Personal Nursing Philosophy

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The nursing metaparadigm was introduced by theorists as a way to identify and understand the interconnectedness of four individual concepts that make up nursing care. The metaparadigm is very useful in nursing because it provides a framework for the nursing process, and helps center care around the individual patient. Deliktas et. al (2019) suggests that this nursing framework is vital for the development of nursing students so that they can integrate their clinical experiences into theoretical knowledge and develop their professional identity.

Stages of the Metaparadigm

As stated above, the nursing metaparadigm is broken down into four individual stages - person, nursing, environment, and health. In no specific order they can be broken down to further understand their roles and how they relate to the nursing profession. The separation of these supports the ideology of nursing as a profession, and can also help guide nursing students within their roles and how they interact with patients.

Person

The person refers to the individual that is receiving care. According to Fawcett (2023), there was a change implemented to the metaparadigm which changed the term from person to human being. This change was put in place to bridge the gap between cultural beliefs and practices, since some cultures believe the term 'person' can be taboo and exclusive.

This pillar not only includes the individual person, but also the needs and experiences that help shape a personalized plan of care. This assists the nurse in

centering care around the patient, which is a staple concept in many care settings, and important in developing positive health outcomes. With that, appreciating and understanding each individual's belief systems, cultural identity, and understanding of their health needs plays a large role in the next pillar of the metaparadigm, which is the environment.

Environment

The environment includes physical space and surroundings of a person. As time has progressed, this pillar has become more inclusive of social determinants of health. Determinants such as social, cultural, political, and economic backgrounds directly influence the way a nurse and their teams provide care.

Understanding the importance of the environment and how it can affect people on an individual level is vital in the nursing profession. This can influence how one may interact and be sensitive to other's perspectives, which leads into the next pillar of nursing practice.

Nursing

Nursing involves the profession, practice, experience, and skills needed in providing care. The actions taken by the nurse in a systematic way creates a structural and conceptual framework so that care is given equally and effectively across all patients.

This pillar can also include how nurses develop a professional identity within the profession. Care, compassion, empathy, and advocacy are some of the characteristics of the nursing profession. These assist individual nurses in developing their own identity that they can use to coordinate their caregiving. Creating a cohesive environment

amongst all nurses so that camaraderie and trust can be beneficial to both patients and healthcare professionals.

Health

Health refers to the overall well-being of the individual receiving care. Some may say that health is one of the most important pillars in the nursing paradigm due to the fact that it is the center of the healthcare industry and all outcomes are based on it.

Using health as an umbrella term can help this pillar be broken down into more than just overall health. Concepts such as physical health, mental health, social health, and economic well-being are included, because all play a key role in the lives of individuals and their overall well-being.

What it Means to be a Professional Nurse

Overall, nursing is a profession that is widely recognized and respected as a career that is a dichotomous mix of respect and high-stress due to the setting and nature of the profession. Caring for people when they may be at their worst in terms of health and/or mental well-being can be a difficult job to do. To those in the profession it is much more than a job - it is both a lifestyle and identity.

To be a professional nurse one must have the correct education at baseline. Receiving a degree, passing the national board exam, and continuing education are necessary to receive and continue working as a professional nurse in the western world. With that, more complex characteristics such as strong values and ethics, adaptability and flexibility, accountability, civility and respect, and empathy and compassion are necessary in creating a positive and impactful nursing identity.

Personal Values

Personally, I value empathy, compassion, and accountability. When it comes to my own professional nursing identity, I want to implement all of these characteristics so that I can be the nurse that patients feel comfortable with in ways that are far deeper than superficial.

Being that I have worked in patient care for twelve years, I feel very comfortable interacting and caring for patients. I look forward to learning the skills necessary to develop myself as a nurse, and I look forward to transitioning into the role.

Where will I be in 2030?

In 2030, I hope to be working in a high acuity setting. I am currently deciding between ER and ICU, and I am hopeful that my experiences in clinicals will help me understand which setting I would thrive in.

In terms of my career, I hope to be proficient in nursing and to be a preceptor for new nurses. I have always enjoyed teaching clinical skills and working with students, so precepting would fulfill both of those for me.

References

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