

Personal Nursing Philosophy N314

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

Personal Nursing Philosophy

The nursing profession can be described variety of different ways. Endless theories and models represent the complexity of nursing and its growth. A nursing metaparadigm is used to understand the concept and background of nursing models and theories. A metaparadigm is “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 the field” (Hood, 2018, p.132). This helps understand the outline of many theories and models of nursing.

The nursing metaparadigm is composed of different areas to focus on. It consists of four components “human beings (recipient of care), environment (physical and social), health (a process or state), and nursing (goals, roles, and functions)” (Hood, 2018, p.132). Beginning with the human being it is related to the client receiving nursing care. The environment factor is about the surrounding environment influences, “characterizes all regional, national, and global cultural, social, political, and economic conditions related to human health” (Deliktas et al., 2019, para.3). The health factor is the well-being and wellness of the client. The nursing aspect of it is the nurse’s profession, roles, and practice. In addition to the characteristics and actions, the nurse is performing on the client. It is important to understand these concepts, “Clarifying metaparadigms and their fundamental thesis statements facilitates a deeper understanding of the attitudes of professionals and provides a better appreciation of the scope of scientific studies:” (Deliktas et al., 2019, para.3). Overall, the understanding of it helps understand some depths of nursing.

Furthermore, in detail, Watson’s theory can be broken down into the nursing metaparadigm. Her theory is viewing clients as an individual and not being treated as an object or not treating them differently due to their beliefs and personal values. The personal aspect of the metaparadigm is met when her theory focuses on the clients themselves and making sure human being is being valued and cared for. The health aspect is met when harmony is met when health is a priority mind, body, and soul. The environment is met when society makes its norms

of how one should behave as a client and/or nurse and goals one has. Many theories and models can be analyzed to see where they fit in the metaparadigm.

The meaning of being a professional nurse in my personal belief means that one will be dedicated to treating every patient with care and no judgment. In my experience, I have seen lots of nurse's judge the "frequent flyers" and people who constantly come in for detox even people who are in the middle of transitioning their gender. These nurses become so insensitive to the topic to where it seems they do not care. Some blame it on burn out, but it is not an excuse to not provide quality care to the patient many nurses would take their job in a heartbeat. Professional nurse would keep their stance and own beliefs to themselves. They would not show signs of frustration, irritation, or being impatience with these clients. An overall view of the nursing profession takes lots of maturing and patience realizing that the real-world nurse is so different from a student in nursing school scenarios A nurse is compassionate, understanding, advocate, and a listener.

Personal values that I find important to have been to not be biased, compassionate, have a connection with the patient. Also, to have a warm environment where they can open to without hesitancy. I value the experience the patients will have when they interact with me because I know they came here for a problem so making them feel comforting helps them be put a little more at ease and less anxious. I want the patient to feel they can talk to me, and I am here to help and listen. My belief is connecting with patients is one of the most important roles as a nurse. Having a connection opens many doors with your patient. Some patients may come in irritated, mad, and not wanting to discuss with you, their issues. I believe if you show interest in the client as a person rather than just another admission, they are more willing to cooperate with you. I have had multiple occasions where I get reports saying this certain patient is the worst and how complicated they are. That is when I challenge myself to find ways to make this patient feel less on the edge and comfortable. I have managed to be successful most of the times, by the way, I

approach them more with caution and try to engage more in conversations about their day. It makes me feel good when I know I have won the patients' trust and they end up being a sweetheart it is just that some people did not take the time to hear the patient out on their wants and needs. Although I know not everyone's wants and needs cannot be met but there are alternatives to help them out. I believe with these values and beliefs can positively impact the patients' experience with their health care.

In the year 2030, I hope I have gained lots of experience and knowledge in the nursing field. Hopefully have graduated before 26 with my BSN whether it is at Lakeview or elsewhere. I expect to be confident as a nurse and know how to handle critical situations. I am interested in being a trauma nurse so hopefully meet all the requirements by 2030 to become one. I want to be able to handle trauma patients without doubting my choices as a nurse. I was also interested in traveling I grew up never living in the same house for more than a year so if I became a travel nurse adjusting to having new surroundings and not taking it so hard when I realize I must leave people I had become comfortable with to travel to another state, I can adjust to that lifestyle it is how I grew up. I hope I can adjust and not feel so anxious and clueless when I travel to new places to be confident enough to trust myself with the choices I make. There are infinite paths I could go with nursing but overall, by 2030 I hope to be content and proud of where I have made it in life.

References

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