Nursing Philosophy

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Nursing is a multifaceted profession that requires nurses to function in several roles. Being a successful nurse means acting as a chameleons to meet patients wants and needs, this is accomplished by being benevolent, autonomous, and adaptable.

Benevolent nurses create an environment that promotes healing through genuine care for the well-being of the clients.This is done by actively listen to the patient, checking in on the patient's mental and emotional health, and being sincere in your actions. As explained in *The importance of professional values in nursing students' perspective,* "values can be taught, modified and promoted directly or indirectly through education" (Poorchangizi, Borhani, Abbaszadeh, Mirzaee, & Farokhzadian, 2019). The environment in which you train and learn shapes future actions, so developing a benevolent, caring approach early on encourages a positive work-place culture.

An autonomous nurse has the confidence to make decisions that honor the patient's values and beliefs. Autonomy and ethics coexist in every aspect of the healthcare system keeping the patient's best interest in mind at all times. The number one rule in medicine is due no harm, which can require you to set your pride aside and ask for help. As stated by Sherman and Cohn (2019) in their article, "Professional accountability is an internally driven mind set. It's a commitment that you make to yourself and your career when you become a nurse to advance, grow, improve, and adapt to your work." Nurses strive to be accountable advocates for the quality of care being provided by all members of the healthcare team. This accountable allows clients and families peace of mind that they are receiving the best care. The nurse patient

relationship is extremely important and should be fostered; patients that do not trust their care team may not provide all the vital information to help them heal.

As ever-changing profession, nursing continually evolves constantly creating opportunities to learn and better yourself as a nurse. This presents the need for a nurse to be adaptable and strive to implement changes, without this medicine, technology, and patient care would suffer. Change is a positive occurrence, which must be welcomed, and it brings about new information or technology to better serve patients. One must be flexible and ready to constantly absorb new information to enhance the work environment.

I have always felt that my compassion for helping others was my greatest strength, and as a professional nurse, my goal is to have a positive impact on someone's life everyday regardless if it is small or large. To help achieve this goal, I want to be the client's biggest advocate and provide patient centered care giving someone a voice when they cannot or will not speak up for what they want or need. I have experienced this first-hand with a close family friend that could not communicate all his thoughts due to a debilitating illness, and this motivates me to be the voice that the patients when needed. I hope by 2025 to be advancing my nursing education in a CRNA or Nurse Practitioner position. I also have an interest in travel nursing whether it is in the United States or other countries. I want to provide the best care possible for every client I entail especially those who may not have healthcare readily available to them.

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

References

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