Nursing Philosophy

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"I have neither given nor receive, nor will I tolerate others' use of unauthorized aid".

Nursing Philosophy

The nursing metaparadigm is "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" (Hood, 2022). The metaparadigm of nursing provides a holistic approach to patient care. It provides the foundation for applying essential skills nurses must possess. It allows nurses to have a comprehensive look at the patient's health and well-being and allows the nurse to meet their patient's physical, social, and emotional needs. The nursing metaparadigm is broken down into four concepts. The four concepts include human beings, environment, health, and nursing (Hood, 2022). These concepts provide a comprehensive description of the importance of nurses and caring for patients, which allows the nursing profession to be unified (Hood, 2022).

The first concept of the nursing metaparadigm is the human being concept. The human being concept is defined as "recipients of nursing care" (Hood, 2022). This concept considers one's spiritual, social, and emotional needs (Deliktas et al., 2019). The goal of the human being concept is for the patient to manage their well-being and health (Deliktas et al., 2019). Nurses participate by ensuring the patient understands the importance of maintaining personal connections. Allowing the patient to voice their emotional needs and what they are going through can help meet their personal connections. The second concept of the nursing metaparadigm is the environment concept. The environment concept includes the importance of physical and social environments (Hood, 2022). A patient's surroundings can have an impact on their health and well-being. A person's physical environment should include a well-lit room that's warm, clean, and comfortable, as it can heal a person's well-being (Deliktas et al., 2019). The person should also have a trustworthy and safe social environment. Nurses are a part of a

patient's social environment, and nurses can positively impact a patient (Deliktas et al., 2019).

Not only do nurses affect patients, but patients impact nurses as well. A safe, comforting, and

positive environment can establish trust and connection between the nurse and the patient

(Deliktas et al., 2019). The third concept of the nursing metaparadigm is the health concept. The

health concept is defined as a "person or state" (Hood, 2022). Health is viewed throughout the

patient's lifetime as it can fluctuate and affect the patient in many different ways. Health and

illness affect the patient's well-being, mind, body, and soul (Deliktas et al., 2019). Nurses must

consider the patient's well-being, chronic illnesses, genetic makeup, and disorders that can affect

the patient before treating the patient (Deliktas et al., 2019). The patient must be in tune with

their physical, mental, and social needs as it can affect their health positively or negatively. The

fourth concept of the metaparadigm is nursing. Nursing in the metaparadigm includes nurses'

roles, goals, and functions (Hood, 2022). In the nursing concept, it takes everything that nurses

have learned from school, and in the nursing field to combine what they learned and uses nursing

skills to carry out the responsibility nurses have when providing patient care (Deliktas et al.,

2019). Nurses must show compassion and empathy when caring for patients. Nurses must also

show love to themselves and take care of themselves to properly care for another person

(Deliktas et al., 2019). Nurses must follow a professional practice to maintain mutual respect

between the nurse, the patient, and the patient's family to provide a good quality of care

(Deliktas et al., 2019). The nursing metaparadigm is essential for practicing and providing safe

care to patients and ensuring the nurse is aware and in tune with their feelings and emotions to

help them serve the best care possible.

This student nurse's beliefs on a professional nurse include that nurses must be

compassionate, trustworthy, reliable, and able to practice safe care for their patients. The student

nurse believes that nurses must be able to use their critical thinking skills, advocate for patients,

and have good problem-solving skills to provide for a patient. This student nurse strongly

believes in judgment-free and biased-free care when providing care to patients of different

cultures and ethnicities and feels that professional nurses must follow this to provide safe care.

This student nurse views the nursing profession as evolving and ever-changing. This student

nurse thinks that the nursing profession is constantly changing and that there is so much to do in

the nursing profession. This student nurse thinks that nursing is a good profession as there are

multiple opportunities and jobs within the nursing profession. This student nurse believes that

within the nursing profession, nurses are overworked, underpaid, and sometimes in hazardous

workplace conditions. This student nurse believes that there are more positives than negatives in

the nursing profession and wants to one day be involved in positively changing the nursing

profession. This student nurse values biased free care, fairness, perseverance, accountability, and

altruism, which will impact her nursing practice. This student nurse believes that within her

nursing practice that she wants to ensure a safe place and promotes a biased free environment in

her nursing environment. This student nurse wants to promote a safe and diverse environment to

make sure her patients and nursing peers feel safe and welcome in the healthcare environment.

This student nurse wants to be a safe spot for her nursing peers and patients and establish trust

with the people around her. This student nurse believes it is essential to have critical thinking,

teamwork, and good decision-making skills when caring for her patients. Having these skills will

positively impact this student nurse's nursing career.

     In 2030, this student nurse wants to have a master's degree and hopes to be working in a

leadership position in a hospital. This student nurse hopes to be involved in obstetrics care and

training nurses in new techniques when caring for laboring and delivering patients. This student

nurse also wants to be a part of teaching nurses about cultural care and helping overcome

discrimination in hospital settings, especially in labor and delivery. This student nurse hopes to

educate hospital staff and create a safe spot for nurses of different ethnicities.

References

Deliktas, A., Korukcu, O., Aydin, R., & Kabukcuoglu, K. (2019). *Nursing students' perceptions of nursing metaparadigms: A phenomenological study*. The journal of nursing research. Retrieved 2022, from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6752693/

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