

Personal Nursing Philosophy

Tinlee Shepherd

Lakeview College of Nursing

N314 Introduction to Professional Nursing

Professor Whisman

September 22, 2024

Personal Nursing Philosophy

The nursing profession is saturated with caregivers, empaths, and scholars. Those who choose nursing as a profession must understand the importance of critical thinking, intelligent decision making, and clinical intuition. The nursing metaparadigm, created by Dr. Jacqueline Fawcett, encompasses these characteristics and skills in an overarching approach to healthcare through four major pillars. These pillars help guide the professional in nursing itself and the act of decision making. These four concepts include person, environment, health, and nursing (Fawcett, 1984).

Stages of the Metaparadigm

Person

The first pillar of the nursing metaparadigm is Person. The concept of person guides the idea of viewing a patient as an individual with complex emotions, thoughts, attitudes, backgrounds, and beliefs. In terms of implementation, it is necessary for healthcare providers to practice cultural sensitivity, understand the effects of different human characteristics, and respect for patient emotions. A term that is closely related to this sector of the metaparadigm is person centered care. Person centered care is a concept that loosely encompasses the same idea of treating patients as human beings rather than objects or case studies.

Environment

The second major concept in the metaparadigm is environment. Environment depicts the physical areas around a client and how they interact with stimulus within these areas. This includes the clinical setting as well as other potential settings such as home or work. As well as the different objects and people they encounter within these settings that affects the level of care they require. To effectively utilize the concept of environment, nurses and healthcare personal

must consider the environment and different ways the patient responds to outside factors in order to personalize and improve the care they are providing.

Health

Health regards not only the absence of illness but the idea of optimal living when it comes to physical, emotional, and psychological wellbeing. The concept of health is broad, but it is a very central goal in the profession of nursing. That being said, the term health as it is used in the metaparadigm can encompass several differing definitions and each nurse may have an alternate perception to the concept of health when it comes to care.

Nursing

The final pillar is nursing. This concept encompasses the nurse's role in the healthcare system. The final core concept in the metaparadigm includes the actions, responsibilities, and skills that a nurse brings to the equation. This also entails the level of knowledge and continuous skill development that is necessary in a nurse's standard of care.

What it Means to be a Professional Nurse

Nursing is a professional career in which knowledge and education intersects with care and compassion. Many theories describe the attributes associated with nursing, but none are able to completely encompass every perspective. Nursing itself is different to all who experience the profession and many individuals have their own views of characteristics and actions associated with the career. Many common attributes linked to the overarching idea of nursing include being compassionate, caring, empathetic, considerate, and altruistic. According to "What makes a nurse today? A debate on the nursing professional identity and its need for change," the public sees nursing as a straightforward and simple career associated with caretaking and primarily fulfilled by women. However, the article perpetuates that nursing is an everchanging profession

with ties to social justice and personal identities (Van Der Cingel, 2021). Overall, the meaning of being a professional nurse has infinite possibilities and is truly based on personal ideologies.

Personal Values

I have always known I was destined to be in a helping career. I have not always known that I would attend nursing school and that I would be so passionate about making positive change within the healthcare setting. While growing up, when asked to describe myself in one word, I always used the word empathetic. Some individuals are naturally able to feel what others are feeling and can use that skill to ensure comfort for those around them. I have always been one of those people. Not only do I feel I possess key characteristics that will prepare me for a career in nursing, but I also feel that my personal experiences and adversities will determine my success as well. As a woman with poly cystic ovary syndrome, I have struggled with reproductive health and fertility issues for much of my life and experienced the difficulties of advocating for myself in an under researched field of medicine. As a child who grew up in a town in which majority lived below the poverty line, including myself, I understand how difficult it is to obtain proper healthcare. My experiences are what has driven me to the field of nursing, and I am determined to make a difference and become an effective advocate for my patients. In any sense, I have risen to the challenge of becoming a professional nurse and I believe both my personal characteristics and beliefs have equipped me thoroughly to succeed.

Goals by the Year 2030

As I write this paper in my first semester of nursing school, the year 2030 seems like it will never come. However, I have high hopes that I will be roughly five years into my nursing career by the year 2030. I aim to be working either in a women's health clinic or neonatal intensive care

unit. By this time, I am hoping to be comfortable with my skillset and possibly begin working towards my master's degree in reproductive medicine.

References

- Fawcett, J. (1984). The metaparadigm of nursing: Present status and future refinements. *Journal of Nursing Scholarship*, **16**(3), 84–89. <https://doi.org/10.1111/j.1547-5069.1984.tb01393.x>
- Van Der Cingel, M. (2021). What makes a nurse today? A debate on the nursing professional identity and its need for change. *Nursing Philosophy*. <https://doi.org/10.1111/nup.12343>