

The Professional Nursing Philosophy and Impact on Humanity

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“I have not given nor receive, nor will tolerate others use of unauthorized aid”

Abstract

This paper details the true meaning of professional nursing and how it impacts humanity as a whole and individually. It also entails my personal beliefs and values that involve: the nursing profession as a whole, why I personally chose and what influenced me to be a nurse, the four components of nursing, and where I see myself in 5/6 years all while respecting and being able to provide excellent patient centered care. It expresses my current knowledge on nursing before even completing my first semester of nursing school. Overall, this paper describes the nursing philosophy of my personal thoughts.

The Professional Nursing Philosophy and Impact on Humanity

Professional nursing is continuous care that focuses on each individual patient, a nurse is caring for. Care that is personalized for each patient based on their needs, beliefs, and wants. To go into more detail, this could be providing the patient with care based on their religion and culture, we must provide care while respecting that not everyone shares the same views. What may be medically correct and/or the smartest thing to treat and cure a patient, may go against one's views and culture. Medically we have to respect that and still provide the correct care. It can also be a patient's environment while being in your care like interactions with visitors and doctors as well.

When it comes to my nursing philosophy and my main reasons for wanting to become a nurse it mainly focuses behind two reasons. The first and main reason I want to become a nurse is due to the fact that my mom was diagnosed with breast cancer in 2013 when she was 37 years old and I was 15 years old and this made such a huge impact in my family's life and my personal life as well. At 15 years old, I quickly learned a lot about breast cancer specifically about my mother's malignant tumor on her left breast and it forced me to grow up really quick. There was no history that we knew of anyone in our family having a history of breast cancer. We soon learned that the reason my mom had developed breast cancer at such a young age was due to the fact that she has the BRCA1 gene. According to Strumidło et al., (2017), "BRCA genes encode proteins responsible for doublestranded DNA break repair processes associated with replication. They are involved in the process of recognizing and orchestrating the removal of double strand breaks (DSBs) by homologous recombination (HR). If both copies of either BRCA1 or BRCA2 are mutated, HR fails to be initiated, resulting in genomic instability and consequently tumour initiation" (p.1). My mother went through 12 rounds of chemotherapy with her first diagnosis

and then received a double mastectomy and hysterectomy. My mom was in remission for a year but soon after that year she was diagnosed for a second time with the same breast cancer that spread in her lymph nodes, with her second diagnosis she had to undergo 7 rounds of radiation. I have two younger brothers and with me being the oldest and my mother being sick, I had to step up and become a mom to my brothers. This was due to the fact that my mom at the time was too sick and weak to do it all on her own. I had to take them to school, cook dinner, clean the house, do my homework, and babysit them. Seeing my mom go through chemotherapy, seeing her hair fall out, her skin discolor, being so weak she could barely wash herself up, and many more effects of cancer treatment broke me down in a way I could never explain. As of today, my mom has been 7 years cancer free. Recently, last summer I had some genetic testing done to see if I carried the same BRCA1 gene that my mom does. After we waited about a week for our results, it turned out that I, as well do carry the BRCA1 gene. It was very shocking because I didn't believe it at first and it's something that is life changing; now I have to go to the hospital every 6 months and get screenings done. Eventually, I will need to get the same procedures done that my mom had done if I want to decrease the percent of myself developing breast cancer and being at risk for ovarian cancer. With all of this background information being explained, if it wasn't for all of the nurses and doctors who helped my mom through her sickness, she wouldn't be here today. I will forever be grateful after seeing how her nurses impacted her life and mine as well. I want to be that nurse for someone else who is going through the same situation. I want my patients to know that when I go to work, I will do everything in my power to heal and help them. This is the main reason I have such a strong passion for oncology nursing. Another reason why I want to be a nurse is because since I was young, I loved helping people all the time and people often tell me that I am very nurturing. Nursing is something that I've always felt in my heart was

something I wanted to do, I inspire to change and impact people's lives in such a huge way. I even took a CNA course while still in high school to get a feel for it. After my course and clinical, I knew that it was something I had to continue to do because I enjoyed working with clients so much.

I believe that being a nurse takes strength, patience, great communication skills, empathy, compassion, competence, and responsibility. To be a nurse, I believe that a person must have strength because of the things that nurses see, hear, touch, and smell. Not only physically but mentally as well, seeing people undergo the illness' and incidents they go through, a nurse has to be strong enough to leave work at work and have enough strength to keep a poker face in times that things may not be going too well for a patient. I also believe that a nurse needs to have patience due to the fact that they will have tons of different patients and it helps accept people as they are. When a client knows you are patient with them it makes them feels more comfortable with you caring for them. When caring for your client I believe that it is important to show empathy and communication skills because they go hand and hand. Showing empathy can create better communication skills between the patient and nurse. It will encourage the patient to cooperate better with their health, it can also lead to a great nurse to patient relationship. According to Greeno et al., (2018) "Empathy has positively impacted quality of care by lessening patient anxiety, increasing trust and adherence to treatment and improving clinical outcomes. Positive effects of empathy include the development of better therapeutic relationships with clients and increased client satisfaction" (p.174). I think having great communication skills is vital because as a nurse, you need to be able to communicate correctly to provide your patients with the best care, environment, and health. Also as a nurse you will be working with plenty of other nurses who have different shifts and need you to correctly and precisely give them all the

information on the patient they will be taking over. To be a nurse I believe it also takes passion, competence, and lastly responsibility. In order for a nurse to be able to provide the correct care to a patient, nursing has to be their passion. There will never be any quality care if the nurse's passion isn't helping and caring for people in need. I believe competence is important to have when being a nurse because it ensures that you will get your tasks done successfully and efficiently.

The nursing profession as a whole I think is a great profession to go into, I would encourage people to do it not only because saving people's lives is rewarding but also because it comes with a lot of great benefits. Some of these benefits are that you will always be able to find a job because nurses are always needed, flexibility, high salaries, traveling options, insurance, tuition reimbursement, and many more. Nursing is a profession that brings comfort and relief to individuals and their families.

In 2025, I plan to have been working as a nurse for four years already. I plan to be married with a family of my own in my own house. Being that I will have been working as a nurse for four years, I would say that it is a good amount of years to have under my belt as a nurse. I will probably have a good idea of which department of nursing, I enjoy the most. As of right now, I want to be in Oncology nursing or the NICU but once I get a feel for it, I will definitely know. I don't know if it will change after going through nursing school and working for some years. This would be the perfect opportunity to go back to school to become a nurse practitioner, if that's what I decide to do at the time. Overall, I see myself as successful and financially stable, doing what I love and enjoy to do every day.

References

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