

Personal Nursing Philosophy

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

My signature also verifies I will follow all student rules as established in the student handbook/college catalog.

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The nursing profession can mean something different to everyone. Over the past one hundred and even past fifty years, the profession has grown immensely, continuing to evolve. Nursing as a profession has been faced with wars and pandemics, worked under changes in public views and even dealt with interprofessional problems such as unions, strikes, and fair staffing ratios and wages. From this evolution in nursing comes the nursing metaparadigm.

A paradigm in general can be described as a “recognizable pattern or model that provides a foundation for a particular discipline used as an overarching framework to describe key organizing concepts related to the field (Hood, 2018, p. 132). The nursing metaparadigm addresses four key factors that the theories of nursing incorporate.

These four key factors are person, environment, health and nursing. The personal aspect refers to those that are receiving care from the nursing staff, such as the patient or family members. The environment can incorporate both the physical environment, such as the hospital or clinic, and the social environment, such as the interactions with the staff members. Health can be viewed from a perspective of either a process or a state of being, as in healthy or unhealthy. The nursing factor encompasses the goals, roles and tasks of the nursing staff personnel. Having observed and worked with nurses, each of these elements can be seen, either in ways one would want to have a nursing interaction or how interactions could be improved and altered.

From my personal experiences and interactions with those in the nursing field, there are several key personality traits and characteristics I feel nurses should possess and display. Honesty and trustworthiness are the first to come to mind. As stated in the Gallup's annual Most Honest and Ethical Professions Poll, for the eighteenth year in a row, nursing has been voted as the most trustworthy profession. From the poll's data, 85% of Americans rated the honesty and

ethical standards of nurses and the profession as “very high” or “high” (McClendon & Proctor, 2020). Empathy and compassion must go side by side with honesty. Honest answers and information must be given to patients and their families, but delivered with tact and grace, especially when unfortunate or life changing news is stated. Respect for all persons is another important element. Whether a patient is of a different gender, race, age range or even from an interesting cohort, such as a prisoner, all should be treated to the best of the nurse’s ability with competent, timely care.

As a nurse myself, I want to display and actively use all of these characteristics. I was raised that I was not to view others as beneath me or that certain aspects of a person’s life made them less of a person, such as economic status. I also want to display patience, as sometimes that can be challenging and something I do not excel in. Working with the elderly in cardiac rehab challenged me to work on my patience, adapting to those with limitations in mental and physical capacities. Having the chance to work in an emergency room gave me a chance to learn to work quickly and adapt on the fly.” I like to be busy and active, so this is definitely the environment I hope to pursue working in.

Hopefully in 2025, I will be working as an emergency department nurse, with one to two specialty certifications. I plan to have obtained enough knowledge to participate in international travel nursing, attempting to work with a team to bring needed healthcare to areas with limited access to care or resources. As I grow from a nursing student to a new graduate nurse, eventually progressing through the stages of becoming a nurse as listed by Dr. Patricia Benner: novice, advanced beginner, competent, proficient and expert (Petiprin, 2020). Undoubtedly, my nursing philosophy will grow and expand to incorporate more experience, new situations and greater responsibility.

References

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