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It is important to understand what a metaparadigm is before understanding the nursing metaparadigm. A metaparadigm “is the most general statement of a discipline and functions as a framework in which the more restricted structures of conceptual models develop” (Miller- Keane dictionary, 2003) It can be thought of as a set of concepts or key factors that make up a whole. In nursing, the nursing metaparadigm has four main components. The four main components that make up the metaparadigm are person, nursing, health and environment. Together, these four factors make up the nursing metaparadigm and help summarize the field of nursing and gives us an idea of what factors make the profession effective. The person in the metaparadigm describes the person that is receiving the care. This would include the patient, families or communities we serve as nurses. Health in the metaparadigm is described as the overall wellness that the patient is experiencing. The category titled Nursing describes the nurse that is caring for the client and his or her personal traits and actions when providing care to the patient. Lastly, environment is any internal or external factors that influence or elements the patient. Together, these characteristics make up the nursing metaparadigm.

Each individual has their own personal belief of what they believe to be a professional nurse. In my opinion a professional nurse is, a nurse who encompasses what it means to be a professional. Professionalism is more than just going to work with a uniform. Professionalism is using values such as being timely, responsible, respectful and being able to work as a team efficiently. Nursing and professionalism go hand in hand. In my opinion being a professional nurse means encompassing all the values of a professional while performing all the duties of a nurse. For example, a professional nurse would arrive on time, work as a team with their coworkers, understand and perform all their responsibilities and give respect to all people they

care for and work with. I view the nursing profession as a field of vast opportunity and I respect the work nurses do. I see nurses as professionals in healthcare and the backbone of patient care.

My personal values and beliefs will surely impact my nursing career as I understand these go hand in hand with how I will care for someone or my attitude. I believe that I possess the values of accountability, curiosity, empathy and humility. When I consider my belief system, I account for my faith which is Christianity but I also account for my belief in the patient's right to make informed decisions towards their care and to always respect my patient's own belief system. It is my belief that all cultures, every ethnicity and sexual orientation should be cared for to the best of my ability and with the most effective care I can give to my ability. I believe in respecting all people because we are all part of a community and should strive to spread quality care in all circumstances. Finally, I value and believe in the importance of education. Nurses are educated individuals and it is important to educate as time goes on so that in any circumstance, I can be prepared.

2025 is approaching and I understand it is important to set goals so that I can strive to achieve them. In the year 2025, I strive to be working in an emergency care or another field of critical care. In class, we learned that gaining some other certifications that specialize in the area we seek to go into can help us get a job in that field initially. To plan for the year 2025, I think it might be beneficial to gain a certification that is in the emergency care specialty. In the year 2025, I think it will be beneficial to spend two years in this field of emergency medicine and then potentially I could become a flight nurse, which I also think could be a great experience.

Understanding the nursing metaparadigm, my values, beliefs and future plan will all help to give me a sense of who I am as a nurse as well as help me define myself as a nurse. Planning

five years ahead will give me a sense of what to strive for so I can take the proper steps to achieve the goal.

References

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