

**Nursing Philosophy**

Claire Zumbahlen

Lakeview College of Nursing

N314: Introduction to Professional Nursing

Brittany Lawson, MSN, RN, CMAC

December 1, 2020

### **Nursing Philosophy**

There are four components in the nursing metaparadigm, including human beings, environment, health, and nursing. The four parts look at different philosophical world views (Hood, 2018). The various theorists have other ways to look at the major concepts of the nursing metaparadigm. The nursing metaparadigm components are essential in providing the best care possible, learning, and providing excellent, compassionate care as a nurse.

Human beings' component is an open system that interacts within the environment (Hood, 2018). In the nursing metaparadigm humans should be viewed as a person that is respected, nurtured, and understood (Department of Nursing, 2014). Humans have the right to understand all of their health choices and make the right choice after being informed of their options (Department of Nursing, 2014). The environment component looks at both internal and external environments to grow, develop, and perform daily activities (Department of Nursing, 2014). The environment shows how all the facts affect the client system. The environment looks at everyday life for many different places, times, spaces, and quality (Department of Nursing, 2014). Health includes a dynamic life experience of human beings. It shows the clients and how they continue health through wellness and illness. Health shows how the client is cared for across socially, aesthetically, and morally aspects of their life (Department of Nursing, 2014). This shows how clients will approach different things, such as loss, coping, and stress. Nursing is the process of human interactions. Nursing is known today as an academic and professional practice (Department of Nursing, 2014). It is how nurses care for their clients' values, including human freedom, choice, and responsibility (Department of Nursing, 2014). When caring for individuals, families, and communities, nurses use their critical thinking skills and best judgment to provide the best care possible.

Another part of nursing that is not included in the nursing metaparadigm that, after research and learning that I find very important is education. Not only the education the nurses receive to earn a

degree and pass their state boards, but their continued education to provide the best quality care possible. With ongoing education, nurses can focalize their practices and learn what would benefit them the best in providing the best care possible. Providing the best care possible not only includes safe and reliable care, but I feel as if it includes compassionate and caring care for their clients. Continuing my education will help me provide the best proper care for my clients, and while providing that care, I hope that my patients also receive loving, compassionate care. In 2025 which is just five short years from now, I hope I have three years of providing the best care possible for my patients. I also wish I am continuing my education not only with just learning for my continuing education, but going on to receive my master's.

The nursing metaparadigm components are essential in providing the best care possible, learning, and providing excellent, compassionate care as a nurse. Nursing is known to be the most trusted profession year after year. I hope to continue to provide care that my patients trust and trust me as a nurse and provide compassionate care. The importance of offering trusted care also includes me continuing to learn and grow every day as a nurse.

### References

Department of Nursing. (2014, May 13). Nursing. Retrieved November 21, 2020, from

<https://nursing.tcnj.edu/about/meta-concepts/>

Hood, L. J. (2018). *Leddy & pepper's professional nursing* (9th ed.). Wolters Kluwer.