

Nursing Philosophy Paper

[Ngoc Trinh](#)

Lakeview College of Nursing School

Travis Whisman

Sep 20, 2024

Personal Philosophy of Nursing

Nursing is a science and an art that encompasses compassion and care to promote health, prevent illness, and care for individuals across their lifespan and in all settings. Understanding the nursing standard is essential for providing quality, evidence-based, holistic nursing care. This essay provides a comprehensive explanation of each component of the standard, how it informs my beliefs and values as a professional nurse, and my vision of my nursing career in 2030. The nursing standard is a structured framework that provides a conceptual map for understanding the role and responsibilities of a nurse. The standard is comprised of four stages: person, nursing, environment, and health. These components interact to influence nursing care and outcomes.

The person is the client of the nursing care, and the person involves not only the patient's physical condition but also their psychological, affective, and spiritual aspects. I believe in holistic care, taking patients, including their current problems, life history, values, and needs, and then providing them the best care with respect and dignity. Every person has the right to be treated with dignity and respect, and the care should be tailored to meet their needs.

Nursing is the art and science of the care of the ill person in body and mind, of the promotion of health, and of the prevention of illness. Nursing has a technical aspect but also a humanistic aspect. In my philosophy of nursing, the technical aspects of my actions and interventions with my patients are enhanced by my clinical expertise, advocacy, education, and emotional support. Advocacy is a key role that nurses play. We can do more than just treat patients; we can educate them so they can make informed choices regarding their care.

The environment encompasses all the external factors that impact a patient's health behavior and state of well-being, which include living conditions, family dynamics, social support, community resources, etc.

The nurse must be able to assess and modify environmental factors for optimal patient care. I firmly believe that a conducive and healing environment plays a vital part in promoting patient health and recovery. Hence, the nurse must overcome any limitations that may hinder health outcomes.

Health is a fluid state of well-being that incorporates the dimensions of physical, mental, and social functioning. It is more than just the absence of disease, but rather a concept that holds the quality of life as the utmost value. My philosophy on health is that it is composed of several components, such as lifestyle, genetic factors, and availability of healthcare. The responsibility of nurses is to promote health by providing prevention

and education, as well as being an advocate for patients to obtain the best possible outcomes in health.

Nursing practice is more than just providing care. Professional nurses must advocate for their patients, model ethical behavior, and add to the greater team of healthcare providers. Nursing is a vocation to holistic health and wellness of persons, families, and communities. The professional nurse holds the dual call to both technical skill and empathetic care. Nursing demands the ability to listen and communicate effectively, as well as to apply solid ethical principles to the care of patients. What does professional nursing mean to me? My answer reflects the core values of integrity, compassion, and lifelong learning.

Throughout my nursing career, compassion, respect, and integrity become my core values, and all my decisions are made based on these values. Compassion motivates me to provide the best nursing care to all my patients, considering their physical, mental, and social health and treating them with kindness and respect. Respect leads me to respect every patient's autonomy, cultural needs, and personal preferences. Integrity enables me to remain true and honest in any situation, keeping the patient's best interest as the primary focus of my practice. These values will influence all my decisions and actions as I provide holistic patient care and advocate for patient needs.

By the year 2030, I will be in an advanced practice role, either as a nurse practitioner or nurse educator. I am looking to increase my knowledge base and skills so that I can increase responsibility in patient care, education, and leadership. In addition, I plan to advocate for healthcare reform and policy changes that will increase health equity and access to care in underserved populations. My goal is to make a difference in nursing practice and healthcare by improving patient care and mentoring the next generation of nurses.

References

American Nurses Association. (2015). Code of ethics for nurses with interpretive statements. American Nurses Association.

Fawcett, J. (1984). *The metaparadigm of nursing: Present status and future refinements*. *Journal of Nursing Scholarship*, 16(3), 84-87. <https://doi.org/10.1111/j.1547-5069.1984.tb01393.x>

McEwen, M., & Wills, E. M. (2017). *Theoretical basis for nursing* (5th ed.). Wolters Kluwer.

Melnyk, B. M., & Fineout-Overholt, E. (2018). *Evidence-based practice in nursing & healthcare: A guide to best practice* (4th ed.). Wolters Kluwer.

World Health Organization. (1946). *Preamble to the Constitution of the World Health Organization*. Author.