

Nursing Philosophy APA Paper

Da'Zja Lawson

Lakeview College Of Nursing

N314 - Introduction to Professional Nursing

Professor Travis Whisman

September 22, 2024

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Simple nursing (2023) states that ‘The nursing metaparadigm takes a holistic approach to healthcare by examining multiple interrelated concepts, including the person-patient, the environment, health and nursing as a profession. The four components of the nursing metaparadigm are person (patient), nursing, health and environment. These four components are part of the nursing metaparadigm comprehensive model created by the nursing theorist Dr Jacqueline Fawcett. Her framework provides a way to understand the relationship between these concepts and how they interact to influence nursing care today.

Stages of the Metaparadigm

These are the relationship between people and their environment, and the factors that cause the changes in health status to be either positive or negative. All of this is interconnected and important for professional nurses to know so that quality and individualized person-centered care can be provided.

The Person

When caring for a person in nursing the person is the first principle and most important principle. This means the individual who will be given the care. When the nurse is approaching the individual the final goal is to be able to be independent in taking care of their own wellness and health. Throughout this phase the nurse has to be able to understand the perspective of the patient in regards to their spiritual, emotional and social needs.

Nursing

Nursing is the largest part of the metaparadigm. It's where the nurse supplies the client and gives help in their journey of health. In the nursing part of metaparadigm the nurse uses a five step process called the nursing process. This process helps the nurse evaluate and execute a

plan for the client. The process includes Assessment Diagnosis Planning and Implementation which all are important when nursing for a patient.

Environment

The principle of environment in nursing care is the place where the care takes place, which consists of the physical environments, as well as social and cultural factors. The environment can help in the physiological and psychological adaptation of the patient to the care, with the patient becoming a partner in the care. In the environment of care, the patient's ability to heal and the adaptation to the care process is affected. The environment of where the patient is cared for may also affect the nurse. It is important to maintain a homelike environment for the patient in the care process. The environment in which the patient is cared for is a basic point that enables the nurse to provide the next principle, which is good health.

Health

Health is a second nursing dance with dysphoria that has wellness and illness as its constituents: wellness and illness are focused on the client as a whole, considering the person's physical, social, aesthetic and moral dimensions, are contextual and relational, and are mediated by wellness as a function of caring relationships and illness as a function of loss or dysfunction. Health is an expression of the dialogue between humans and their environment. As TCHJ (2024) state: Wellness, on this view, is the felt experience of congruence between one's capabilities and one's living, and it is based on the experience of being cared for and caring. These ideas that define professional practice of being a nurse thus become the basis of nurses' own development of personal values and belief and the shaping of individual practice.

What does it Means to be a Professional Nurse?

According to American Nurses Association (2017), Nursing is the protection, promotion, and

optimization of health and abilities, prevention of illness and injury, alleviation of suffering through the diagnosis and treatment of human response, and advocacy in the care of individuals, families, communities, and populations. A professional nurse is someone who can perform a clinical task and has ‘a holistic approach to care that integrates caring, critical thinking, clinical judgment, and ethical practice’. As a professional nurse, you put your patient first, communicate well with the other professionals, collaborate and mentor others with a positive attitude, are a leader who can face any kind of obstacle, and can delegate tasks to the right person.

Personal Values and belief that impact Nursing Practice

What I love about the nursing career is that we are able to treat sick patients and get them back up on their feet in good health. We need to both heart and brains to do our job well, skills and compassion are necessary in every aspect of what we do. Something I care about in nursing is promoting health and well being in the patient. My values and beliefs are that I will always treat people the way I want to be treated regardless of my circumstances. It is this deep commitment to empathy and respect that drives me to care for my patients every day.

Where do you want to be in your career in the year 2030?

By 2030 I hope to be in school pursuing a degree as a Nurse Practitioner and working towards getting my Nurse Practitioner degree. I hope to be working as a travel ICU nurse while I am going to school. I want to one day be able to empower patients in their health journey. I also hope to one day own my own health clinic with a great healthcare team using evidence based practice to improve patients health. Lastly, I want to be a nurse who motivates other nurses who look like me to pursue a career in nursing to promote our care values of compassion and empathy in our career.

References

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