Professional Nursing Philosophy

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A professional nursing philosophy has four key components: person, nursing, environment, and health. However, this philosophy varies for each nurse as their background and experiences shape how they provide care. The Journal of Nursing & Midwifery Sciences states, "Nurses encounter situations where they advertently or intentionally fail to fulfill certain responsibilities due to factors such as organizational, personal, and psychological influences" (Fouladi, Mohammadi, & Mozaffari, 2024, p. 2). Because of these influences, no two nurses will share the same philosophy or experiences as stated above. Factors such as religious beliefs, mentorship, and personal challenges shape a nurse's approach to patient care. Additionally, everyday experiences in and outside work continue to shape and evolve a nurse's philosophy.

Stages of the Metaparadigm

Person

Nursing is connected to personal values, influencing how individuals perceive themselves and interact with others. As Kurz (2024) stated, "Personal values are influenced by family, culture, religion, work, and life experiences" (p. 225). All these experiences will shape how a nurse approaches their patients, impacting the patient's experience. When nurses encounter similar situations in their own lives, they may be better equipped to empathize with their patients. Another important personal value in nursing is compassion. Compassion is at the core of caregiving and is essential for providing excellent nursing care (Kurz, 2024, p. 224). It can determine whether a nurse can connect with their patient on more of an emotional than a physical level, improving the quality of care their patients receive.

Nursing

Nursing as a profession can be underestimated. A lot goes into the profession itself, and many factors mold the idea behind it. One important factor in how a nurse will function and work as a nurse is having a good educator or mentor (Kurz, 2024, p. 226). Those who help nurses become who they are as a person can help them become better nurses. They see what nurses go through in school and what the workplace can look like, which will help future nurses understand why they are taught how to be professionals early on in school. Nursing is not easy, and it can be very difficult at times. According to Sebrant and Jong (2024), "Registered Nurses are expected to have acquired knowledge about the fundamental concepts within nursing science throughout their training and clinical work" (p. 353). As previously mentioned, being a nurse can be demanding. Just by completing school does not always guarantee an easy career; rather, it prepares nurses for involvement in the profession.

Environment

A nurse's personal life and work environment can alter the quality of care that is provided to patients. Various factors can affect the environment, such as living conditions, urban or rural areas, work management, and resources. Not every healthcare facility may have top-notch resources or even access to available resources. Nurses may have to work around some areas in order to provide care for their patients. As Kurz (2024) mentioned, "Increased patient and institutional demands, lack of resources, work-family imbalance, and struggles with internal conflicts push nurses to examine their nursing practice" (p. 224). Having the available resources can greatly impact how patients get treatment and interprofessional communication. If there are any conflicts, they will reflect on the patient. The work environment is very important in nursing but could be overlooked. If a nurse is being overworked, it reflects badly on patient care. Nurses are often working extra hours or working longer shifts to help if their unit is understaffed, which

ultimately leads to fatigue and patient who are under-satisfied with their care (Fouladi, Mohammadi, & Mozaffari, 2024, p. 5).

Health

A nurse's well-being can be overlooked in stressful work environments. More healthcare facilities are recognizing how important the health and well-being of their staff members are. Taking time for self-reflection is essential to ensuring patients receive effective care. Engaging in reflection can enhance decision-making and job satisfaction. As Kurz (2024) stated in *Philosophy of Nursing and Caring,* "Reflective practice in nursing is associated with improved clinical reasoning skills, improved communication skills, reduced moral distress, and positive well-being" (p. 225). Taking a moment to reflect on work and how a patient's care is going can greatly impact how a nurse will feel.

<center>**What it means to be a Professional Nurse**</center>

There are a few things that go into being a professional nurse. A nurse must have responsibility. They are putting their selves into a position where they care for patients and their families. A lot goes into that, and being responsible is one of them. They must be responsible for ensuring they are getting the care the patient needs and ensuring everything is being met on time, like passing meds and doing assessments. If something is not right, then make sure something will get done. I believe a nurse needs to be compassionate in their job. Compassion may not come easy to everyone, but I do think it can make the job more enjoyable. It can also improve the relationship between the nurse and their patients.

<center>**Personal Values**</center>

I have a few personal values that reflect how I currently work in healthcare. Honesty is one of my biggest personal values. I try to be honest with everyone I meet, which is honestly

why I do not have many friends. If someone is not doing something I like, then I tell them. This is reflected in my work because I will confront someone who is not doing their job and ensure it gets done. I do not like to sit around waiting for someone to tell them or sit around acting as if nothing is wrong. Another big personal value is compassion. I feel for everyone and hear them out. Even if I do not know them. If I notice something bothering my fiancé, friends, or family, I ask them. Even though I know most of them do not want to talk about what could be happening, I still ask them to ensure they are doing okay. This is also reflected in my job. I always love to hear about my patients' lives, their families, and even my coworkers. We talk a lot about our lives at work, which I greatly enjoy because I feel more connected to them, which makes us work better as a team. I feel this personal value is very special because not everyone understands how important it is to let someone know how you are feeling or what is going on in your life, and then you are stuck in a bubble.

Where Will I be in 2030

It is hard to even think about where I will be in 2030 since it is five years down the road. I would like to see myself accomplishing many things. I will work as a nurse at Decatur Memorial Hospital in the Intensive Care Unit. Hopefully, having my certificate in critical care nursing. I would also like to see myself getting certified as a dialysis nurse to be more educated on CRRT patients and have the knowledge to help my fellow coworkers with those patients. It would become the clinical coordinator on that unit because they help with management and staffing and can help the staff out with the patient load.

References

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