

**Personal Nursing Philosophy**

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

### Personal Nursing Philosophy

The nursing metaparadigm is the first step to establishing one's philosophy in nursing. The metaparadigm can be defined as "A recognizable pattern or model that provides a foundation for a particular discipline used as an overarching framework to describe key organizing concepts related to a field" (Hood 2018). There are four concepts to the metaparadigm that theorists and nurses use to develop one's nursing philosophy that will guide one's nursing practice. These four concepts are human beings, environment, health, and nursing. One's values and beliefs will help develop and construct one's own nursing philosophy.

The metaparadigm can be broken down into four parts, as previously stated. The human part of the metaparadigm are the recipients of the nursing care being performed. The environment part of the metaparadigm includes the physical and social environment related to nursing care. The health metaparadigm portion describes a process or state of health. Nursing in the metaparadigm is nurses' goals, roles, and functions. Every nursing model contains all four concepts of the metaparadigm by adapting to one's values and beliefs to guide one's nursing philosophy. Nursing philosophy's guide every nurse in their practice, and according to a study in 2019, "nursing student participants characterized humans with well-being, transcendence, adaptation and interaction skills with their environment, and harmony beyond physiological mechanisms, which was considered to be promising for the perception of future nurses" (Deliktas et al., 2019).

The view of what it is to be a professional nurse will vary from person to person and nurse to nurse. The cause for this diversity is that every person has different past experiences that will lead to different values and beliefs pertaining to the nursing care of clients. The overall view of being a professional nurse is to help clients to the best of a nurse's ability to maintain human life. An example of a personal value I have related to the nursing profession is that every life is sacred. As a nurse, I see that every client should be treated equally with the best care to my ability as all human life is sacred.

The metaparadigm plays a considerable role in what every nurse will use to guide their practice. Nurses can shape the metaparadigm to guide their nursing practice with these values and beliefs. In the year 2030, I hope to be a labor and delivery nurse or a certified nurse-midwife. As stated, I believe all human life is sacred, and helping to bring a new life into this world and prenatal care is something I am very passionate about. Believing that all human life is sacred would be a huge guide in how I would practice my nursing or midwife career due to the fact that I would be overseeing prenatal care, delivery, and postpartum care of a mother and baby.

### References

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