

Nursing Philosophy

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N314: Introduction to Professional Nursing

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September 26, 2023

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The nursing metaparadigm consists of four fantastic principles that will help guide me through my nursing career: bestowing a client with personalized individual care, shaping the care unique to their environment, focusing on their physical, mental, and social well-being, and encompassing the nursing aspect by using knowledge obtained through school and career for the client's benefit.

First, a client deserves personalized, individual care; not one client is like another. Instead of treating the ailment, treat the client based on their needs. Some examples include communicating with clients relevantly, offering solutions based on what will work for them, and personalizing a plan to improve their health and involve the client and possibly family members if wanted. Mindfulness is another way to effectively care for a client. A recent study shows a significant positive correlation between nurses' mindfulness levels and individualized care (Horton-Deutsch & Sherwood, 2017).

Second, the nursing metaparadigm focuses on shaping the care for the client that is unique to their environment. It could be their physical environment by ensuring the space is comfortable with ambient lighting or essential items close to reach, cultural environment by placing any meaningful or appropriate cultural objects near, or lastly, the social environment may be coordinating a loved one's visit or just lending an ear to listen to the client's worries.

Next, the nurse should address the whole health of the client. Whole health includes physical, mental, and social well-being because they are all equally important. You cannot treat one without the other. The nurse cannot just treat the physical health and the mental and social

well-being ignored; there will be a disconnect, or vice versa. The mind, body, and soul are all related; they should all be paid attention to.

Lastly, the nursing aspect itself is essential to the nursing metaparadigm. The nurse should use the knowledge obtained through school and career to benefit the client. The nurse should be a lifelong learner and constantly seek ways to improve client care.

A professional nurse is responsible for the complete holistic care of individuals. Caring and compassion in nursing are necessary; a cold-hearted nurse is never good. Caring can be defined as a heart-centered encounter, and compassion is observing another person's pain and having an emotional response of your own (Rischer, 2022). A nurse should be adaptable, flexible, selfless, and courageous because they are all critical characteristics of the nursing profession. I continuously watched this with my mother-in-law, who became a nurse in 1955. I watched her handle patients with love and compassion. For instance, she had a best friend who had Lou Gehrig's disease, and I watched her take just as good care of all her patients as she did with her best friend.

I have many personal values and beliefs that will impact my nursing practice, which will all carry over into my nursing routine. First, all people matter, and almost all are inherently good; even when they seem inadequate or not so good from the outside, they deserve someone who genuinely cares for their well-being. I have never felt that I was better than anyone, and I appreciate all walks of life. I am genuinely interested in how a person is doing, and I am empathetic and can put myself in their situation. I know what it is like to be in many different cases throughout life; therefore, I can easily relate.

In closing, the four principles of the nursing metaparadigm include personalized individual care, shaping the care unique to their environment, focusing on their physical, mental, and social well-being, and encompassing the nursing aspect are all excellent foundations for becoming a professional nurse. They all touch on critical areas of concern that a nurse should never dismiss. In my career as a nurse, I want to try many different nursing areas, but ultimately, by the year 2030, my goal is to work PRN in my nursing career, seeing the world as a traveling nurse and working under my terms.

References

- Horton-Deutsch, S., & Sherwood, G. (2017). *Reflective practice: Transforming education and improving outcomes*. Sigma Theta Tau International.
- Rischer, Keith (2022). *Think like a nurse: Laying the foundation for professional practice (Vol.1)*. KeithRN.