The Theory of Integral Nursing (TIN) is a grand theory developed by Barbara Dossey, who expanded Ken Wilber's Theory of Integral Health. A grand theory is one that focuses on broad and general areas and concepts that can be used in a variety of settings and populations. The TIN is descriptive providing definitions of concepts and suggesting a new way of looking at the world of integration. This further helps with "understanding the dimensions of how we perceive the world, coupled with Carper's theory of how we come to know what we know" (Frisch and Potter, 2015). The TIN includes five components:

- healing, at the center
- the metaparadigm of nursing which includes nurse, health, person, and environment or society, touching or healing
- six patterns of knowing (includes personal, empirics, socio-political, ethics, aesthetics, and not knowing)
- four quadrants (Interior/Individual, Exterior/Individual, Interior/Collective, and Exterior/Collective) adapted from Wilber's integral theory, and
- AQAL (all quadrants, all levels, all lines, and states, and all types). The concepts of AQAL (all quadrants, all levels) use the I, We, It, and Its which are elements of awareness.

Florence Nightingale was considered the first integralist - or "health diplomat". This person focuses on the individual and the collective, the inner and outer, and human and nonhuman concerns (Dossey, 2008). Not only was Nightingale concerned with the basic needs of humans, but she was also concerned with all aspects of the environment, including a connection with the Divine as an awareness.

This TIN has importance in holistic nursing because it is meant to address broad areas of nursing and expand our notions of who and what we are.

References