

Personal Nursing Philosophy

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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 which provides nurses with a foundation to their practice. It consists of four main concepts and aims to unify the profession as a whole. The first is human beings, which are the recipients of the care to which nurses are providing. This not only includes the physical aspect of the client but may also include their culture, spirituality, or even socioeconomic status (Branch et al., 2016, p. 123). The next component is environment. This involves both the physical environment as well as the social environment. The third concept is health, which is considered to be a process or a state of being. This element “also includes the access the patient has to health care” (Branch et al., 2016, p. 123). The last component is nursing, Nursing is goal-oriented care involving nurse-client relations (Hood, 2018, p. 132).

What it means to be a professional nurse varies from person to person. To me, it means having a great deal of responsibility. I believe nurses have the ability to change patients’ health care experiences and their outlook on nursing as a whole. Because nurses work directly with patients, oftentimes even more so than providers, I believe nurses are a vital component in whether patients have a positive or negative experience. Just one experience can change a patient’s opinion and expectations of future nurses that person encounters. In my opinion, movies and television overall have portrayed the nursing profession to be inferior to doctors, which I disagree with because nurses have just as important of a role, if not more important due to the amount of personal one-on-one interaction they have with the patient. Being a nurse is a big responsibility, but it is also a privilege to be able to impact people’s lives in such a great way, so much so that certain individuals may remember you for the rest of their lives.

I think as a nurse it is important to be aware of your personal beliefs and values and how they may be tested at times throughout your career. For me, this may come up in certain

situations involving my beliefs and values regarding children. As a nurse, you will work with clients of all backgrounds and parenting styles, some of which my beliefs and values may not align with. Another possible instance in which my personal values and beliefs may come into play throughout my career is regarding my religious preferences. Because I personally associate myself as being Christian, I feel many of the beliefs that have been instilled in me from my parents and my church family align with several of the values that nurses are taught to take into their practice. Principles such as veracity, beneficence, nonmaleficence, and justice are a few examples of values that my religion would impact my practice.

If someone were to ask me at this moment where I see myself in the year 2030, I would likely respond by saying I hope to be a nurse practitioner by this time. As of right now, I am very focused on taking things one step at a time and motivated to finish my current goals, but I do hope to progress in this field and would like to see myself advance in this career by that time. Regardless of where I am in my career though, I see myself remaining committed to my personal values and beliefs as a professional nurse.

References

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Hood, L. J. (2018). *Leddy & pepper's professional nursing* (9th ed.). Wolters Kluwer.