Nursing Philosophy: Nursing Metaparadigm

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“I have neither given nor receive, nor will I tolerate others’ use of unauthorized aid”.

Metaparadigm is defined as a "recognizable pattern or model that provides a foundation for a particular discipline used as an overarching framework to describe key concepts related to the field" (Hood, p.132). The metaparadigm of nursing is composed of human beings, health, environment, and nursing. These components are vital areas when focusing on the care of a patient.

The first part of the nursing metaparadigm is human beings, which are the recipients of nursing care; this also includes family and others close to the patient. When caring for a patient, a nurse should consider their social, spiritual, and emotional needs. Nurses should teach their patients how to manage their health well and have a say in their treatment to express their feelings and concerns. Watson's theory of human beings believes that humans are "unified by mind, body, soul, and environment with souls" (Hood, p.148).

The second component is health, which is a process or state. According to Nikfarid, she states that health includes "self-healing, harmony of mind, body, and soul, and conciseness-transcendence" (Nikfarid). Many theorists have different views/ perspectives of the nursing metaparadigm. In Watson's theory, she believes that health is the process of healing, that it is the unity and harmony within the mind, body, and soul, which is how she views human beings. When you compare this to Parse's theory, you see that she believes health is "continuously changing the process of becoming" (Hood, p. 148, 153).

The third component is the environment, which is physical or social. This relates to the patient's surrounding and anything that is impacting the patient's health. When a patient is admitted, it is the nurse's responsibility to provide them with a comfortable environment when providing care. In King's theory, she believes the environment is "within which human beings grow, develop, and perform daily activities" (Hood, p.139). Looking at Neuman's theory, she

believes the environment is all "internal and external factors of influences surrounding the client system" (Hood, p.141).

The final component of the nursing metaparadigm is nursing, which are goals, roles, and functions. Nursing is skills learned from school and working, practice, theory, and responsibilities related to providing care. In Roy's model, she believes that nursing is the "manipulation of stimuli to foster successful adaption in physiologic needs, self-concept, role function, or interdependent relations" (Hood, p. 144). Compared to Orem's, she believes that nursing is "an art by which practitioners provide specialized assistance to persons with disabilities…" (Hood, p.146).

A professional nurse is defined as ensuring accurate diagnosis by using their objective data with subjective experience of a patient's needs to guarantee the best care (ANA). Being a professional nurse is to put your patients above all else by providing the best care and showing respect to your patient. I believe that nursing should be focused on the care of individuals and their families to achieve and maintain an ideal level of health, excellent quality of life, and comfort. A professional nurse has the knowledge to learn and care for a patient, always being up to date with practice changes and allowing the patient to trust you. Not only does professional nursing apply to the patient, but it also applies to your colleagues and every member in the hospital. Abiding by rules, being respectful, and listening.

Personal values and beliefs are necessary to have as a nurse since they can help determine how a patient reacts. In Hoods Leddy and Pepper's book, the definitions of ethical principles are a great resource when looking at personal beliefs and values. I believe all patients should be treated equally. Given the same amount of attention as everyone else, a patient should not be given better care because they have better insurance, or their father owns the hospital. Patients

are in the hospital because they are sick and should be equally cared for. As a nurse, you should be respectful of all patients no matter their race/ ethnicity or their religious beliefs. As a Christian, I am called to serve everyone and accept everyone, this also means even for those that do not believe the same as me.

By the year 2025, I hope to be working as a pediatric or ER nurse at a hospital in the South Suburbs of Chicago. By this time, I will have been working as a nurse for about three years, which is enough experience for me to sign with a travel nurse agency. When I sign the contract, I will be happy wherever they place, but I would prefer to be placed somewhere down South. I also hope to be in a master's program to become a nurse practitioner, I would only like to take about one to two classes, so I am not too overwhelmed with work.

The nursing metaparadigm is a great guide when a nurse tries to provide the best care for a patient. Combining your philosophy to the nursing metaparadigm helps the nurse make a care plan that suits the patient's current circumstances.

References

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Nikfarid, L., (2018). The main nursing metaparadigm concepts in human caring theory and Persian mysticism: a comparative study. *NBCI*. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6150916/

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