

Nursing Philosophy Paper

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Nursing has been an essential part of healthcare for thousands of years. To be a nurse, you need to have a code of ethics that you can stand on and stand by to deliver the best care that people deserve. This paper will delve into the ethics that frame the nursing profession. The nursing metaparadigm is an essential part of nursing and holds the four concepts of nursing: person, environment, health, and nursing (SimplyNursing, 2023).

Stages of Metaparadigm

In the nursing metaparadigm, we will examine how all of these concepts not only intertwine with each other but also stand alone as their principles. We will consider the person, nursing, environment, and health.

Person

When caring for someone, you must be able to care for them as a whole. No aspect of the human experience should be neglected, for it's important that nursing is not a business transaction but an overall healing experience. Maslow's needs of hierarchy is a great example of this because you are able to see the things that are the most important that would need to be addressed first, but as well it moves up the pyramid; you can see that there are still other parts of a person that need to be addressed when under a nurses care (McLeod, 2024).

Nursing

Nursing is more than just taking care of a person with medicine and medical intervention; it is also about being able to sit down with a person and take care of them mentally and emotionally (Branch et al., 2016). By having a more meaningful relationship with your patients, you are better able to help them by getting more information from them (Branch et al., 2016). Nursing is a critical element in helping people feel better. Whether it's saving someone's life, delivering them pain medication, or holding them while they care, these are some of the ways that nurses help people feel better.

Environment

A person's environment greatly contributes to their ability to heal, whether that place is a hospital, their home, or a nursing facility (Branch et al., 2016). As nurses, we can't always control the environment that a person is choosing to heal in, but what we can do for our patients would be to give them the best care that we can possibly give them, as well as educate them on how to better help the environment around them. In a hospital setting, we can better care for our patients by giving them an environment that benefits them, similar to home. We can keep noise minimal, appropriate lighting, and access to nature when appropriate (Branch et al., 2016).

Health

The health of a person is more than just their medical diagnosis; it also includes the body, mind, and soul (Branch et al., 2016). Implementing care plans is imperative to not only treat the illness but also assess the patient's mental state and background and provide preventative care for

any other illnesses (Branch et al., 2016). Preventative health is an important part of healthcare to ensure that a person continues to stay healthy.

What it Means to be a Professional Nurse

To be a professional nurse is to take the concepts of the nursing metaparadigm and use them as a type of cookie-cutter molding. To be a great nurse, you can't be a professional nurse without putting in the work. The ANA describes nursing as integrating the art and science of caring for a person and focusing on the protection, promotion, and optimization of health (ANA, 2017). Being and becoming a professional nurse will tie heavily into your personal values and ethics.

Personal Values

Personal values are important, and they are different and unique to every individual. However, how you feel and view your personal values says a lot about a person and their character. There are tons of different values that can create a great professional nurse; these are the values that will make me a great nurse. Some of the values I possess that will help me become a great nurse one day would be altruism, education, and assertiveness.

I feel that I am a very altruistic person because I love to help people. I always get such great satisfaction out of knowing that I've helped someone. I often think about helping other people in any way that I can. I always love helping my patients when they express a concern or an issue without looking for a resolution, but I am able to help them.

I love being able to educate people on things that they don't have much knowledge about in order to help them better their own lives or the lives of others. I think it comes with great satisfaction to be able to share knowledge with others. I'm a firm believer in knowledge being power. At my job, I often have to educate my patients on the importance of brushing their teeth twice a day in order to reduce the risk of pneumonia. Whether it be my patients or coworkers, I always try to help someone learn something new.

My value of assertiveness isn't something that's across the board in my life. I would consider myself more of a push-over in my life and just go with the waves, but when it comes to my loved ones and patients, I love to put in my 2 cents. I feel and strive to constantly advocate for my patients in terms of what they need and what could be better for them. As I grow a connection with people, they tell me things that maybe weren't heard or forgotten about, so I make it my mission to make sure that the issue is addressed. I could not tell you the number of times that I questioned an order on behalf of the well-being of a patient or I collaborated with the nurse on something that would work better for that patient.

I know for a fact that these values that I possess, and hold will make me a great nurse one day. I hope that I can continue to grow and develop not only these but also other of my values so that I can continue to grow as not only a nurse but also as a person. My values as a nurse and as a person will make me the nurse I will one day be, which will be a great one.

Where Will I be in 2030?

2030 is six years from now, and I hope at that point, I will be making my mark in the world one day at a time. I will be roughly four years into my career as a bedside nurse in postpartum/ mother-baby. I hope to, by that point, have become an IBCLC, internationally board-certified lactation consultant, and maybe even be working in the lactation clinic there at Carle. It has been my dream for quite a while now to be able to help and educate mothers on lactation. I want to help educate people from every social and cultural demographic to close the gap on lactation misinformation. To sum up my answer to the question, in 2030, I will be making a difference in people's lives.

Reference Page

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