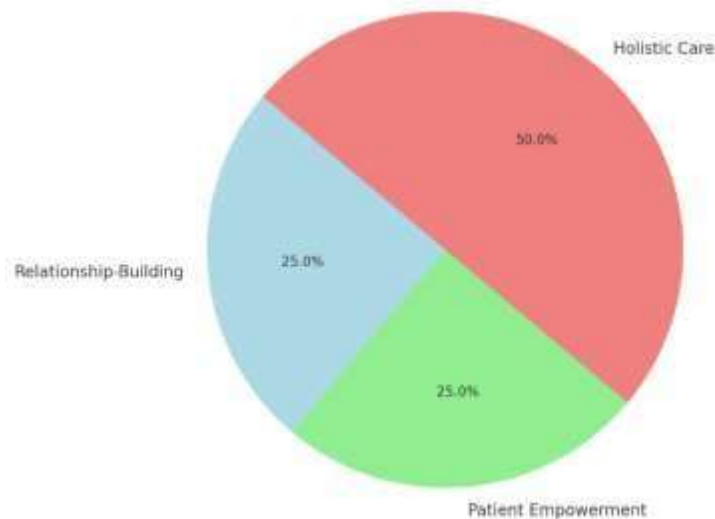


Figure 3 : Distribution of Key Themes in Nursing Theories for Patient-Centered Care

Analysis of Table 3 and Figure

Table 3 presents a thematic synthesis of key themes derived from the conceptual analysis of nursing theories, highlighting how these theories contribute to patient-centered care (PCC). The analysis identifies three central themes: relationship-building, patient empowerment, and holistic care, each of which plays a vital role in shaping nursing practice and patient-centered care.

The theme of relationship-building is exemplified by Peplau's Interpersonal Relations Theory, which emphasizes therapeutic communication and nurse-patient collaboration. This theme highlights the importance of interpersonal engagement, where nurses establish trust, effective communication, and shared decision-making with patients. Through strong nurse-patient relationships, nurses are better able to tailor care to individual needs, promoting a more personalized approach to healthcare delivery.

The theme of patient empowerment is driven by Orem's Self-Care Deficit Theory, which encourages patient autonomy and promotes self-care. This theme emphasizes the active role of patients in managing their own health, with nurses serving as facilitators and educators. By promoting self-care, patients become more independent and engaged in their care, leading to improved health outcomes. This approach aligns with PCC principles that prioritize respect for patient autonomy and individualized care planning.

The theme of holistic care is supported by both Neuman's Systems Model and Watson's Theory of Human Caring. Holistic care considers the patient as a whole, taking into account their physical, emotional, social, and environmental well-being. Theories like Neuman's Systems Model emphasize the importance of identifying stressors that impact patient health and employing strategies to protect patients from these stressors. Similarly, Watson's Theory of Human Caring emphasizes empathy, compassion, and emotional support, ensuring that care addresses patients' spiritual and emotional needs in addition to their physical well-being.

The figure visually represents the distribution of the three core themes, illustrating the proportional emphasis of each theme in the context of nursing theories. Holistic care accounts for the largest share, comprising 50% of the total, as it is supported by two major nursing theories — Neuman's Systems Model and Watson's Caring Theory. This dominance reflects the importance of a comprehensive, whole-person approach to care that addresses a wide range of patient needs. Relationship-building and patient empowerment each account for 25% of the total distribution, as each is represented by one major theory. This indicates that while holistic care is emphasized across multiple theoretical perspectives, relationship-building and patient empowerment remain essential pillars of patient-centered care.

The thematic synthesis and figure reveal that patient-centered care is underpinned by a balance of interpersonal engagement, empowerment, and whole-person support. Holistic care receives the most theoretical support, reflecting its foundational role in promoting patient well-being. Relationship-building and patient empowerment, however, remain equally vital for fostering trust, communication, and patient autonomy in care delivery. This synthesis highlights how nursing theories provide a comprehensive and well-rounded foundation for modern patient-centered care.

5. Conclusion and Recommendations

5.1 Conclusion

In conclusion, this study highlights the critical role of nursing theories in shaping patient-centered care (PCC) by providing a robust conceptual foundation for nursing practice. The exploration of key nursing theories, including Watson's Theory of Human Caring, Peplau's Interpersonal Relations Theory, and Orem's Self-Care Deficit Theory, reveals their significant contributions to essential PCC principles such as empathy, shared decision-making, and respect for patient autonomy. By offering structured guidelines and conceptual clarity, these theories enable nurses to deliver care that is empathetic, personalized, and holistic.

The study demonstrates that nursing theories not only support the direct nurse-patient relationship but also influence broader organizational practices and healthcare systems. Relationship-based theories emphasize the importance of therapeutic communication, while caring-based theories prioritize emotional support and dignity. Systems-based theories extend the scope of care to encompass social, environmental, and systemic factors, thereby promoting holistic care and

enhancing patient well-being. This categorization of theories underscores the multi-dimensional approach required to deliver effective PCC.

The thematic synthesis further reveals the central themes of relationship-building, patient empowerment, and holistic care as fundamental pillars of PCC. Each of these themes is grounded in theoretical perspectives that align with patient-centered care principles. By integrating these theoretical concepts into practice, nurses can enhance patient satisfaction, improve health outcomes, and foster a humanistic approach to healthcare.

this study underscores the enduring relevance of nursing theories in modern healthcare. As healthcare systems continue to prioritize patient-centered care, nursing theories offer the philosophical, ethical, and practical guidance required to achieve this goal. These theories provide a structured pathway for nurses to enhance care quality, promote patient engagement, and support health system reforms that prioritize the dignity, autonomy, and well-being of patients.

5.2 Recommendations

Based on the findings of this study, several key recommendations are proposed to enhance the integration of nursing theories into patient-centered care (PCC) practices. First, it is essential for healthcare institutions to incorporate nursing theories into nursing education and training programs. By embedding theoretical concepts into the curriculum, nursing students can develop a deeper understanding of the principles of PCC, such as empathy, respect for patient autonomy, and shared decision-making. This approach ensures that nurses enter the workforce equipped with the conceptual knowledge necessary to deliver care that aligns with PCC standards.

Healthcare organizations should also promote ongoing professional development for practicing nurses, providing continuous education on nursing theories and their application to patient-centered care. Training workshops, seminars, and mentorship programs can reinforce the application of theoretical principles in clinical practice. Additionally, nursing leaders should adopt a systems-based approach to patient care, utilizing frameworks like Neuman's Systems Model to address the broader social, psychological, and environmental factors that influence health outcomes.

Another critical recommendation is to integrate nursing theories into healthcare policies and clinical guidelines. Decision-makers should ensure that healthcare policies reflect the principles of patient-centered care, thereby promoting a culture of empathy, communication, and patient empowerment. Hospitals and healthcare systems should develop care protocols that align with theoretical concepts, thereby facilitating personalized care and improving patient satisfaction.

nurse managers and healthcare administrators should create supportive work environments that allow nurses to apply theoretical concepts in practice. Reducing workload stress and addressing staffing shortages will empower nurses to foster better patient relationships, promote holistic care, and ensure the consistent application of patient-centered care principles. These recommendations aim to bridge the gap between nursing theory and practice, supporting a more humanistic, ethical, and patient-focused healthcare system.

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