

My Personal Philosophy of Nursing

Shayla Mitchell

Lakeview College of Nursing

February 15, 2019

My Personal Philosophy of Nursing

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest accomplishment or the smallest act of caring, all of which have the potential to turn a life around” (Buscaglia, 2001). For as long as I can remember I have had the longing desire to care for others and have jumped at every opportunity to be that healing hand. I always knew I wanted to be a nurse because I feel most fulfilled when I am serving and caring for others. My personal attitude towards nursing is focused on patient-centered care and compassion. I believe that my personal philosophy of nursing is centered around the the core values of the Air Force which are, “Integrity First, Service Before Self, and Excellence in All We Do.” As a nurse we have to put integrity first to admit our medical errors and hold ourselves accountable. Service before self is having beneficence and promoting good for others, without any self-interest. Excellence in all we do is being the best nurse that we know how to be and putting our best foot forward every day. This paper will explore the values I feel are necessary for providing patient-centered care.

Personal Philosophy

Characteristics of A Professional Nurse

The characteristics that make up a professional nurse cannot be simplified into one word or phrase. A professional nurse is not “just a nurse” nurses are caregivers, teachers, advocates, change agents, counselors, colleagues, and most important they are life-long learners (Henry, 2016). The profession of nursing is constantly evolving and advancing as technology continues to grow. There are always new ways to change the field and implement better methods of treatment. I believe that treatment of the ill is at the core of nursing while prevention of illness and promotion of health are at the surface. Although it is a nurse’s duty to treat those who are ill

or injured, it is also a nurse's duty to prevent illness as well. Education is fundamental and nurses must educate those around them. In order to do so, nurses must have an abundance of knowledge and experience to guide others towards a healthy life style. I believe that education and training are very important characteristics a professional nurse should possess. Nursing is an emerging profession because there is no standardized education path (Henry, 2016). There are several tracks one could take to earn the title BSN, RN. Constantly training and being a life-long learner ultimately brings forward better patient care.

Nursing and Patient-Centered Care

Patient-centered care is defined as, "Patient care that is respectful of, and responsive to, individual patient preferences, needs and values, and ensuring that patient values guide all clinical decisions ("The Eight Principles of Patient-Centered Care. OneView", 2018). When I think about my personal philosophy, I think it is very difficult to be a compassionate nurse if you do not include patient-centered care. To say that caring is not intertwined with nursing is like saying that oxygen has nothing to do with breathing. The two go hand in hand and nursing would not be what it is without caring, just as breathing would not be possible without oxygen. Maya Angelou said, "People will forget what you said, people will forget what you did, but people will never forget how you made them feel." The way to provide patient-centered is including the patients values into your decisions, comforting them when they are lonely, and making them feel that they are safe and protected. Patient-centered care along with education, integrity, and service before self are the qualities that I am pursuing and embody my vision of nursing. I am extremely dedicated to transitioning my mind, body, and spirit to fulfill these traits and become a proficient nurse by the year 2025.

Goals by 2025

Currently, I am in nursing school taking the time to learn all of the necessary skills to obtain my BSN, RN degree and license. While 2025 may seem far away right now, the best type of planning is realistic planning. I would like to be employed as either a Pediatric or OB nurse with 4 years of experience under my belt. One of the reasons I chose nursing is because there is always opportunity for growth and advancement and becoming a Family Nurse Practitioner has always been a dream of mine. Having my masters or working towards it would be ideal for me. Also, by 2025 I will still be a member of the United States Air Force Reserves and I would love to transition my expertise to the military as well. Commissioning as an officer and possibly being a flight nurse would be a dream come true.

Conclusion

Throughout this philosophy paper, I have explored what being a nurse means to me. I believe that nurses should always put their patient first and treat them as an individual who is vulnerable and needs assistance. The way we can do this is staying educated and up to date on our practice and being caring. As I continue to grow as a nursing student and future nurse, I will always remember, “Every day you will touch a life, or a life will touch yours!”

References

Henry.N.(2016).*Fundamentals of nursing*(9thed.) St. Louis, Mo: ATI Nursing Education

The Eight Principles of Patient-Centered Care. OneView. (2018, February 01). Retrieved February 15, 2019, from <https://www.oneviewhealthcare.com/the-eight-principles-of-patient-centered-care/>.

Buscaglia.L.(2001). Retrieved February 15, 2019, from https://www.brainyquote.com/quotes/leo_buscaglia_106299

