**Strength Mentality in Health**

The new strength-based approach in nursing care will completely transform nursing care by ensuring that patients together with their families remain the center of any health care plan. The concept has been around for some time, but healthcare providers have been reluctant to facilitate its full implementation. Personally, I feel that the motivation aspect of care has been missing and the new approach will help to empower and give hope to patents and their families. Patients and their families play significant role in the overall healthcare process and should be given the first priority by healthcare providers.

I agree with Gottlieb’s reasoning that this approach is necessary because it promotes hope, self-efficacy, and empowerment. There is a need for healthcare providers to focus on strengths of patients and families to improve healthcare outcomes. The new approach is based on the premise that healthcare deficits and challenges can be minimized when nursing care considers the patient’s inner and outer strengths that can help them in dealing with their condition. Also, families can make a significant contribution to healthcare outcomes by being involved in the entire process.

The new approach is realistic for my practice for three major reasons. To begin with, the approach helps a healthcare provider have a holistic understanding of my patients, and this makes it easy to offer personalized and holistic care that is patient-centered. Second, this approach is realistic because it enables a nursing practitioner to understand healthcare issues in their right context by considering the existing circumstances and the patient’s history. Finally, the strength-based approach promotes illness prevention and overall health promotion as it encourages the patient to be more responsible for their health.

**Reference**

Gottlieb, L. (2013). *Strengths-Based Nursing Care: Health and Healing for Person and Family.* New York: Springer. ISBN:978-0-8261-9586-9.