

Nursing Philosophy

Ashley Shields

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Professor Travis Whisman

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Nursing Philosophy

Throughout the history of nursing, there have been different ideas and theories about what should be the priority with patients, along with different approaches to nursing care, and what makes a great nurse. Wayne (2023) explains “Four major concepts are frequently interrelated and fundamental to nursing theory: person, environment, health, and nursing. These four are collectively referred to as metaparadigm for nursing” (par. 5) or the nursing metaparadigm. The nursing metaparadigm theory has in essentially taken many theories and put them all together to allow for a holistic approach to nursing care.

Stages of the Nursing Metaparadigm

Person is the first stage of the nursing metaparadigm. This considers many facets that make a person who they are. One of those is their faith and/or spirituality. Many people have specific beliefs guided by their religion or spirituality about healing, ability to seek professional care with guidelines about what medical professionals can touch or see them, and death. Each patient deserves to have those beliefs respected and honored when providing nursing care to them, no matter if they are different from your personal beliefs. Another facet is the patient’s psychological state. A patient’s ability to emotionally deal with their health or diagnosis, mentally process such a thing, and cognitively understand what they are told are factors that will affect the way a nurse provides care to the patient. If a patient can’t accept their diagnosis, or understand the treatment, the nurse will have to find a different approach or way of educating them to help them. A patient’s socioeconomic situation is another factor that will determine a patient’s care. If their financial circumstances don’t allow for them to travel to receive care or purchase the required medications, the nurse needs to advocate for them. She can investigate programs that help with gas cards or provide transportation, and she can speak with the provider

about different medication options to try to ensure the patient is properly being treated.

Biological needs also affect the way a nurse provides care for a patient. Two patients can have the same diagnosis, but different plans of care based around their physiological needs. In some cases, men and women require different medical care because of their biological makeup.

Environment can also greatly affect how a nurse is able to provide care. Where and how they live are huge factors. Do they live close to a medical facility to receive care? Do they have clean water to help combat infection? Do they have running water at all? Do they have power? Do they live within a community that promotes healthy choices? Are their family and friends supportive of healthy lifestyle choices or changes? These factors all make a difference in whether a person is able and willing to seek medical treatment, if they can do so successfully, and if they will stick with it. A nurse needs to work around this as much as possible. A key component is having the trust of not only the patient, but their family and friends as well.

Health can be very subjective when discussing person to person. Some patients think they are very healthy and while someone else who makes the same health decisions would say they're unhealthy. Oftentimes, nurses need to provide education to patients to help them reach objective conclusions about their health and well-being to go along with the subjective. Feeling "fine" or "healthy" with severely clogged arteries do not generally go hand in hand. However, through education, a nurse can teach a patient about a heart healthy diet, and they can start taking medications or potentially have surgery to correct their health issues before they become a health crisis. Promoting yearly physicals and vaccinations are proactive ways for a nurse to encourage good health.

Nursing is the last facet of the nursing metaparadigm. SimpleNursing.com (2023) states

“As a metaparadigm concept, nursing encompasses nurses’ actions, roles and responsibilities. It encompasses the knowledge, skills, and attitudes required to provide care to individuals, families, and communities. Nurses act as advocates, educators, and caregivers, striving to meet each patient’s unique needs.” (par. 21)

The nursing concept is all the other concepts put into practice with thoughtfulness and compassion. The nurse considers the person, their environment, and their health to guide her care and treatment of the patient.

What It Means to be a Professional Nurse

I view nursing as one of the most rewarding, respected, challenging professions available. It takes so much dedication, strength, grit, and heart to do this job well. When you do it right, you give so much of yourself that it can be draining, and you’re left exhausted. However, you can also leave your shift feeling so much joy and fulfilled knowing you made a positive difference. I have watched nurses who wore their hearts on their sleeves so to speak. They have cried with me, jumped up and down in excitement with me, they have fought for my child and family, they taught me so many things I needed to know to take care of Joy, and they were such a strong support and friendly face when I needed it during those weeks long hospital stays. The hospital was my home away from home and I got to know them more personally. I see nurses as heroes that make or break a healthcare facility. I want to be one of the great ones that twenty years after I’m gone, I still have past patients that remember the care they received from me and that my heart was genuinely in it.

Personal Values

I believe I have many personal values and beliefs that will make me a good nurse. I love people and believe for the most part, people are just good. I believe in equality and am not a judgmental person. I will strive to always give the best care to every patient I have, no matter their background or circumstances. My parents raised me to shake the janitor's hand the same way I would the CEO's. I don't view anyone as being more important than another, and I want to always make people feel safe and know they matter. I will always try to continue my education because the more I know, the better I can educate and care for my patients. I want to make the most miserable person smile and maybe even laugh occasionally. I also have seen miracles firsthand, and I can carry that hope in moments of hopelessness and be that light in the darkness.

Where Will I be in 2030

In 2030, I hope to be working on the Hem/Onc floor of a major children's hospital like STL Children's or Riley's or even St. Jude satellite clinic in Peoria. Either way, I want to help sick children. I'd also like to possibly be working on or already have my master's degree.

References

SimpleNursing Editorial Team. (2023). What are Nursing Metaparadigms?

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