Nursing Philosophy APA Paper

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8/27/19

"I have neither given nor received, nor will I tolerate others' use of unauthorized aid."

Introduction

Philosophy is the beliefs, ideas, and attitudes of a person or group of people. To create a philosophy, an individual must contemplate why they feel or think a certain way about something. A person's philosophy is unique to their own experiences and thoughts and can evolve over time. Each nurse has their own philosophy about the field of nursing. This paper will outline my philosophy on nursing including why I want to be a nurse, nursing as it relates to person, environment, health, and nursing, and the profession of nursing itself.

The Profession of Nursing

The field of nursing is constantly evolving. With the never-ending advancement of science, the field of medicine can change quickly. A nurse's job is to care for and protect their patients. This includes helping to assess, diagnose, and manage a patient's healthcare needs, as well as implementing the necessary interventions to help prevent disease. It is also the nurse's job to advocate for their patients and their needs. At times nurses will need to be a voice for their patients to help them through their healthcare journey. As stated by Miya (2015) "despite all the criticism, nurses continue to be the eyes of the blind and the voice for unconscious patients" (p. 34). Each patients care will need to be tailored specifically to them and what is going on with their health. This takes both critical thinking and adaptability. A nurse must have a caring nature and a love for people. Nurses need to be leaders, but also should have the ability to work well as a team. Lastly, nurses need to be educators, teaching their patients and those around them how to manage their health and promote wellness.

The Nursing Metaparadigm

The nursing metaparadigm is a framework that shows the relationship between person, environment, health, and nursing. The area of person is focused on the individual who is receiving the care. This can include family members, communities, and other various groups. Environment encompasses the areas surrounding the patient, including internal and external conditions. The environment that a patient is in goes hand in hand with affecting their health. The area of health is related to the amount of wellness that a patient is experiencing. An individual's health goes much deeper than just the absence of disease. Finally, the nursing component involves caring for the patient by delivering the best healthcare available, in an optimal environment. Even though the four categories have different descriptions, they are all connected in providing holistic care to the patient. A good nurse can use the nursing metaparadigm to give the best care to the patient (X, 2008).

Why Do I Want to Become a Nurse?

Every time I am asked why I want to be a nurse; I think back to when I was a child. I have been drawn to the healthcare field for as long as I can remember and at a very young age, I made it my goal to become a physician's assistant. Fast forward a few years (and a few less than ideal science classes) and I had completely talked myself out of anything healthcare related. I settled on majoring in special education, completed my bachelor's degree, and got a job teaching junior high and high school. I knew early on in my teaching career that it wasn't something I was in love with. I like aspects of it, but it wasn't something that I wanted to do for the rest of my life. Five years into teaching, I made the decision to quit my job. Originally, I had planned to be a stay-at-home mom, but in the back of my mind knew I wanted to pursue the healthcare field

again. Realistically, I knew that becoming a physician's assistant wasn't going to happen, so I started pursuing other jobs within that field and realized that nursing was exactly what I wanted to do.

Nursing takes all the things that I loved about teaching and incorporates them into a field that I have always been interested in. I loved interacting with the students and helping them to succeed. I have a passion for caring for people and I am very goal oriented. Every day was different and adapting on the fly was something I became quickly familiar with. All these things make a great teacher; however, they also make a great nurse as well. Another thing that I love about nursing is that I can continue to teach and educate people as well. I am thankful for my time teaching because it gave me countless opportunities and I got to meet some amazing people through the process, but I am very ready to start this next phase and learn to become the best nurse that I can be.

Conclusion

A nurse's philosophy is closely related to how they care for their patients. Without a philosophy there would be no basis for how to do the job. A philosophy should be always changing and adapting as well. As we grow in our career and have different experiences, so should our philosophies. After I graduate from nursing school, I aim to take the skills that I learned and apply them in a hospital setting. I am not set on a specialty yet but hope to narrow

that down while in school. I am also hoping to further my studies and get my masters, and maybe even my doctorate. I personally can't wait to see how my philosophy has evolved over time.

References

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