

Nursing Philosophy APA Paper

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The nursing metaparadigm is an approach to healthcare that acknowledges four different aspects. The four include person, environment, health, and nursing. These encompass the vital elements that need to be provided during patient care (SimpleNursing, 2022). I feel that as nurses, it goes beyond just doing the minimum to care for a patient. For example, getting to know your patient and be open minded about their own personal beliefs and preferences as a whole.

Environment is one aspect of the nursing metaparadigm. According to The New Jersey College of Nursing, the definition they give is, “Environment is the landscape and geography of human social experience, the setting or context of experience as everyday life and includes variations in space, time and quality” (“Metaparadigm Concepts,” 2023). Bradley University (n.d.) states, “The environment component of the nursing metaparadigm considers a patient’s surroundings, recognizing they can significantly affect well-being.” This issue is an important part because you should always want to make the patient comfortable in their surroundings.

The next two concepts are health and nursing practice. These to me go hand in hand with each other. Health is referring to the patient's well-being while you are giving them the care they need (Bradley University, n.d.). Nursing practice goes right along with that as in the care you are going to provide for them. You mainly use your skills to create nursing interventions based on the patients' health. The last aspect of the nursing metaparadigm is person. In *Nursing Theory: A Framework for Professional Practice* (Masters, 2015) it describes the aspect of a person or human being as individuals, families, communities, and other groups who are participants in nursing.

Being a professional nurse is not for everyone, but for me, it is something I have always wanted to be. There are many things I find important about being a professional nurse. One important factor I believe is crucial to consider for the role of a professional nurse is patient advocacy. For example, a professional nurse is someone who cares for a patient to the best of their ability and ensures they get the proper medical plan and treatment they need in all aspects of their life. They are typically the ones who are around the patient the most and who know their wishes and or treatment goals. Patient advocacy is also described as quality care and promoting the safety of their patients. This would include being the mediator between patients and doctors so that the patient's voice is being heard instead of overlooked. In addition, patient advocacy in nursing serves to provide the patient comfort, and communication between all parties, mental and emotional health needs.

One personal value I think that will impact my nursing practice is the value of diversity and inclusion. In the textbook *Think like a nurse: Laying the foundations for professional practice*, it directly states “Diversity is the range of human differences, including, but not limited to race, ethnicity, gender, gender identity, sexual orientation, age, social class, physical ability, or attributes” (Rischer, 2022, p 96). Diversity has always been a big value to me. It is important to always include everyone no matter their race or any category under diversity. No one should be considered less of a person because of that. I always remember and remind myself that they didn't choose to be a certain race or etc. My ethnicity is caucasian and Hispanic so, I personally can get a feel for the diversity aspect and not always be treated the same. My whole family on my moms' side is Hispanic and when I listen to the stories they tell me about things that have happened to them in the past, it gives me a bigger drive to want to make sure to enforce diversity

and inclusion. I will always go back to the golden rule as it states, “treat others the way you would want to be treated.”

In the year of 2030, I hope to be successful in my career. I am hoping to become a travel nurse after graduation, so I hope that by 2030, I have found a place that feels like home to me and to start to settle down to give all my focus as a nurse in a hospital. Not saying I am not going to do that for others, but the difference is to hopefully make a difference to that specific hospital, as in creating or doing something that the hospital hasn't done before. Or for me, to advertise donating a little more and to make a difference that way. As a nurse, I hope that I have made an impact on as many people as possible and to leave a good impression of myself everywhere I have been for work. I want to leave a legacy for myself and to display my passion for my nursing career.

References

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