Afaf Meleis, the dean of the University of Pennsylvania School of Nursing, presents for the first time in a single volume her original "transitions theory" that integrates middle-range theory to assist nurses in facilitating positive transitions for patients, families, and communities.

Nurses are consistently relied on to coach and support patients going through major life transitions, such as illness, recovery, pregnancy, old age, and many more.

A collection of over 50 articles published from 1975 through 2007 and five newly commissioned articles, Transitions Theory covers developmental, situational, health and illness, organizational, and therapeutic transitions. Each section includes an introduction written by Dr. Meleis in which she offers her historical and practical perspective on transitions. Many of the articles consider the transitional experiences of ethnically diverse patients, women, the elderly, and other minority populations.

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