

Philosophy of Nursing

Jazmin Leal

Lakeview College of Nursing

“I have neither given nor receive, not will I tolerate others’ use of unauthorized aid.”

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There are some individuals that believe being a nurse is simply taking care of a person that is sick; they do not take into consideration all the factors that go on behind the scenes with the nurses. Nurses are there to help heal those that are sick, but they also make a personal connection with that client to establish a trusting foundation. The best nurses that establish the most trust with their clients are those that do not only take into consideration what medical needs that client needs, but rather what that client's beliefs, values, and morals are. Once the nurse has established a trusting relationship with the client, they can go forth on the best course of action for that specific client while giving them the highest quality of care they can to achieve the desired results – good health.

According to Barbara Carper in 'Envisioning Holistic Nursing Philosophy Using Art' by Delaney and Moore (2017), nursing is characterized in four patterns; these four patterns are: empirical, ethical, personal, and aesthetic. Once a nurse has thought about these four knowing patterns, they will be able to make the awareness, connection, compassion and foundation necessary to give the highest quality of care to all their clients. The knowing pattern Empirical is what is factually known, Ethical is taking into account their moral values, Personal is using the best therapeutic approach with consideration of the moral values, and Aesthetic is the nurse's empathy of the patient's situation. These four knowing patterns are what make up the nursing metaparadigm; the person is what dignity the client has and how it should be respected – meaning their personal values/beliefs, culture and religion, the environment is where socially the client is – are their values being taken into consideration for their health care, health is the client's overall wellbeing – the past and present, and the relationship with their environment, nursing is the therapeutic action the nurse will take to help heal the client based off their knowledge of not only the client, but also from science of care for humans.

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Becoming a nurse is not just about having a stable job with good pay. Being a nurse means much more to those who are ill and feel helpless when they meet a stranger who they are trusting to help them. I have always had a passion for helping those in need, but never knew which approach to take, until I spent the time with those affected with memory loss. The trust a client gives an individual is humbling. While one wants to help all those ill, they cannot just take the course of action they deem appropriate; everyone has different values, culture and religion being the most important. A great nurse has to take into consideration that particular client's needs, and if need be, set aside their own beliefs in the best interest of the client. A great nurse will always put the needs of their clients before their own, and want to help as many individuals as they can.

According to Loretta Ford in '*Envisioning Advanced Practice Holistic Nursing in the Future*' by Hines and McCaffrey (2016), the advocacy for communities and individuals need to come from the practice nurses that are advanced, such as Nurse Practitioners. Hines and McCaffrey (2016) also stated how holist approaches and complementary modalities are being sought after by the population in the U.S. 40% more than it used to be. These approaches are being sought after more than before because these healthcare professionals are taking the best course of action that will help the client with their overall health – body, spiritually, culturally, and soul. While the same disease or illness may be affecting more than one person, the same plan of care cannot be used for all them. Each individual has different values, beliefs and morals – so the plan of action needs to be made to specifically meet each individual to ensure their healing and growth.

A professional nurse is a person that will put the needs and wellbeing of their client before themselves. There will situations where the nurse won't agree certain values or beliefs

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their client does, but they will have look past that and not be judgmental; they have to make sure the client is comfortable and trusts the nurse so that a trusting relationship can be made. They will assess the situation the client is in, and from there will ask questions and pay attention to what the client is saying so that they can decide on the best course of action. A professional nurse will have to have an open mind, and I am confident I possess not only that characteristic, but I also value being able to take care of someone that is in need. There are many clients that do not want to go to the hospital, doctor's office, or clinic because they do not want to be scolded or told what they are doing wrong; I will be that nurse that is always welcoming and have a smile on my face so that the client will not be scared to tell me the truth. I will work with the client to ensure the best possible outcome – I want the client to trust me and collaborate with me to reach desired and realistic goals. I believe everyone should get the same quality care no matter who they are, and I will ensure I will treat each client with the same respect and dignity I would like to receive.

In the year 2025, I hope to be working at the Vanderbilt University Medical Center as a psychiatric Nurse Practitioner. I hope to have brought my knowledge and wisdom with me from previous work experience and give the highest quality care to all my clients. At the Vanderbilt Medical Center, I want to be able to build a long standing and trusting relationship with all the clients I come in contact with so that I can form a foundation to help them grow and be the healthiest they possibly can. I will take into consideration the morals and values each individual client will have and get the best possible assessment and planning done to ensure they will be able to meet the goals we will collaborate together. Many individuals with mental disorders do not feel comfortable talking about their illness or what is going on in their daily and personal lives; I hope to establish a trusting relationship to where they will always have someone in their

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corner rooting for them and helping them succeed in life without judgment. I hope to be able to impact the lives of many, and help them grow and be the best version of themselves. I know helping them with mental disorders come with patience and understanding – two qualities I possess. I have worked with clients with mental disorders; therefore, I am familiar with the struggles and complications that come from caring for those individuals. Everyone has the right to their own values, beliefs and morals, and I will continue to respect that without judgment to make sure I am the best nurse possible and make a positive impact in the lives of all my clients.

References

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