

## **Nursing Philosophy**

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

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The nursing metaparadigm is composed of four different parts. According to *Leddy & Pepper's Professional Nursing* by Lucy J. Hood, it is defined as "A recognizable pattern or model that provides a foundation for a particular discipline used as an overwhelming framework to describe key organizing concepts related to the field" (Hood, 2022). The four components are human beings, environment, health, and nursing (Hood, 2022). The nursing metaparadigm also contains the nursing philosophy, which ties in together. According to the University of St. Augustine, they describe the nursing philosophy as "A philosophy of nursing is a statement that outlines a nurse's values, ethics, and beliefs, as well as their motivation for being part of the profession. It covers a nurse's perspective regarding their education, practice, and patient care ethics (Para 3, 2021).

When talking about the four components, Leddy & Pepper describes them as "Human beings (the recipients of nursing care); environment (physical and social); health (a process or state); and nursing (goals, roles, and functions) (Hood, 2022). With the nursing metaparadigm, it can help provide great care for patients and help be organized as well.

When I think of my personal belief on what it is to be a professional nurse, I think of someone who will give their patients their all and will not hesitate to help and do their best. They can hold themselves accountable and speak up when needed, but also be able to put their emotions to the side. When someone needs help, they are most likely scared out of their mind and need someone who can help them without showing any emotion that may make things worse. They also need to be flexible. This profession is constantly changing, and need to be flexible and willing to learn new things. Finally, they must also show empathy, compassion,

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respect, and dignity. This is not an easy profession, and truly need to love this profession to be a professional nurse.

With personal values and beliefs that may impact my nursing practice, I do not have many. One of the big ones that may impact my nursing practice would be my confidence level. I may doubt myself throughout my career, but I do hope as I continue, I also grow more confident. I am a very understanding person when it comes to other people's ideas and beliefs because those things are their own choices, and they deserve to have their own. Another one that may impact me is if I need to help someone that possibly did something terrible. Depending on what they have done, it may impact me, but I will have to remember that I agreed to help everyone no matter what happens. I will turn out to be a great nurse as I go through school, but also my career too.

When I think about the year 2030, I plan to be a labor and delivery nurse back home. Labor and delivery have always been the specialty I have been focused on, but that can easily change once I go to clinicals for different areas. I will be done with school for a few years, so I will have some experience that will hopefully help me when it comes time to apply for that specific specialty.

## References:

Hood, L. J. (2022). *Leddy & Pepper's professional nursing* (10th ed.). Wolters Kluwer.

*What Is a philosophy of Nursing?* The University of St. Augustine for Health Sciences. (2021, July 2) <https://www.usa.edu/blog/philosophy-of-nursing/>.