

Sample Paper N314

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N314: Introduction to Professional Nursing

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

My Nursing Philosophy

This paper aims to lay out my thoughts on a nursing philosophy that I can endeavor to call my own as I launch into this new career. I began this journey out of a deep sense of emptiness and discontent with my former career choices. This void stood in sharp contrast to the enriching experiences of serving overseas in the Army. One incident during the war in Iraq stood out. A family consisting of a young father, a young mother, a toddler, and a nursing infant had asked us to take them prisoners of war. They were not combatants, but they were dressed in Iraqi uniforms. The family had stripped the uniforms from dead Iraqi soldiers. This experience struck me so hard. How desperate must their situation be? While trying to escape the war, they became caught in the middle of it and trapped in an open desert with no food, fuel, or water. Being taken prisoners of war by a foreign occupying army was better than being left in the desert or left to the Iraqi military. We could not take them prisoners of war. What we could do was offer them protection, care, and supplies. Our medics looked them over. Our mechanics tended to their little Nissan truck. We could not take them with us. Nor would they have wanted us to. The best we could do was send them off in a direction that offered the best opportunity to find a place where they would be looked after and cared for. The relief and joy that came over the young father's face have never left me. Everything after that seemed lesser.

Time and time again, I've been drawn to do something for those less fortunate. I searched for years, trying to find something as intrinsically rewarding. I found myself working with children living in a facility in Mzuzu, Malawi, Africa. The AIDs epidemic had ravaged the local community. These children had become trapped in the middle of another kind of desert. It had taken their mothers, fathers, older siblings, and extended family. In Mzuzu working with the Rafiki Foundation, I decided to pursue a new career in medicine. This has ultimately led me to forsake my former life and begin a new path in life, in my mid 50's, as a nurse. My goal is to return to Mzuzu to care for these children in a greater capacity.

I have been encouraged to consider my thoughts on my new career towards this end. I have chosen a philosophy in nursing with my intended clients in mind. Nursing philosophies evolve from a metaparadigm consisting of four components. These components are human beings, environment, health, and nursing (Hood, 2022, p. 166). My clients will be orphans, and their environment will be the empty community surrounding Mzuzu. An environment that took everything from them and offered little in return. In their world, new mothers often do not bother naming a child until they are at least two to three years old. They fear wasting a family name on a child that will likely fail to thrive. These children have little understanding of support from a system. Overarching systems, like government assistance or hospitals, do not exist. Those systems that exist, like family and church, often fade away. People in the local judicial systems often prey upon them. Young girls willingly align themselves with local officials known to be HIV+ to gain some economic stability. Infected men trade on the misbelief that HIV infections can be cured through the cleaning power of sex with a virgin. The reality is that the local community is well informed about HIV. The Malawi community boasts a 99% literacy rate on the topic (Chirwa, 2019). However, there is no reason to believe that the impact of HIV, although well understood, is likely to improve anytime soon.

Given this background, I looked for a nursing philosophy emphasizing growth over stability and self-reliance over some notion of a universal alliance. This led me to feel that Dorothea Orem's Self-Care Deficit Theory approach to a nursing philosophy best aligned with my belief and worldview. Her emphasis on self-care and the impact of the environment will translate to an orphan's perspective. Also, her approach to a nurse is someone who provides specialized and informed care most closely aligns with my own (Hood, 2022, p. 178).

References

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