

Nursing Philosophy

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Nursing has various philosophies that can be applied to the profession. Since there are a vast amount of nurses in the field from diverse backgrounds and cultures, the philosophies that each nurse uses are likely to be different. Philosophies can also be referred to as metaparadigms, which are general parameters of a scientific discipline that focus on scientific efforts (Meleis, 2011). The major metaparadigm for nursing, called the nursing metaparadigm, focuses on a holistic approach to care for a client through the nursing practice, the person (patient), the environment, and the person's health. The person refers to the patient that the nurse is taking care of, as well as the individuals that the patient has with them. The patient as a whole is viewed as more than just the physical needs that bring them in for treatment, and must include other needs, such as the patient's spiritual, social, and emotional needs (*Nursing Metaparadigm Concepts and Theory*, n.d.). By recognizing the patient for more than just a name on a sheet and a job to be done, the nurse can feel empathy and passion in taking care of the patient and satisfaction in their job. To go along with the person, the patient's environment is an important factor in their care. The patient's environment is not limited to their physical surroundings, and must include emotional and social surroundings, as these factors can have a great impact on their health and well-being. In order to optimize the care and health of the patient, it is important that the nurse identifies factors of the patient's environment and contribute positively to the environment by creating a comfortable, safe setting for the patient to get back to full health. The health section follows the environment, and is arguably the most important section. When the nurse first interacts with the patient, they must identify the overall health of the patient and then determine the best plan of care to advance the health of the patient. As with the other sections, health is more than just the physical aspect, and the nurse must acknowledge other factors that affect a patient's health. The nursing practice of the nursing metaparadigm applies directly to the nurse,

and refers to the knowledge base they built throughout their education and clinical experiences. The nursing section brings together the other three sections to combine the knowledge gained and use the information to design the best plan of care for the patient (*Nursing Metaparadigm Concepts and Theory*, n.d.). It is important to emphasize that several other needs must be met along with the physical needs of the patient. The nursing metaparadigm was created to give nurses a better understanding of the needs of the patient, and how to group those needs together and invent a plan of care to fulfill those needs. The use of the nursing metaparadigm is a strong use of professionalism in nursing.

To be a professional nurse means that one must exhibit quality care to their patients, as well as demonstrate respect, accountability, and advocacy for their patients. It is of great importance that nurses provide quality care to patients. The meaning of providing quality care to me is that the nurse has the patient's best interests in mind in terms of their health, and uses every resource available to improve the patient's health. Showing respect to your patients also entails having their best interests in mind, while also giving the patient their own choices in their healthcare. Also, demonstrating respect can be viewing the patient as a human-being, instead of just a name on a paper. It is crucial that you show respect to your patient so that they trust you with their care and want to be included in their care. Accountability as a nurse refers to being present for your patients and carrying out actions that you said you would do for the patient. It also includes owning up to mistakes with the patient, and admitting them to show respect to the patient and gaining trust. Being accountable can help patients trust you and lead to mutuality in the nurse-patient relationship. Last but not least, advocating for the patient is necessary in the nursing profession. As a nurse, you must have the patient's best interests in mind, and also advocate for the patient not wanting certain medications, procedures, or treatments if they do not

want them. These values stick out to me as a student, and I want to carry them into my professional career, as I believe they demonstrate professionalism and will be the best way to construct relationships with my patients.

When I am ten years into my professional career as a nurse, I see myself working as a charge nurse or manager on a medical-surgical floor in a hospital. I want to be in a leadership role, as I think that I can improve the morale within the profession and change the view that nurses have of their jobs. I think that the morale is low for nurses as a group currently due to *yes indeed* COVID-19 and all the issues associated with it. I want to be in a leadership role in order to change the way that nurses view their job, and turn the profession into a large, team-involved practice where everyone is depended on and everyone can depend on others. I want to bring about team-nursing, and use the ideas of teamwork in sport to improve the profession of nursing. I would focus on the strengths of each nurse, and ask them to use their strengths daily in their care, and rely on the strengths of other nurses on the team to pick up for the weaknesses that the nurse may have in order to create a fast-paced environment where failure rarely occurs. By doing this, I could create a sense of unity and togetherness on the floor, leading the nurses to appreciate and value their jobs and get back to enjoying helping patients improve their health.

The nursing metaparadigm set the foundation for the nursing philosophies about certain values and beliefs we see today. By valuing the person, their health, and their environment, nurses can incorporate the numerous needs of the patient to construct the best plan of care to improve the patient's health. A nurse must use the metaparadigm along with their own values and beliefs to create their own sense of professionalism in nursing. Through the use of their own values and beliefs, nurses can expand upon their career and shape the way other nurses approach the care they provide to their own patients.

References

- ✓ Meleis A. I. (2011). *Theoretical nursing: Development and progress* (5th ed.). Philadelphia, PA: Lippincott Williams & Wilkins. [[Google Scholar](#)]
- ✓ *Nursing Metaparadigm Concepts and Theory*. (n.d.). Registered Nurse. Retrieved October 25, 2022, from <https://www.topregisterednurse.com/metapardigm-of-nursing/>