

Nursing Philosophy: Philosophy and Professional Nursing

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I have neither given nor receive, nor will I tolerate others' use of unauthorized aid

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The nursing field is a constantly changing world; policies, nursing guidelines, drug information, and care procedures are amongst the many things that are forever changing in the hopes of improving client care for nursing. In addition, nurses go into the field with different values and beliefs which may affect the techniques and approach they take to provide their clients. The ongoing changes in the nursing field and differences in nursing care can make it easy for one to question what it means to be a professional and good nurse. This was perhaps what crossed the mind of Margaret Hardy when she introduced the idea of the nursing metaparadigm (Hood, 2018, p. 133). The nursing metaparadigm is described as a recognizable pattern or model that provides a foundation or structure to a discipline (Hood, 2018, p. 132). The reliable pattern found in a metaparadigm is used as a framework that helps organize concepts pertinent to a specific field (Hood, 2018, p. 132).

The recognizable pattern that characterizes the nursing metaparadigm is found in the four key concepts that make up the framework: human beings (recipients of nursing care, environment (physical, social), health (process or state), nursing (goals, roles, functions) (Hood, 2018, p. 132). The key concept of human being is focused on the aspect of the person that is receiving the care from the nurse (Wayne, 2020). The concept of environment is focused on the type of healing that can be found in the client's surroundings. This may also include any positive or negative conditions such as friends, families, and significant others (Wayne, 2020). Health is focused on the process by which a person goes through to attain his or her health or the current state that he or she is in (Wayne, 2020). The last concept of nursing focuses on the type of interventions and care that is provided to the client by the nurse (Wayne, 2020). These are the key concepts that characterize the nursing metaparadigm. There are many nursing theories and

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models out there that vary and go different paths; however, many of them share components from the key concepts of the nursing metaparadigm (Hood, 2018, pg. 132).

Going into the nursing field, I believe that the field is a profession and not just an occupation. Nurses are given the enormous responsibility of being in charge of people's lives. They must use critical thinking and judgment making skills to create individualized plans of care and interventions that can make the difference between life and death for their clients. Nurses go through intense, rigorous training and education and must be certified by a board to be able to be entrusted to provide such care. If they violate or fail to meet the guidelines and requirements, then nurses may lose their license to practice. Nurses also get to practice with full autonomy, and they get to decide how they approach their care using critical thinking. Being a professional nurse is no easy job, and one fatal mistake can cause a nurse to lose his or her license. Therefore, I think that it is important that a professional nurse is compassionate in his or her care, well-educated with a bachelor's degree, can work under pressure, able to make good judgment, and is capable of critical thinking.

As a nurse, I believe that a holistic care approach is very important and that clients are treated as a whole and not just the physical symptoms that they are admitted with. Clients have physical, mental, emotional, and spiritual needs and each need is like a piece in a chain; if one of these needs is not met then there is a weak link leaving a potential for the whole chain to fall apart. I believe that for the best client outcome to recovery, most, if not all their needs must be met. In the clinical setting, it is difficult for nurses to accomplish this because to provide holistic care, nurses must talk and interact with their clients, but they often don't have the time to do so. As a nurse, I think it's important to talk to your clients and spend time with them to nurture the

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nurse-client relationship. Doing so will help promote an environment where the client will feel comfortable enough to talk to the nurse (Assessing the Patient, 2017).

In the year 2025, I will have hopefully graduated by then and have at least three years of work experience. Having been at work for three years, I will hopefully have enough money saved up to pay for part, if not all my student loans from my time at Lakeview college. If I still have enough money left after paying off my student loans, then I will use the rest to start on my master's degree. I will also like to be able to decide by then if I want to commit and pursue a career as a nurse anesthetist; becoming one has been something that I have been thinking about recently.

References

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