

Nursing Philosophy

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N314: Introduction to Professional Nursing

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Introduction to Nursing Metaparadigm

A metaparadigm is a theory, or set of ideas, that maps out the general concepts and disciplines that are the focus of a subject. The Nursing Metaparadigm is a classification of the different concepts that form the basis of nursing and all of the essential elements in providing patient care. This concept consists of four segments: person, health, environment, and nursing.

Four Components of the Nursing Metaparadigm

One component of the nursing metaparadigm is the person. This element focuses on the patient whom you are caring for. This can include things in the patient's life such as their culture, religious beliefs, family, and friends. These are the preferences of the patient that you need to take into consideration when you are caring for them. The health factor concerns the quality and wellness of a patient. It relates not only to the patient's physical health but also to their emotional and spiritual well-being. When caring for a patient, it is crucial that they are physically doing well, but you also need to check in on their mental health. The environmental metaparadigm includes the patient's internal and external factors. Their external factors include nurses, friends, and family, who can help assist and care for them when they need it, and also show them love and compassion, and teach them. It is also essential to make sure their physical environment, like their hospital room, feels comfortable so they can relax as much as possible. The nursing component refers to the nurse and how they will use their skills and knowledge to give the patient the best care possible (Nikfarid, et al.,2018). Nurses must use all four factors when caring for a patient so as not to miss any details and ensure that their patient is well cared for.

What it is to be a Professional Nurse

To me, being a professional nurse is about always advocating and being there for your patient, no matter what. There will always be patients you may not get along with, whether it be disagreeing with their beliefs, or they just may not be the nicest person, but it is imperative to put all that aside and give that patient the best care possible. Every patient should feel comfort in knowing that their nurse is working hard to ensure they are getting the proper care they need. Nursing is also about being able to be there for a person when they are at their most vulnerable state; it is about having the opportunity to take someone's absolute worst day and help make it a little bit better by being by their side and just listening to what concerns they may have. I think nursing may be one of the most fulfilling jobs because if you do the job correctly, you get the chance to leave work every day knowing that you made at least one person's day a little bit better.

My Personal Values and Beliefs

I do not think any of my personal religious beliefs or political opinions will get in the way of my care with nursing. I feel this way because while I have my own views, I also respect that people have values that are different from mine, and I see no problem with that. I think it would be hard to care for a patient who may act extremely inappropriately to me while I am trying to take care of them. Although it would be challenging to continue staying professional while a patient is harassing you, there are some things you could do to help with this. One option is always bringing another colleague into the room with you when you need to care for that patient or have somebody else take over care if it gets too out of hand.

Where I want to be in 2030

I am still deciding which path I would like to take after graduating from nursing school, but I have some ideas of where I would like to be in 2030. The first of these options includes becoming a nurse anesthetist. If everything goes exactly how I would like it to, in the year 2030,

I will be graduating from CRNA school. Since I would have to obtain a job in a larger hospital critical care unit immediately after graduation with my bachelor's degree and then be accepted into a CRNA program after my first year of nursing to graduate by the year 2030, I think a more realistic goal to set is just to be enrolled in a program by 2030. The second option of where I may like to be in the year 2030 is working as a nurse in an emergency room. This path differs significantly from the first, but I would love this career just as much. I have been working in an ER as a tech for the past year and a half, and I have realized how much I love the fast-paced and exciting environment I experience in that setting. This is something that I may not get to share in many other specialties. Thankfully, I still have a little time to decide which path is meant for me.

References

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