

Into to professional Nursing
Professional Nursing Philosophy
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Nursing metaparadigm of health refers to the quality and wellness of the patient. (Dupree, D, 2018) It is the structure of how nursing should function. Nursing metaparadigm is broken into 4 concepts: person, health, environment, nursing.

The person concept of the nursing metaparadigm is referring to the receiver of the nursing care. Factors about a person's spirituality, culture, family and friends and socioeconomic status are factors that affect how the nursing care should be given to best support the patient in healing.

Health component refers to the extent of wellness and health care access that a patient has.

Environment component focuses on the internal and external factors that relate to where the patient lives this theorizes that a person can change factors to improve health lifestyle.

Nursing component involves the delivery of optimal health outcomes for the patient through a mutual relationship in a safe and caring environment .it values a high degree of service and integrates with other metaparadigm components for patient overall well-being.

What it is to be a professional nurse to me is having a true passion for caregiving. There are many professions that a person can choice to be in life and the decision can be overwhelming because people usually keep the same profession for many years. When choosing a profession people consider Salary, health insurance benefits, own talents and skills, personality, and ideal lifestyle during the decision process. I believe the first reason to want to consider nursing as a

profession a person would have to really have a passion for taking care of others. A professional nurse would be someone who believes and understands in the care that they can offer others.

A Nursing philosophy that I found and feel I can relate it to my what, why and how of my nursing career is a quote from Carolyn Jarvis “The character of the nurse is as important as the knowledge she possesses.” (Jacoby, A. 2020)

I interpret that Jarvis is saying who you are as a person is just as important as the information you learned about the in the books. it is important to have knowledge about how and what you must do to save a life, but it is just as important to want to save and help people live better lives

I have worked in the medical field as a pharmacy technician and as a phlebotomist at a commercial plasma center for a total of 8 years between both those jobs. I never received the hands-on personal experience of being a physical caretaker until this semester during nursing school. I was shocked to learn how much people really need people. While doing clinical work, I realized the importance of really being a nurse and being there for people during their most venerable moments. I Now look at nursing as dedicating your life to others, people trust you with their life's and that is a great responsibility, and it is an important job to have, and I am really honored to be able to be a part of a profession of care giving. As I try to learn all the information needed to become a nurse I need to also work on my attitude and mindset to make sure that I am also living the life of a person who really cares for others. Throughout my journey to becoming a nurse I get so discouraged and disappointed with myself when I'm having a challenging time trying to balance my life. I feel like I know what I really want from life and I know that the only career I can see myself really doing and loving it is nursing so I am ok with having to slow down and not giving up because being a nurse is a very important job and people would be trusting me

with their health care so it is very important that I learn and really understand the information that is needed to be this trustworthy person and to not let my patient down, I will do whatever is needed to get to where I want to in life no matter how long it will take. This is my what why and how.

In the year 2025 I can see myself being comfortable and happy with my decision that I made to go back to school to be a nurse. In 2025 I will be regret free I will feel that my sacrifices did not go in vain and that everything I did and every obstacle I faced helped make me stronger and helped push me to overcome everything I face. In my career I Hope to be working in a bariatric or plastic surgery clinic

I hope I can also find a way to do research to help educate people about the importance of taking care of our bodies and what we put into them to help maintain weight and better lifestyle choices. I also hope that I can grow my own personal business that I run now where I sell weight loss products and fitness gear. After my learning now and working as a nurse I want be able to give more knowledge to women overall health within the body and mind I would like to go into communities and teach how they can make lifestyles changes that can help them get the most out of life.

References

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