Nursing Philosophy: What it Means to Me

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

Nursing Philosophy and Me

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” (Hood, 2021 p. 166). This concept can be broken down in to four main components. These components are human beings, environment, health, and nursing (Hood, 2021 p. 166). Just looking at these words the concept seems very vague. Breaking it down more will give one a better understanding to what the metaparadigm means to us as nurses.

Four Components

The first component of the metaparadigm is the human being. This refers to individuals in a definite culture, family, and society (Deliktas et al., 2019 p. e45). This can be the person receiving care from nursing staff but does not necessarily mean just the client. This could also include the families of the person in care. In the case of pediatric or hospice clients, the care of the nurse extends beyond the client. Empathy for the family as well as client is needed.

“The environment metaparadigm characterizes all regional, national, and global cultural, social, political, and economic conditions related to human health” (Deliktas et al., 2019 p. e45). This means that the care for client comes from more than medicine. It comes from the care of the client’s culture. It comes from their political views, as well as their religious beliefs. A perfect example considering the client’s religion is in the practice of a ‘mikveh’ after birthing a child. This practice is extremely important in the Jewish religion. A nurse who knows and respects this practice is well rounded.

Health refers to approaching a client in a holistic approach (Deliktas et al., 2019 p. e45). Treating the body as more than just a physical being is extremely important. Treating a client holistically can mean caring for them with more than just medicine. It can mean complementary therapies. It can mean praying with them. Whatever it is that cares for them as a whole.

Finally, Nursing refers to establishing a relationship with the client (Deliktas et al., 2019 p. e45). One would gain rapport. This trust between client a caregiver aids in healing. Remembering this while caring for a client makes them feel understood. This feeling makes them feel safe. This relationship makes them feel heard.

What is a Professional Nurse?

A professional nurse aids a client in leading their care. Autonomy allows the client to make free and informed choices about their healthcare (Hood, 2021 p.79). Nurses who practice autonomy use privacy, confidentiality, advocacy, and informed consent with all of their clients (Hood, 2021 p.79). Professional nurses should do no harm to their clients, also known as maleficence (Hood, 2021 p. 79). A nurse should also do only good for other by showing compassion, veracity, fidelity, and proportionality (Hood, 2021 p. 79). Professional nurses should practice justice. Justice is fairness and impartiality to provide equal service to any individuals (Hood, 2021 p. 79).

As a professional nurse, one wears many hats. A nurse acts as ta caregiver, a teacher, a communicator, leader, change agent, manager, case manager, and research consumer. Nursing is an artform. It is a beautiful dance, a balancing act, and a blessing.

Personal View and Beliefs

My personal beliefs and views that will carry through my practice are heavily based on how I was raised. I was raised in a Catholic home. My family prayed and praised at each meal, practiced caring for everyone in the community, and showed equality to each person they met. When I become a nurse, I know I will value each person in my care. I will treat each client the way I would care for my own family. I will treat as others as I would like to be treated. I will show compassion to my client’s going through difficult times mentally and physically. I will act as an advocate for those who cannot advocate for themselves.

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After leaving my career as a teacher, I was not sure what kind of success I would have in any other career. When I first arrived at Lakeview, I was still scared. Now, as my semester progresses, and my knowledge expands, I have gained confidence. I will be a successful nurse. When I think about where my career will be by 2030, it excites me. I have so many aspirations. I want to try new things. I would like to get my master's degree in nursing. This accomplishment would make me the first in my family to attain such an honor. My parents never graduated high school and achieving this would be incredible to share with the two of them. This would also be a goal attained I never thought I was smart enough to reach. I, also realistically, see myself trying a few specialties, but one that has stuck out for me since deciding to take my career down this path is potentially being a nurse in the operating room. I have dreamed of being involved in surgery my whole life. I had originally thought I would be the surgeon and as my years of adulthood ticked on, I saw myself in the caring role as a nurse. It may seem silly to some, but *Grey's Anatomy* played a role in my decision to become a nurse.

Wrap Up

Though the nursing metaparadigm is made up of four parts, it is essential for these to work as one unit. A nurse capable of integrating these concepts into practice, is in my opinion, the most successful nurse. This rings true when Martha Rogers said, we as human beings are "more than the sum of all our parts." We need care physically, mentally, and spiritually (Hood, 2021 p.182). This ensures the client gets optimal healing.

References

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