

Personal Nursing Philosophy

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N314: Introduction to Professional Nursing

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December 2, 2020

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“A concept known as ‘Metaparadigm of Nursing’ is quite essential to understand for every nursing professional” (Registered Nurse, 2019, para 1). The four components of the Metaparadigm of Nursing include person, environment, health, and nursing. My personal beliefs of what a nurse is that they are caring and will do everything in their power to help their patient even if one is faced with things that will make an impact on one's nursing practice.

Person

Person is viewing the patient as a whole but not only the patient but their friends and families directly connected to the patient. A Nurse should provide their patients with the best care and put in the best effort possible to help the patient become better. Also, a nurse should consider the people who will be around the patient if they are not at the hospital. Will they have support outside of the hospital to help them? If not, maybe you can provide other things, for example, if a patient is a high fall risk and they live alone the nurse can suggest taking the rugs out of the home to reduce the risk of falling. I view this component as the most important because I personally believe a nurse should put in the best effort to benefit the patients' health whether they are currently in the hospital or not. Even outside of school and work I am a very caring person and I want everyone to have the support they need to remain healthy.

Environment

“Every other factor, whether internal, social or external that affects the recovery or health issues of the patient comes under this component of the metaparadigm of nursing” (Registered Nurse, 2019, para 3). For some patients, the environment is the biggest factor that influences the patients' health. If a patient is released from your care and is not able to afford the medication then their health will decline. As a nurse you should keep this in mind and by the end of their visit a nurse should know about the

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patient's environment more. If you know that a patient's environment is not beneficial to the patients' health the nurse should figure out some alternate ways to help, for example if a patient can't pay for their medication after their visit a nurse could provide apps for the patients that have coupons for certain medications to lower the cost.

Health

Health is simply referring to the health of the patients and knowing what a patient can handle. All patients are different and nurses should know how to adjust and care for them depending on their health and ability. You may have one patient that will need to walk a mile every day to benefit their health and on the other hand you may have another patient with the same characteristics (age, race, gender) and walking a mile can be non-beneficial to their health based on their condition. As a nurse it is your responsibility to figure out which patient needs at that time. A good way to keep a hold of what each patient needs is to document in their chart as you do the task. For example if the 1st shift nurse administers your patients their medication in the morning and it's not in their chart that can put the patients' health at risk. It will put them at risk because the 2nd shift nurse could administer the medication as well thinking the patient hasn't had it and potentially harm the patient. Nurse's care for humans and everything that they do is potentially a life or death situation and nurses should always be responsible and understand what your patient needs. I also think this is another important thing a nurse should remember while providing care.

Nursing

"The nursing component applies principles of knowledge, skills, technology, collaborations, professional judgement and communication to carry out duties and responsibilities for achieving the best possible scenario in patient health outcomes" (Dupree, 2018, para 5). When I did my research on this component to me the nursing component is mostly about how capable the nurse is to help their patient with overall health. Most hospitals now prefer nurses to have a BSN as opposed to ASN.

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“Healthcare facilities favor BSN-prepared nurses because of their ability to navigate the complexities of our current healthcare environment and their proven ability to improve patient outcomes and increase patient safety” (University of West Florida, 2017, para 1). Always keep in mind that this doesn't mean that the BSN nurses are necessarily “smarter” than the other nurse with a bachelor's degree but some patients may think so which can cause a conflict when caring for a patient.

I believe a nurse should keep all of these components in mind while providing care to patients. A professional nurse is very proficient in all components but should become even more proficient in the person and health component. Nurses who care for patients should give their patients the best possible care they can provide and to provide ways to keep them healthy when they leave the hospital. Knowing how the patient feels physically and mentally before discharging them will play a role in their road to recovery. Also, with this component you have to remember cultural differences. Having cultural differences will impact the nursing practice. Even though I believe nurses should provide the best care it can be hard when you have a patient whose culture is different. For example, if a person needs to be given blood to make them better but they are a Jehovah's Witness that can affect the care of the patient but as a nurse one should find alternatives to help their patient become back healthy and stay healthy. When I become a nurse, I hope to show what a professional nurse is.

In 2025 I would like to work in a hospital as RN in obstetrics and gynecology while finishing up grad school to receive my masters. I hope I can be a constant reminder to people that they are confident in someone to care for them and want them to have a fulfilled healthy life. Some of my friends have told me about some bad experiences when they were taken care of by a nurse but I want to be the complete opposite. I will be very passionate and put the patients' needs before my own personal opinion when applicable. Many times patients come into the hospital and they feel that their concerns are being pushed to the side; I would always be understanding and taking their concerns seriously.

References

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