Personal Nursing Philosophy

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Nursing Philosophy

The nursing profession is a huge field that has many different opportunities in lots of areas like from working with children to aesthetic nursing. Even though this profession is expanded into many specialties, the nursing paradigm is the roots of all client care. It creates a structure of care in which an individual receives such as a health assessment or the occasional Botox treatment. The Nursing metaparadigm is a key concept in the nursing field; it includes all components necessary to provide essential client centered care. Within the nursing metaparadigm, there are four aspects that guide the development of holistic client care. These four aspects are the person, environment, health, and nursing.

Components of the Nursing Paradigm

The Person: This first aspect of a person in nursing relates to the patient or client who needs professional holistic care. This component also involves the support system from the client as well as other social influences. For example, if a foster child was admitted it would be difficult for the young child to accept what could possibly happen depending on their situation. Advocacy for the young child would be a high priority since there would be no family present. On the other hand, if a homeless person gets discharged with instructions to keep a wound clean it would be difficult to do so with limited supplies and the physiological difficulties which are associated with being homeless. It is predominant as a nursing professional to give accurate and respectful care to everyone. Everyone is unique in their own ways, which makes individualized care so important. According to St. Thomas University “considering the biological, psychological, sociocultural and spiritual aspects” (lines 15-16) is a crucial part of individuals receiving quality care. Quality care starts with accepting everyone for who they are no matter what the situation is

The Environment: The second aspect of the metaparadigm is the environment, which essentially is the location and type of area in which the nursing care is being performed in. It is important to be aware of the environmental surroundings when providing nursing care. An example of this would be simply closing a curtain to divide the room from others. Doing this task allows a sense of privacy for the client which creates a professional environment as well. The "environment refers to all external and internal conditions and influences affecting the individual, including physical spaces as well as cultural and social contexts" (lines 17-18).

Health: The third aspect of metaparadigm is health, which is the overall health of an individual. The term health can have different meanings depending on who is asked. For example, a heavy smoker could believe that they are healthy even if they smoke three packs a day. As compared to a person who exercises, watches their intake and does not ingest harmful chemicals. According to Simple Nursing, "health is a central concept in nursing which goes beyond the absence of illness and encompasses physical, mental, and social well-being" (par, 17). It is important in the nursing profession to use health promotion techniques as well as prevention, health restoration and end-of-life care.

The Act of Nursing: The final aspect of metaparadigm is the act of nursing itself. It is important to utilize and implement the knowledge and skills that are obtained through nursing school. Nurses are trained to be close advocates and caregivers for the client and provide a variety of education. It is important to establish a strong nurse-to-client relationship to provide holistic care to each individualized client. "Comprehensive knowledge and skills acquired through education, practical experience, and ongoing learning encompasses theoretical understanding, practical application, collaboration, and effective communication which is essential for optimal care" (par, 21).

My Professional Philosophy

In my opinion, I believe a professional nurse should have three definite qualities. These qualities include clinical competence, compassionate satisfaction and mindfulness. I believe that it is important to practice skills until mastered to ensure the safety of the client and the surrounding environment. Clinical thinking and judgement are a priority to provide the correct and fast acting care in emergency situations and daily routine care. It is also important to have client satisfaction throughout the whole-time care is provided and even if the client is not receiving active care to have improved client outcomes. Compassion satisfaction is a feeling of fulfillment after providing care. Having a positive reaction and feeling in the workplace can improve stressful situations and a more positive workplace. According to *Think Like a Nurse, Volume I*, "the balance between compassion satisfaction and compassion fatigue can be defined as your professional quality of life. The higher your compassion satisfaction, the higher your positive work-life balance" (p, 71). This type of satisfaction can prevent burnout, improve the strive to go to work and improve client care. Lastly, mindfulness is needed to support critical thinking, reduce stress and improve mental and physical health. Mindfulness is necessary to prevent overlooking and making clinical errors. "The mind can be full of conflicting and distracting thoughts and feelings that interfere with your ability to be fully available and present to each patient" (p, 72).

Each of these personal beliefs will impact my future nursing practice, by being professionally prepared and clinical competent to implement tasks in a well-mannered way. I strive to be compassionate to each individual regardless of their personal situation to improve the perspective of nursing. Lastly, being mindful and aware of your surroundings and situations can reduce mistakes, improve resilience and improve client centered care.

Where will I be in 2030?

At this point in my life, I see lots of things happening leading up to the year 2030. Graduating at Lakeview College by December of 2026 is first on the list. Then passing the NCLEX exam to find a job which then will lead me to applying to another college to get my Nurse Practitioner license. My overall goal is to be a children's nurse practitioner and to work at Riley's Children's Hospital of Indianapolis, Indiana. However, later down the line I would like to teach future nurses at a local college to help balance a work-family life.

Conclusion

To wrap it all up, the nursing metaparadigm includes key factors of nursing. The overall perspective of what it is to be a professional nurse is a large group of factors. However, from previous discussion the perspective focuses on holistic client centered care. Personal values and beliefs can be affected by the positive mindset of others around but, everyone has their own point of view of how the nursing field is impacted.

References

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