

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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When it comes to the nursing metaparadigm, it contains four different parts. According to *Leddy & Pepper's Professional Nursing* by Lucy J. Hood, it is defined as "a recognizable pattern or model that provides a foundation for a particular discipline used as an overwhelming framework to describe key organizing concepts related to the field" (Hood, 2018). The four components included in this are human beings, environment, health, and nursing (Hood, 2018). The nursing metaparadigm is also made up of the nursing philosophy due to both of them tying together. According to the University of St. Augustine, they stated nursing philosophy is "A philosophy of nursing is a statement that outlines a nurse's values, ethics, and beliefs, as well as their motivation for being part of the profession. It covers a nurse's perspective regarding their education, practice, and patient care ethics. A philosophy of nursing helps you identify the beliefs and theories that shape the choices you make on the job every day (Para 3, 2021).

With those four components, some ideas go along with them. According to Leddy & Pepper, they talk about for human beings, those people would be the recipients of nursing care, the environment would be physical and social, health would include a process or state, and nursing would be the goals, roles, and functions that take place in those areas (Hood, 2018). When the nursing metaparadigm is being used, it can allow for the caretakers to have that foundation and provide organized care for that patient throughout their time.

When it comes to my personal option on professional nursing, I always think of people willing to give a complete stranger their all in providing them good health care. They need to be someone who can put their emotions to the side in difficult times and can show empathy, be willing to learn new care throughout your career, and have your patients trusting them. All while doing this, you need to be showing dignity, respect, and compassion to your patients at all

times. I know it will be a long road to figuring out how to do it all together in some cases, but that is something that I know I will learn along the way.

With personal values and beliefs that may impact my nursing practice, I feel as if I do not have as many as I thought I would. I feel as if I am a very understanding person when it comes to other people's ideas and beliefs due to those things being their own choices. Personally, I think some of the things that may impact it are if I need to provide care for someone who did something terrible. In those cases, I know that I will need to understand how I feel, but I will need to put it to the side. When I become a nurse, I know that I will be providing care to anyone who needs it, whether I agree with it or not. With that, I feel that I may need to take a moment but will pull myself together and push it to the side. It will be a learning curve due to me not experiencing it until it actually happens, but in nursing, you are always learning throughout your career.

Where I can see myself in the year 2030, I hope that I am a labor and delivery nurse. That specialty has been one of the only ones I have ever truly been interested in. I love the thought of being able to help women and families bring more people into their families and be there for them at that moment. In the year 2030, I will be finished with school for the past seven years, so I believe it is obtainable to be a labor and delivery nurse. I understand that most hospitals would like someone who has experience in other areas first and then can move into that specific area. With that, I hope to have that experience and be in that area of the hospital.

References:

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

What is a philosophy of nursing? The University of St. Augustine for Health Sciences. (2021, July 2). Retrieved December 1, 2021, from <https://www.usa.edu/blog/philosophy-of-nursing/>.