

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”.

Nursing Philosophy N314

Working as an entry-level nurse, using theories that support the nursing practice is essential. The inclusion of theories and these theories consists of nursing metaparadigm are used. According to Hood, Nursing 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."

According to a journal published by the Journal of Advanced Nursing, the four components of the nursing paradigm include Person, Environment, Health, and Nursing (Thorne et al., 1998). The first component is the Person who receives nursing care. For example, the Person or an individual is the patient. In a community setting, the care will be given to the group of clients and their families. The Person is considered the passive recipient of care, meaning that intervention from the nurse is needed for the client to receive care. The second component is the Environment, which is the internal and external aspects that influence the Person. It includes physical, psychological, and social environments and can be positive and negative conditions such as ventilation, noise, cold or hot weather, lighting, cleanliness, and many more. The said factors affect the health of clients. For example, if a patient is in a crowded area with poor ventilation, it will not be suitable for their well-being and health. In comparison, if the patient is in a suitable environment, it is most likely to promote healthier and faster recovery. The third component is health, a holistic level of wellness the client experiences. Holistic health includes every aspect of health, such as the client's physical, mental, emotional, psychological, and spiritual aspects. The fourth component is Nursing. In this context, Nursing is the intervention the nurse is giving. In giving care to the client, the nurse will exhibit compassion, altruism, or

attitude of the nurse towards the client without expecting a return., resourcefulness, sympathy, and understanding.

In this class, becoming a professional nurse is taught. A personal elaboration of mine of being a professional nurse is that a nurse who follows protocols and nursing standards, is caring and compassionate, maintains professionalism in the workplace, such as honesty and confidentiality, respects the patient's rights, and is a patient advocate. One great skill to have as a professional nurse is being a great team player that works and collaborate with other healthcare professionals such as Primary Care Providers, Healthcare and X-ray technicians, Respiratory, Physical and occupational therapists, and many more. A Professional nurse is confident in her/his practice, responsible, accountable, assertive, and should strive to demonstrate caring excellence. A life-long learner and teacher that always make room for improvement, guiding others and sharing knowledge through mentoring, precepting and coaching patients, and giving new nurses advice and insights.

A personal value and belief that will impact my nursing practice are keeping in mind the saying put your feet in someone else's shoes. Even when the patients seem irritated and unpleasant, it can also mean that they are in discomfort and needs to be addressed and taken care of. By putting this saying into practice, the nurse will relate to and feel compassion for what the patient feels.

Another value that has stuck with me working in healthcare, specifically in an older adult setting, is always being nice to them and always trying to say good night or goodbye because some patients' health is very unpredictable. We never know when their last day of living is. For example, working in a Skilled Care Facility, patients are put into hospice care to provide the maximum comfort they need. However, not every resident is fortunate enough to be put in

hospice care because some decline quickly. This comes back to my point of being nice to them on the last days, months, or days of their lives.

In the year 2030, I plan to become a Registered Nurse in an outpatient setting. I hope to have the skills and characteristics of a professional nurse that I have described above. By this time, I hope to be working in a Magnet Hospital in the Intensive Care Unit and earn Critical Care Registered Nursing accreditation. This specialty will challenge me and will allow me to use and sharpen my critical thinking skills, but it will also allow me to fully care for a client, given that the patient-to-nurse ratio is two or three patients per nurse. I also have an interest in doing travel nursing in the future. Being a travel nurse will allow me to travel and explore beautiful parts of the country and, at the same time, gain experience either in real life or in nursing.

References

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