

**Nursing Philosophy Paper**

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## **Introduction**

The nursing meta paradigm assists as the backbone of nursing. These concepts are essential to all practicing nurses. There are four intertwined concepts known as person, nursing, environment, and health. The nursing metaparadigm is a “handbook” for nurses to use to provide holistic and personalized care to everyone. By putting all four of these concepts together it gives each patient the best outcome that they could achieve. These concepts help grow a deeper understanding of the nursing profession. The nursing metaparadigm encourages nurses to advance the way they practice by having a holistic viewpoint, understanding the significance of empathy. Along with having a cultural awareness, and teamwork to create a better and more complete healthcare system.

## **Four Concepts of Meta Paradigm**

### **Person**

The concept of “Person” refers to an individual who is receiving care. This care is more than just for the physical body of the patient. It includes the person’s psychological, social, cultural, and spiritual beliefs. This type of care is known as a holistic view of care. The holistic care acknowledges that every person has a unique and complex. Which deserves individualized care that respects their dignity and autonomy. The person is essential to nursing care, according to Fawcett (2005), because the therapeutic connection and the care given are shaped by an awareness of the patient's needs, values, and beliefs. Besides the person, the aspect of nursing is considered essential to the paradigm.

### **Nursing**

The concept of “Nursing” refers to the actions, interventions, and processes carried out by the nurse to assist the patient to achieve, maintain, and recover their health. When thinking

about nursing, few people think about the art side of nursing, but it is both art and science. The caring, emphasizing, evidence-based practice goes along with compassion, empathy, and effective communication. When there is an equal balance of both “art and science” it creates a better nurse overall. According to Benner (1984), Nursing is a professional practice that evolves through experience, as nurses move from novice to expert in health care. They develop better clinical judgment and skill experience that they can take with them throughout their career. Additionally, the nursing process forms the foundation for providing quality patient care. The nursing process has 5 parts: Assessment, Diagnosis, Planning, Implementation, and Evaluation. When used all of these enhance a nurse's quality. In addition to nursing, the environment is seen as a special component of the paradigm.

### **Environment**

The concept of “Environment” includes all the things in their life that affect/influence a person such as external and internal factors. These factors can be physical, such as the setting in which the care is being provided. Along with social, cultural, and economic conditions. Nurses must have an understanding and knowledge that the environment plays a critical role in the health and well-being of the patients. According to Nightingale (1859), who was one of the earliest nursing theorists. She enforced the importance of the environment when it comes to the healing process for patients. Nightingale believed that having a bright room that is clean and has good air circulation could improve the patient's outcome. Another crucial factor that goes along with the environment is the patient's social support system and cultural background. Knowing these both is essential to achieve cultural quality care. Along with the environment, Health is also an essential component of the paradigm.

### **Health**

The concept of “Health” is an active state that is viewed as a non-ending process. The “health” part has a range from being completely healthy to illness or disability. There is an organization known as the World Health Organization (WHO) that defines what is health. Health is a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity (WHO, 1948). Nursing health is known as patient-centered and often subjective. This means that “health” can change and vary from person to person. Also based on what they have experienced and have as their goals. For example, if a patient feels like they have control over the symptoms that they have had their whole life they might be able to see themselves as healthy because they have been able to finally control their symptoms which they thought was not possible.

### **What does it mean to be a Professional Nurse?**

A professional nurse does much more than just perform clinical tasks. They also grow a deeper connection with the patients by caring for them, being an advocate for them, and providing health without anything in return. A professional nurse needs to have knowledge to perform clinical tasks, have a strict ethics code, have effective communication, have compassion, and have accountability. I believe that a professional nurse should also be persistent in learning. As medicine changes and things improve as a professional nurse you need to be flexible and teachable so that you can continue to get better.

### **Personal Values**

I am a Pastor's kid, so I have grown up in Christianity my whole life. I feel like this will play a huge role in my nursing career. I want to be able to share compassion and kindness with everyone and be able to share Christ with everyone as well. If there is ever an opportunity I would love to offer to pray for other patients and even nurses when they are having a rough day.

I do believe that as a nurse you must have organization, responsibility, and resilience. Being able to take on anything that comes your way.

### **Where will I be in 2030?**

In 2030 there are two things that I would like to have accomplished, I would like to work in a hospital as an OB-GYN as a labor and delivery nurse. While I am working as a labor and delivery nurse. I will have just finished my residency in a hospital so that I could become a doctor. After becoming a Doctor, I would like to start up my family and have kids. I will be married already and able to go anywhere for my residency so that I can later have a place to go in a clinic while I start up my family so that I will not have any crazy hours that will be hard to work around especially since I will have my family.

## References

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