Nursing Philosophy

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

Nursing Philosophy

A philosophy of nursing is a statement that outlines a nurse's values, ethics, beliefs, and motivation for being part of the profession. It covers a nurse's perspective regarding their education, practice, and patient care ethics (USAHS, 2020). Being a nurse has always been a dream of mine. When I think of my nursing philosophy, a nurse would be described as saviors, healers, and fixers. As cliché as it may seem, my goal in life is to leave a mark on people who need my help and be able to make a difference in their lives. Ultimately, being a nurse fits the criteria, and I am making progress on meeting said goals.

There are four core beliefs in the nursing profession called the metaparadigm that include human beings, environment, health, and nursing in nursing profession. A metaparadigm may 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 the field (Hood, 2018).

According to Neuman’s Systems Model, human beings are a composite of physiologic, sociocultural, developmental, and spiritual variables in interaction with the internal and external environment (Hood, 2018). Neuman also describes human beings as having a core that is protected by buffering systems. The central core, flexible lines of defense, normal line of defense, and resistance lines make up the four key concepts that describe human interaction with environmental stressors that determine health status. The central core is the basic structure and energy reserves of the human that makes life possible. The flexible lines of defense are the adaptive responses that fluctuate and protect the core from stressor penetration. The normal line of defense is a conscience adaptation response usually used by an individual to protect the core from stressor penetration. Finally, the line of resistance is the protection factors, usually

unconscious in nature, activated when stressors have penetrated the normal line of defense (Hood, 2018).

Moving on to the environment, Neuman defines it as all internal and external factors of influences surrounding the client system. The internal environment is composed of interacting elements with the human body, while the external environment consists of anything outside of the human body. The created environment encompasses individual perceptions of the internal and external environment. Neuman describes the factors as stressors, which are tension producing stimuli that can disturb a person's equilibrium or normal line of defense, which was discussed in the previous paragraph (Hood, 2018).

Health and nursing go hand in hand. Neuman defines health as a continuum of wellness to illness and defines nursing as a prevention as intervention. Neuman intended for the nurse to assist clients in retaining, attaining, and maintaining optimal system stability. Nurses use primary, secondary, and tertiary prevention to help clients obtain optimal wellness. Primary prevention covers interventions to promote health. Secondary prevention occurs once a stressor has penetrated the normal lines of defense or lines of resistance, an example would be pain medication. Tertiary prevention focuses on restoring balance; an example would be rehabilitation (Hood, 2018).

Neuman's systems model is the model that I want to utilize when I become a professional nurse. Neuman's model is being used in today's medicine in mental health. I believe that mental health is one of the essential aspects that easily gets looked over in healthcare. Mental health is just as important as physical health and being a nurse should encompass both aspects equally. I also believe that nurses should go through additional training when it comes to treating different populations. Discrimination is also one of the significant issues that affect healthcare. Although

some areas of the United States have a percentage of a specific population, we should go beyond the status quo. In my opinion, the nursing profession is one of the critical roles in healthcare that gets overlooked or stigmatized. In social media and entertainment, nurses are oversexualized. The media rarely portrays nurses providing care in settings other than the hospital, such as community clinics, outpatient facilities, or in the home (Berkowitz, 2017). Instead, they are often portrayed as physician helpers, not the highly skilled independent clinicians that we know they are (Berkowitz, 2017). I believe that nurses are superheroes that dedicate their time to patients and their overall wellbeing. Nurses deserve a lot of recognition for the things they do every day.

Personal values and beliefs could affect how you interact with the patients around you. I feel my values and beliefs will shape the way I interact with patients because of my biases. As a Black/Asian woman, I feel strongly about patients who get generally discriminated against and would put all my time and energy into ensuring that the patient's needs are met. I'm not necessarily saying that I would ignore patients who don't fit into that category, but it is hard not to be biased. As a nurse, nine years from now, I want to be a savior, fixer, and healer for the patients I take care of. I want to advocate for patients that don't feel like they have a voice and ensure that they are being heard. I want to be involved in any way possible to take care of those who need it the most. My ultimate goal is to help the health care environment become an equilibrium where patients are treated no matter their race, gender, or age.

References

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