**Virginia Henderson**

> Born in Kansas City, Missouri, in 1897 and is the 5th child of a family of 8th children but spent her formative years in Virginia.

> “The Nightingale of Modern Nursing”

> “Modern-Day Mother of Nursing.”

> ”The 20th century Florence Nightingale.”

> ”little Miss 3x5“

> Received a Diploma in Nursing from the Army School of Nursing at Walter Reed Hospital, Washington, D.C. in 1921.

> Worked at the Henry Street Visiting Nurse Service for 2 years after graduation. > In 1923, she accepted a position teaching nursing at the Norfolk Protestant Hospital in Virginia, where she remained for several year.

> In 1929, Henderson determined that she needed more education and entered Teachers College at Columbia University where she earned her; Bachelor’s Degree in 1932, Master’s Degree in 1934.

> Subsequently, she joined Columbia as a member of the faculty, where she remained until 1948(Herrmann, 1998) > Since 1953, she has been a research associate at Yale University School of Nursing. > Died: March 19, 1996.

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**“Virginia Henderson’s 14 Basic Needs Theory”**
The 14 components

1. Breathe normally.
2. Eat and drink adequately.
3. Eliminate body wastes.
4. Move and maintain desirable postures.
5. Sleep and rest.
6. Select suitable clothes—dress and undress.
7. Maintain body temperature within normal range by adjusting clothing and modifying environment.
8. Keep the body clean and well groomed and protect the integument.
9. Avoid dangers in the environment and avoid injuring others.
10. Communicate with others in expressing emotions, needs, fears, or opinions.
11. Worship according to one’s faith.
12. Work in such a way that there is a sense of accomplishment.
13. Play or participate in various forms of recreation.
14. Learn, discover, or satisfy the curiosity that leads to normal development and health and use the available health facilities.

Henderson’s theory and the four major concepts

Individual:

- Have basic needs that are component of health.
- Requiring assistance to achieve health and independence or a peaceful death.
- Mind and body are inseparable and interrelated.
- Considers the biological, psychological, sociological, and spiritual components.
- The theory presents the patient as a sum of parts with biopsychosocial needs, and the patient is neither client nor consumer.

Environment:

- Settings in which an individual learns unique pattern for living.
- All external conditions and influences that affect life and development.
- Individuals in relation to families.
- Minimally discusses the impact of the community on the individual and family.
- Supports tasks of private and public agencies Society wants and expects nurses to act for individuals who are unable to function independently. In return she expects society to contribute to nursing education.
- Basic nursing care involves providing conditions under which the patient can perform the 14 activities unaided.

Health:

- Definition based on individual’s ability to function independently as outlined in the 14 components.
Nurses need to stress promotion of health and prevention and cure of disease.

Good health is a challenge. Affected by age, cultural background, physical, and intellectual capacities, and emotional balance is the individual’s ability to meet these needs independently?

Nursing

- Temporarily assisting an individual who lacks the necessary strength, will, and knowledge to satisfy 1 or more of 14 basic needs.
- Assists and supports the individual in life activities and the attainment of independence.
- Nurse serves to make patient “complete” “whole”, or “independent.”
- Henderson’s classic definition of nursing: “I say that the nurse does for others what they would do for themselves if they had the strength, the will, and the knowledge. But I go on to say that the nurse makes the patient independent of him or her as soon as possible.”
- The nurse is expected to carry out physician’s therapeutic plan. Individualized care is the result of the nurse’s creativity in planning for care.