

Nursing Philosophy

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As a future nurse, I was recently introduced to the nursing metaparadigm. The nursing metaparadigm includes four aspects: person, environment, health, and nursing (Team, 2023). I also learned that I will be developing my own nursing philosophy for which I will live by through my career as a nurse. Everyone has their own beliefs of what a nurse should say, think, or do in a nursing setting and in their daily activities that may happen outside of nursing. Many aspects of life will affect personal beliefs and values associated with the nursing career, which may play a role in how patients are cared for on a daily basis.

The first part of the nursing metaparadigm is person. In this aspect, person means patient, client, or whomever is being cared for. The person has specific beliefs, values, and morals. The nurse is expected to take the person's beliefs, values, and morals while providing care to them. The person part of the metaparadigm also takes into account of things such as the person's physical, emotional, and spiritual needs (Rischer, 2022). The nurse is expected to care for all of these parts of the person. The care should be different for each patient, and specialized for their personal needs.

The second part of the nursing metaparadigm is environment. Environment is what surrounds you. There are many types of environments that a nurse may work in, including hospitals, clinics, online, colleges, and even on the side of a road after a car wreck. A nurse is responsible for the environment that they surround their patient with while caring for them. The environment should be safe, clean, and positive. Environment can even get into what the client sees, hears, and feels while the nurse is not at their side.

The third part of the nursing metaparadigm is health. The well-being of the client is up to the nurse and their team while the client is under their care. It is up to the nurse to do simple

tasks such as hand hygiene to ensure that the client's health does not decline. The nurse also is to care for the patient's mental health, not just their physical health. Health can also go into education. Educating the client on their well-being will better help them understand what they are going through and things they can do to help.

The last part of the nursing metaparadigm is nursing. There are a lot of characteristics that go into nursing such as caring, teamwork, and critical thinking just to name a few. Nurses are expected to perform a lot of tasks in their job, but outside of their job as well. The nurse has to have deep knowledge on a multitude of different body systems. Many nurses also are expected to be a nurse outside of their jobs as well.

To change the subject, being a professional nurse means different things for different people. Being a professional nurse is feeling, thinking, and acting like a nurse. Nurses should possess qualities, that most other people do not possess. These qualities can't be taught to others. Nurses also have to know and apply many different rules and regulations from hospital to hospital and state to state. Nurses have to be nurses every day of their lives whether they are at their lace of work or not. My overall view of the nursing profession is that it is a taxing profession, that can be very rewarding.

In my opinion, I was put on Earth to help people. I take pride in how I treat the people around me. Nurses should give the same quality of care to the patient no matter the patient's beliefs or the nurse's beliefs. I am very respectful of other peoples opinions and values, no matter if I agree with them or not. I think this is a great nursing quality that I happen to posses. I really enjoy taking care of others. I also have been playing softball for the past 12 years of my life, with which I have learned a lot about teamwork. Teamwork and collaboration are two things that happen everyday for nurses while they take care of a patient.

Looking into the future, my end goal is to be a Nurse Anesthetist. In the year 2030 I hope to be working as a Nurse Anesthetist in a hospital somewhere in Illinois, hopefully close to home. I may decide that I am fine with being a nurse, and don't want to go to school again to become a CRNA. If I decide that, I will most likely work as a travel nurse in the year 2030. Whatever I may be doing, I will be doing what I love: caring for others.

In conclusion, nurses have to be a lot of things, not just a nurse. They have to be caring, compassionate, and educated. They have to think about the person, environment, health, and nursing. As a future nurse, I have a few things that I need to work on, but also possess some key qualities that are essential to being a great nurse. In the future I hope to be a great nurse!

References

Rischer, K. (2022). *Think Like A Nurse: Laying the Foundation for Professional Practice*.

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