

Nursing Philosophy APA Paper

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The Nursing Metaparadigm APA Paper

The Nursing Metaparadigm is a focus on overall patient care and health. It focuses on discipline that shows how to deal with the different circumstances that may occur. These circumstances differ depending on the different locations and environments in which the nurse works. The four main components of the metaparadigm include human beings, environment, health, and nursing. These are crucial to the metaparadigm because they help everything stay organized and focus on the patient. According to Litzzen, Langley, & Grant (2019), "This is important since nursing processes are contextual and undergo changing complexity and integration" (pg. 41-45).

The first component of the Nursing Metaparadigm is human beings, which are the people who are getting taken care of. We need to ensure that they receive the best possible care and that we recognize how their families are feeling. "The environment is viewed as the area or space wherein the person exists" (Johnson, 2023). This means we have to consider our surroundings and the different cultures people may come from. This means that people will have different views and thoughts on what they need to have done regarding their healthcare. The next component is health, which refers to the patient's condition, illness, and overall well-being. Many people might want different treatments done depending on their beliefs about their health. For example, some will use medications, supplements, herbs, or natural oils. The last is nursing "which refers to us the nurses and the actions that we take" (Johnson, 2023). This means that we are responsible for the patient and what we do is determined by us and the healthcare team.

To be a professional nurse I think that it takes someone with heart and passion for this career. Only some people in life will have what it takes to be a nurse, and so many essential skills

are needed. Excellent problem-solving and critical thinking skills are a major factor in your success. Without these you will not be able to react in the timely manner that is needed or not be able to get the task done. You have to be able to apply your thinking to your practice and find a solution to the problem. I also believe that when you are working as a nurse it is important to care about the patients you are taking care of. You should be making sure that they are your focus and you are going to do everything that you can for them.

A personal value of mine that will affect me in my nursing practice is empathy. I believe that having this trait will show others how much I care and want to help them. Having empathy means that you know how the person is feeling and try to look at it from their perspective. I think that having this will make someone do their best efforts to help the person because if they were in that situation, then they would want someone to do their best to take care of them. I also feel that caring is something that sticks out to me as one of the most important values. I believe this because if you have a patient who is extremely worried or upset about their situation and you are not showing you care, then this could discourage them and make them wonder if they are getting the best care they can.

By the year 2030, I plan to be finished with my college degree and working full-time in a hospital as a NICU nurse. I want to be at the point where I am a NICU travel nurse and have the chance to travel around the United States and get to experience different places. I have also always enjoyed traveling, so I am very excited about this, and why I am eager to start that journey. I hope to make an impact in others' lives and get to achieve all of the great things that come with nursing. I know it will be a long, challenging journey, but there are such amazing rewards to come with it. I want to be a reason these children will recover from being in the NICU and make families so happy to get their little ones healthy.

References

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