

**N314 Nursing Philosophy Paper**

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## **The Nursing Metaparadigm**

The nursing metaparadigm is a concept that demonstrates all the aspects of providing the best patient care that is possible. Nurses need to understand this concept because it will help them be better nurses and focus on more than just keeping patients healthy. The nursing metaparadigm comprises four parts: person, environment, health, and nursing (Deliktas, Korukcu, Aydin, & Kabukcuoglu, 2019). These four concepts shape the nursing field and are what a nurse will experience daily in the health field.

The first concept is the person, the patient receiving care. As a nurse, getting to know patients, their beliefs, thoughts on life, and culture is vital. Not knowing this information makes it very difficult to provide patients with the care they prefer and need. For example, if someone's religion is against the opposite gender caring for them, this is very important to know. Without following their beliefs, they may not cooperate or be fully open about their medical issue. Not only is it essential to understand their views, but it is important to make a good relationship with them (Deliktas et al, 2019). This will make them feel more comfortable sharing vital information. It is impossible to understand how their bodies feel without any subjective information they share about themselves.

The next concept is the environment. The environment contributes to the patient's surroundings and how they positively or negatively affect their health and wellness (Western Governors University, 2021). The environment can consist of a physical and emotional side. The physical environment would be where they live, the air they breathe, and the resources that they have available. On the other hand, the emotional environment would consist of family, relationships, and friends. A hostile environment will strongly affect a person's health and well-

being for the worse. Educating the patient on surrounding themselves with a positive environment and having a sound support system is essential.

The next concept in the nursing metaparadigm is health. Health refers to how much healthcare access a patient has and how well they care for themselves daily (Western Governors University, 2021). It is essential to know that this pertains not only to a patient's health when they have an infection or disease but even when they are entirely healthy. Educating a person on how to make healthy lifestyle choices will prevent them from receiving any medical illness during the present and future. Educating the patient on the most convenient ways to seek health care is also essential. When doing this, consider the location of a medical building, the patient's insurance and budget, and other important information. If the patient knows all of this information, it will make it more likely to see a medical professional when needed.

Finally, the last concept is nursing. Nursing refers to the primary practice of a nurse (Western Governors University, 2021). The nurse needs to provide the patient with as much care as possible. A nurse needs to always advocate for the patient, make the patient feel important, educate them, and help them feel better if they are in pain or distress. Listening to patients when they want to talk about their problems or lives is also essential. In specific scenarios, physical touch can mean a lot as well. For example, if a patient is crying because they are stressed out, listening to them and simply placing a hand over theirs can make them feel more comfortable expressing their feelings.

### **What is a Professional Nurse to Me?**

A professional nurse portrays many attributes, such as being selfless, caring, knowledgeable, a good communicator, a leader, and much more. Nursing is very unique to me because they put others before themselves. Being a nurse allows you to care for patients to help

them feel better. It also allows you to grow positive relationships and educate the patients on living their lives to the best of their ability. It is incredible that no matter how hard or long a professional nurse has worked, they still put forth their best effort and attitude.

### **My Values and Beliefs**

I have many values and beliefs that I live by every day. One of my central values is always to be respectful. This will impact my future in nursing because it is essential to respect patients and coworkers regardless of the scenario. I always want to be treated with respect. Therefore, I need to treat everyone else with respect. It is also important to make someone smile. When I start my future career, one of my goals is to make my patients smile. Knowing I made someone happier or feel better, I feel so good about myself. This will impact my future nursing career because if I make my patients feel better, it will form a good relationship and help them feel more comfortable talking to me. Another value that I have is being selfless when it comes to caring for others. My values and beliefs are critical to me, and I plan to continue demonstrating them, positively impacting my nursing practice.

### **Where Do I Want to Be in 2030?**

It is unbelievable to think that in the year 2030, my life will look different in every aspect. By 2030, I want to be working in a clinic as a nurse practitioner. After I graduate from nursing school, I plan on working in a hospital for a few years to get experience. I think I would enjoy the medical surgery floor at Sarah Bush Lincoln Hospital. I will see various patients and illnesses on this floor throughout the day. This would help me prepare to be a nurse practitioner. I will then return to school to receive my nurse practitioner's license. After receiving that license, I want to find a local clinic job. This would allow me to have set hours with no weekends, giving

me time to spend with my family. Working as a nurse practitioner has been my dream job for a while. If I put forth my best effort and prioritize my career, I can reach my goal.

### Reference Page

- Deliktas, A., Korukcu, O., Aydin, R., & Kabukcuoglu, K. (2019, September 20). Nursing students' perceptions of nursing metaparadigms: A phenomenological study. *The Journal of Nursing Research: JNR*, 27(5), e45. <https://doi.org/10.1097/jnr.0000000000000311>
- Western Governors University. (2021, September 20). *Understanding nursing theories*. <https://www.wgu.edu/blog/understanding-nursing-theories2109.html#close>