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Personal Philosophy of Nursing

N314: Introduction to Professional Nursing

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Personal Philosophy of Nursing

There are many nursing theories that serve as concepts or frameworks on how nurses should perform their daily duties and treat their patients. However, it is a nurse's personal philosophy of nursing which can help a nurse get through the hard days, and avoid a burnout, by remembering one's own personal beliefs and values. In order to mold your own personal nursing philosophy, it is important to remember the key concepts of the nursing metaparadigm which are the fundamental building blocks of the nursing profession, to answer the question of what you believe a professional nurse should look like, and to examine your own personal beliefs and values and apply them to your own everyday nursing philosophy. The nursing profession benefits from personal philosophies because they articulate visions for nursing as a scientific discipline, and highlight concern for the good of humankind, while also developing belief systems that reflect the nurses own ethics, and the meaning of nursing to individual nurses (Hood, 2018, p. 69).

To apply the nursing metaparadigm concepts to your own philosophy you must first understand the relationships between humans, environment, health, and nursing. These ideas help to build the foundation of a personal nursing philosophy. The human aspect of the metaparadigm has to do with the patient and their families, who need to receive respect and caring from their nurse. Theories such as the human caring theory by Jean Watson view the human as greater than and different than the sum of his or her parts, and encourages patient healing from within, and gives both the nurse and patient a mutually beneficial experience. Environment tackles the relationship between the patient and their surroundings. Environment is the internal and external surroundings of a patient and how they affect a patient, some examples being the patient's family, the hospital conditions, and any situations going on around the patient such as abusive at home, which can affect their healing both mentally and physically. Florence Nightingale was a huge advocate for the idea that putting a patient in the best environment possible leads to natural and reparative healing and the greatest patient outcomes (NCBI, 2012). The

health feature of the nursing metaparadigm has to do with a patient's condition and their level of wellness. Wellness is the physical and mental outcomes of a patient, and whether they are just surviving or thriving. Nursing is probably the hardest aspect of the nursing metaparadigm to understand because everyone defines it differently. Generally nursing is providing care on behalf of a patient and has to do with the nurse's approach and characteristics. When developing a personal nursing philosophy these four metaparadigm components encompass the question of what it is to be a professional nurse.

Everyone has a different view on what a professional nurse looks like. It is my belief that a professional nurse should have a strong set of values to facilitate decision making in ethical situations. They should hold principles like justice, compassion, veracity, and due diligence to ensure fair and honest treatment of their patients. They should not hold any biases on race or religion when it comes to the care of their patients. Professional nurses should be cultured and accommodating of their patient's different needs. Care should be individualized and not look like a factory conveyor belt with all patients being treated the same. Patients thrive when their nurse learns how to treat them best for their different personalities. Whether your patient prefers a softer approach and needs encouragement or compassion, or if they prefer hard love and realness the nurse should pick up on the needs of the patient they are caring for.

Although I have just started on my nursing career journey, I have already picked up a few beliefs and values I wish to hold onto throughout my entire career. I believe as nurses we should be caring for more than just a patient's body, but also their mind and spirit. Having a holistic approach and compassion for a patient's circumstances is mutually beneficial for both the patient and me. It feels good to do good, and patients heal better when they feel listened too and are shown compassion. Before a surgery I want my patients to be relaxed and well informed, even if that means spending time sitting at the bedside going over any patient fears. I would like to be the nurse that chooses to spend time with my patients when I am not busy doing other things. Especially in trying times with COVID not

allowing visitors, I would also like to give my patients emotional support and an ear to vent to. As a children growing up we hear the common fraises like put yourself in another's shoes, or treat others how you wish to be treated, and I think these simple ideas translate well into my personal nursing philosophy. I have always valued hard work and I hope to translate this into my future nursing career. I want to be the professional nurse who charts right away, and double checks orders from the provider to ensure the safest care for my patients. Most importantly I want to be a good advocate for my client, and respect their wishes, needs, and values (Hood, 2018, p. 79). All in all, I want my patients to feel heard, their environment to be clean and safe, and for them to fully understand their illness.

Personal nursing philosophies should change throughout your career, and I am hopeful that in five years I will have a career as a nurse somewhere in a hospital and add to my personal nursing philosophy. Although I plan to keep most of my personal nursing philosophy for life, I am sure bits and pieces of it will change overtime when I learn more. I think I will love what I do, and I might even go back to school later to improve on my professional identity. In order to form my personal philosophy, it was important to use the nursing metaparadigm framework, answer the question of what I believe a professional nurse looks like, and examine my own personal values and beliefs. As I progress as a nurse I plan to reflect on my ethics, values, and the meaning of being a professional nurse to me.

References

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Lakeview College of Nursing
N314 Introduction of Professional Practice
Fall Semester 2020
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My signature below verifies that I have read and understand the rules identified on the previous pages for N314 Introduction of Professional Practice class.

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***On each major paper students will write:* "I have neither given nor receive, nor will I tolerate others' use of unauthorized aid".**

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Ashley Matusiak

Name 12/1/2020

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