Nursing Philosophy

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Nursing Metaparadigm

Nursing metaparadigms are nursing concepts that help form the pillars of nursing. According to Branch, et al., each metaparadigm plays a key role in the nursing process and is essential when providing patient care (Branch, 2016).

Stages of the Metaparadigm

Person: the patient who is the recipient of care (Branch, 2016) and is valuable and deserve respect, assistance and care (Nikfarid, 2018)

Environment: internal and external factors related to patients (Branch, 2016) where nurses are considered the external factors that can offer assistance and care including love, empathy, trust, and experiences (Nikfarid, 2018).

Health: the quality and wellness of the patient (Branch, 2016) and the harmony of the mind, body and soul through physical, mental and social performances to eliminate diseases (Nikfarid, 2018).

Nursing: how well the nurse applies their knowledge and skills when caring for patients (Branch, 2016)

What it means to be a professional nurse

When asked what it means to be a professional nurse, I do not have a clear answer. However, I know what a professional nurse looks like. To me a professional nurse shows up in ways that benefit the clients, family and care team. A profession nurse is someone who answer all the questions, communicate with family and care team members, finalizing interventions, assist in personal activity of daily living (ADLs) cares, putting out fires, managing emotions, building connections, advocating for patients, adjusting to cultures, balancing multiple patients at a time, time management and but not limited to ethically honoring their license and letters (RN).

Personal values

Some of my personal values are professionalism, honesty and caring. These three values will have a major impact on my nursing practice. To hold a nursing job, there must be some form of professionalism. Although I will be making connections with my patients and family members, I understand that there must be a level of professionalism while interacting with patients. I vow to always remain professional no matter the situation, good or bad. Honesty is important because patients must know what is expected of their stay, progress, treatment and discharge plans. I will not beat around the bush when answering and addressing

issues/concerns but present the information in the most effective and understandable way possible. It is very important to be honest at work, just as much outside of work. Caring is the personal responsibility of an individual's character. It is best to be a caring individual and having that quality will carry you a long way in the nursing profession. Clients and families will trust you more, love you more, and be receptive of feedback based on the positive interaction. I do believe that there are many other values to have that will impact on your nursing practice, but these three are what stand out to me the most.

Where will I be in 2023

In 2030, I will be a nurse for four years now. I plan to still be at the bedside getting further experience soon to be transferring to the ICU floor. Around this time, I will be enrolled in a master's Program at the University of Chicago (UIC) Urbana campus. While working on that, I will hold some form of leadership position on my unit as a Unit Nurse Leader (UNL), Charge Nurse, and/or a spokesperson for nurses on my unit.

References

Branch, C; Deck, H; Hiner, C; Holzwart, T. (2016). Four Nursing Metaparadigms. *Vol. 16 (2016): Undergraduate Research Journal.*

Nikfarid, L; Hekmat, N; Vedad, A; Rajabi, A. (2018). The main nursing metaparadigm concept in human caring theory and Persian mysticism: a comparative study*. J Med Ethics Hist Med. 2018; 11: 6.*