

Nursing Philosophy APA Paper

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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 metaparadigm is a model that provides an overarching framework that works to represent and guide the nursing practice. The nursing metaparadigm consists of four key concepts: human beings, environment, health, and nursing. Human beings are the recipients of nursing care. Specifically, the patient, however, this also includes families, groups, and larger communities. Martha Roger's believed that humans are a multidimensional being consisting of many distinct indivisible characteristics. Rogers said, "Man is a unified whole possessing his integrity and manifesting characteristics that are more than and different from the sum of his parts" (Rogers, 1970, as cited in Hood, 2018, p.149). The environment is the setting or context in which the human being experiences everyday life. This includes external factors such as geography and climate, along with internal factors such as cultural norms, personal beliefs, and societal roles. Health refers to the well-being of the person. It encompasses the entirety of their nature from their physical, social, mental, and spiritual being. Nursing is a process that uses critical thinking to incorporate academic knowledge and therapeutic interventions to provide optimal care for their clients. Jean Watson's Human Caring Theory is the basis of nursing as her theory aims to help individuals grow in all aspects of their health. A study that compared Watson's Human Caring Theory and Persian Mysticism concluded that the nursing profession and Persian mysticism are in many ways similar in the sense that both belief in the unity of the mind-body and soul. Watson's believed in wholeness and that wellbeing aims "towards transcendence, as well as physical, mental and spiritual wellness" (Nikfarid et al., 2018). Nursing is an ever-changing profession that strives to develop every aspect of an individual.

A professional nurse in my opinion is someone who can critically think under pressure. When I think about nursing as a profession, I automatically think of first responders. Someone

who is constantly at the patient's bedside monitoring every detail of health. They think fast on their feet all while staying calm and collected. I feel as if though nurses do not get as much recognition as they deserve. Nursing school is difficult and overwhelming as it is, and I can't imagine the pressure of being a professional nurse is like. Through, my clinical experience I was able to work closely with incredible seasoned nurses. I was in awe of their keen sense of intuition. I understand that this mainly due to their extensive experience in their field, however, It felt as if many of them just had an inherent instinct for nursing.

Through my personal experience, I've come to realize the significance of diversity and representation within the health care field. Growing up my mother always accompanied me to my yearly checkups with my pediatrician. My doctor, at the time, was a Filipino woman, who spoke both our native dialect and English. I was always a shy and reserved kid growing up, and it became even more apparent after we immigrated here to the states. I enjoyed my visits because it didn't feel like a check-up at all. I was at ease and felt understood as we in many ways are similar in regard to our cultural background. I learned the importance of culturally competent care, even more, when I had to change my primary health care provider. Having a diverse interdisciplinary team is crucial in implementing client-centered care. Even though I may not relate to every patient that I'm responsible for, I'll be sure to keep an open mind to their culture to recognize that their values and beliefs may vary from my own. I will cautious and understanding so that my patients can feel at ease.

In the year 2025, I hope to be an established and well-rounded nurse. I hope that I can graduate and pass my boards on time and be able to get hired as soon as I can. I initially had plans to earn my master's degree so that I could become a nurse practitioner, but as I continue my education, I realized that nursing school is more difficult than I thought, nonetheless, I won't let

the fear of failure stop me from trying. I understand that becoming a good nurse practitioner does not only happen with a degree but also with learning from experience. Before I go and pursue my degree, I want to make sure that I've gained enough experience and feel like I am ready to take on the responsibility.

References

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