

N314 Personal Nursing Philosophy

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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.”

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According to Hood (2022), 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 related to the field” (p. 166). The concept of the metaparadigm is to identify the broad parameters of a specific profession and can also include smaller paradigms or concepts that help describe the metaparadigm as a whole (Deliktas et al., 2019). Hood (2022) describes the nursing metaparadigm as having four key concepts that make up the metaparadigm as a whole. The four concepts of the nursing metaparadigm are human beings, environment, health, and nursing (Hood, 2022). Hood (2022) explains that the four concepts of the nursing metaparadigm can be described separately and can also change meaning depending on one’s philosophical viewpoint of the world.

As Hood (2022) explains, the four concepts of the nursing metaparadigm are human beings, environment, health, and nursing. Looking into the nursing metaparadigm further, the four components warrant further description. Hood (2022) describes the human being concept as including the patient and/or client, families, groups, and communities (p. 160). In general, the human being concept encompasses all humans that can be impacted by nursing care. Hood (2022) describes the next concept, environment, as both the physical and social environment. Wayne (2021) further describes the concept of environment as the overall surroundings that can affect the patient both positively and negatively. The next concept of the nursing metaparadigm is health. Hood (2022) briefly describes health as well-being and illness (p. 160). In general, the concept of health in the nursing metaparadigm describes the state or process of disease and/or wellness the patient is currently experiencing and possibly wants to achieve. The last concept of the nursing metaparadigm is nursing. Hood (2022) describes nursing as “all the interactions

among the nurse, client, and environment in the pursuit of health, as well as what nurses do” (p. 160). Broadly, the concept of nursing in the nursing metaparadigm encompasses all that nurses do, both with the patient and in terms of patient care.

With the nursing metaparadigm in mind, there is an underlying question concerning the student nurse’s ideas of what it means to be a professional nurse. At a base level, being a professional nurse means attaining a degree in nursing, passing the NCLEX, and becoming licensed as a Registered Nurse in your respective state. But in reality, being a professional nurse is much more than that. Hood (2022) explains that nursing is both an art and a science and that professional nurses use science and evidence-based practice as a basis for patient care while employing the art of nursing to modify care approaches. To the student nurse, it is difficult to concisely describe professional nursing. In general, the professional nurse can be described as a member of the healthcare team tasked with delivering high-quality, patient-centered nursing care to all clients. The issue with the aforementioned definition is that it does not include many of the personal aspects of professional nursing. Professional nurses need to be empathetic, caring, personable, approachable, and accepting of all their clients. Additionally, professional nurses need to be advocates for their patients and the nursing team. These personal aspects of professional nursing are just as, if not more important, to success in the profession than simply just performing nursing skills. In summation, being a professional nurse means being there for your client physically, mentally, and emotionally through all aspects of patient care.

In addition to the student nurse’s thoughts on what a professional nurse is, the student nurse also has thoughts on the nursing profession as a whole. Hood (2022) describes nursing as being an emerging profession and needing a concrete educational path to be considered a profession. In general, the student nurse is excited to join the nursing profession. The nursing

profession is one of the largest professions in the United States and subsequently one of the broadest. While many think of nurses in the classical sense (at the bedside), nurses work in a large variety of different settings and have many different areas they can practice in. The student nurse feels that the nursing profession is on the verge of a large evolution due to the after-effects of COVID-19, and the student nurse is hopeful that the profession will have positive changes in the years to come. Overall, the student nurse views the nursing profession in a positive light and hopes to bring this positive view to others in and around the profession.

Every professional nurse also has personal values and beliefs that impact how they practice nursing. One belief that guides the student nurse's patient care is the belief that every patient has the right to the highest quality of treatment possible. While not every patient is going to be easy to work with, or be from the perfect background, patients from all walks of life deserve the full attention and care from every professional nurse they encounter. This belief is a cornerstone for the student nurse's clinical practice and guides how they deliver nursing care. One value that the student nurse holds is patient dignity. Professional nurses interact with individuals who are often at one of the most vulnerable parts of their life, and remembering that the patient is human, and treating them as such, helps provide the patient with high-quality, individualized care. When delivering care and focusing on human dignity, the patient feels respected and acknowledged by the professional nurse, which helps open communication and fosters the patient-nurse relationship. The concepts of high-quality treatment and patient dignity are important to the student nurse, but all nurses have multiple other beliefs and values that help shape how they practice nursing.

A question posed to many young and aspiring nurses is, "Where do you want to be in your career in 2030?" In general, the outlook for registered nurses looks great – according to the

Bureau of Labor Statistics (2022), the nursing profession is set to grow 6% from 2021 to 2031. This points to ample opportunities for new nurses entering the field. For the student nurse, their main goal is to be firmly established in their career by 2030. Currently, the student nurse does not have a concrete idea of what area of nursing interests them most but is drawn to the emergency and critical care aspects of nursing. Additionally, the student nurse is interested in working with underrepresented populations and by 2030 hopes to have made an impact by working with the Native American community. Moreover, by 2030 the student nurse may have completed more schooling and is potentially practicing as a provider, which is a future goal of the student nurse. While all of these goals are on the horizon, the main focus of the student nurse is that by 2030 they are established in the profession, established in a nursing area, and making a positive impact in patient lives.

In conclusion, the student nurse appreciated this opportunity to be introspective on their thoughts surrounding nursing. While the future is not set in stone, all nurses are guided by personal goals and values that inform how they practice nursing. Taylor et al. (2019) explain that the basis of the word “nursing” means “to nourish” (p. 8). At its core, nursing is providing nourishment, whether it be physical, emotional, spiritual, etc., so patients that need it most. Reminding oneself of the core nature of the nursing profession will help remind student nurses and professional nurses alike why they entered the field and provide a basis for better patient care.

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