

## **Nursing Philosophy**

Kayla Cox Schrubb

Lakeview College of Nursing

N314: Introduction to Professional Nursing

Professor S. Bosch

September 28, 2023

## **Nursing Philosophy**

“Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway” – Earl Nightengale. A quote that has always stood out to me. Being a professional nurse takes time. It is not a trait that you can learn overnight, it’s a skill that you will build for the rest of your nursing career. Knowing and understanding nursing metaparadigms is just the beginning of starting a professional nursing journey. The word “paradigm” is an important concept that helps us develop scientific discipline (Health, 2019). When we take and shape education, research, and practice steps of discipline, this is called metaparadigms (Health, 2019). Nursing metaparadigms were classified into four different categories. These categories were person, environment, health, and nursing. The first category person, it means that we need to think more than just the physical person. We need to understand that there are differences in culture, family, and society. The environmental category is wanting you to understand and characterize the differences that all regional, national, and global cultural have on a human’s health. Not only are those important for the environment category but, you must go even deeper. Looking at their social, political, and economic conditions can be related to human health as well (Health, 2019). And finally, the nursing category. Nursing profession, nursing practices, and nursing objectives are what we are trying to achieve. Following these and understanding them will help us be successful in our nursing career. Once we can understand and identify these categories for ourselves, we can say that we are officially starting our profession nursing journey.

## **Personal Beliefs**

When thinking about professional nursing, think about three things: caring, compassion, and empathy. These three components are essential to becoming a successful nurse. “Caring: The ability to recognize the value and worth of those you care for and that the patient and their

experience matter to you (Benner & Wrubel, 1989)” (Rischer, 2022, p 65). “Compassion in nursing involves noticing another person’s pain and experiencing an emotional response that motivates you to respond to alleviate that pain” (Rischer, 2022, p 65). The value of patient care is a major priority in professional nursing. When being able to see when a patient needs help, and then having the compassion to help however you can, is a relationship that cannot be taught. Caring and compassion is something that every nurse needs. If you do not have those, you will not be a successful nurse. With that being said, we will find that our values/views maybe different than our patients. Being a nurse, you need to have an open mind. The personal value “empathy” is a good example of this. According to our book, “empathy is the ability to understand the experience of each patient that you care for” (Rischer, 2022, p 68). Show the patient you care. For example, you walk into a patient room, they are upset because they just got bad news from the Dr. Ask them if it is okay to come in, ask if they want to talk about it. Build the patient/nurse relationship with them. Placing yourself in the clients’ shoes can help achieve these values.

### **Personal Values**

Although nursing is a very rewarding career, know that it will not always be easy. I knew that I always wanted to be a nurse but, I never had that one person to push me. To make my dreams come true. Then, my son and my daughter came along. I finally had the drive that I wanted to better myself. Not only for me, but for my kids as well. Grit is defined as “a trait for setting a long-term goal, staying interested in that goal, and being persistent about achieving that goal” (Rischer, 2022, p. 8). Nursing has never bored me. I love constantly learning. If a person has grit, they have that fight to accomplish changing goals. Having this value will help me through the tough experiences that nursing will bring. Another personal value that will impact

my nursing career is accountability. Accountability in nursing is knowing that you can do a task, accept responsibility for that task, and make sure that task is accomplished. Not only is accountability important for getting things done, but also for taking responsibility for mistakes. As hard as it can be, it is important. Take those mistakes and learn from them. Having grit and being accountable is just the beginning of what makes a nurse great, and I am happy to say that I feel that I have both.

### **Year 2030**

In 2030, I see myself finally feeling complete. Being married to the father of my kids, in a beautiful home, with an amazing career. Not only do I see myself being happy in my family life but with my nursing career as well. Being an amazing L&D/mother/baby nurse, making impacts on so many lives. When I got the news of being pregnant, I was a Division I, senior collegiate athlete. I was in shock, I felt embarrassed. I was 21 and knew I was not ready. Not only was I in denial, but I was also already over 20 weeks along. But when the arrival of my son came, everything changed. Everyone in the hospital, my nurses, my aides, to even the dietary staff were amazing. They were so supportive when they heard my story. I had people coming in my room to just remind me of how strong I am. It was this event that made me realize that I wanted to be a nurse. I wanted to make that kind of impact on other women's lives. In the year 2030, I plan to have so many stories of the lives I changed because I was able to support them in ways that other couldn't. I am beyond ready to give that feeling to someone else because it is a feeling I will never forget.

### References

Deliktas, A., Korukcu, O., Aydin, R., & Kabukcuoglu, K. (2019, October 27). *Nursing students' perceptions of nursing metaparadigms: A phenomenological study*. *The journal of nursing research : JNR*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6752693/>

Rischer, K. (2022). *Laying the Foundation for Professional Practice* (1st ed., Vol. 1). Anoka KeithRN.