Reflection of Personal Philosophy and Principles

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To reflect on your own Personal Philosophy and Principles, one must understand what philosophy and principles are. Personal Philosophy and Principles are sets of beliefs that guide you to make decisions about your life. The nursing metaparadigm influences a nurse's philosophy and principles by providing a view and approach of patient care. The nursing metaparadigm is a framework consisting of person, health, environment, and nursing. Metaparadigm is important to nursing because it defines the scope of nursing, guides patient-centered care, applies evidence-based practice, and encourages critical thinking and reflection in nurses.

Stages of the Metaparadigm

The nursing metaparadigm consists of four fundamental concepts that define the discipline of nursing. Those four stages are person, nursing, environment, and health. I discuss what each stage represent below.

Person

Each person is unique and individual, each person experiences physical, emotional, social, and spiritual dimensions. Part of a nurse's role in patient care is to understand a patients' needs, preferences, and values to help provide individualized care. Family is a key component to most people's care. Nurses' need to try and include family into patient care to help the patient in their journey. Patients are more than their medical history, they are people with physical,

psychological, and spiritual beliefs. It's important to empower patient to express their beliefs, so that nurses can have a better relationship and help provide care accordingly.

Nursing

Nursing encompasses nurses' actions, roles, and responsibilities. A nurse needs knowledge and skills to provide care to the patient. Nurses act as advocates, caregivers, and educators aiming to meet each patient's needs. Nursing is a holistic approach; it treats the person as a whole person rather than parts. Nursing demonstrates empathy and compassion to make the patient feel comfortable and valued.

Environment

Environment is the context in which nursing care takes place. It includes both the physical and social factors that help influence a person's health. The environment includes internal and external factors that affect a patient's health. Humans are strongly dependent upon the environmental changes around. The environment can be a factor in a patient's health. If the environment in a patient is unorganized a patient may trip a fall or feel hopeless and dirty.

Health

Health is a key component in nursing, it's the central concept. "Health goes beyond the absence of well-being, and encompasses social, mental, and physical well-being. Nurse's goal is to promote and restore health and support patients" (Team, 2023). Supporting patients is a key component to a patient's health, if a patient feels supported, they can heal faster. Health starts

within if a patient is depressed and feels like there is no hope, a patient can go down a spiral. Health is a very important component to nursing, as it supports patients to their optimal level of wellness.

What it Means to be a Professional Nurse

To be a professional nurse, a nurse must encompass the skills to be one. A professional nurse exhibits compassion, empathy, education, and professional demeanor. If a professional nurse makes a mistake, they do the right thing by admitting it and fill out the proper documentation. A professional nurse is comprised of four pillars, values and ethics, knowledge, leadership, and professional comportment. “All the pillars are needed to hold up the structure of your professional identity. If one pillar is missing or poorly developed, it is only a matter of time before the structure will collapse, just like a building with a weak or missing pillar” (Rischer, 2022, p. 94). These four pillars make up what a professional nurse is, without these structures. It is hard for a nurse to know the guidelines of what it is to be a professional nurse. The pillars help establish the criteria that you must follow so that your patients do not become neglected. “The first pillar is values and ethics is a set core values that guide conduct. The second pillar of knowledge is a body of knowledge that must be learned and is needed for critical thinking. The third pillar is leadership, personal identity of a nurse, the initiative to deliver excellent care and improve outcomes. The fourth and final pillar is Professional comportment consisting of behavior through words, actions, and presence. Another important competent no listed a pillar is communication but part of every pillar. Nurse needs to collaborate and communicate effectively to a. professional nurse” (Rischer, 2022, p. 94). “When speaking with patients and their

caregivers, use terms they can easily understand. Also, be willing to take reasonable steps to meet an individual's language and communication needs (e.g., bring in a translator). Communicating effectively also means keeping clear and accurate patient records and practicing good interprofessional teamwork and handoff skills (USAHS). Communication is an important part of being a professional nurse. Without communication nurses are not able to understand relay information or have a better understanding of the patient's needs.

Personal Values

Faith, family, and country are strong values I have that help make up my foundation and impact how I deal with situations. My faith and spiritual belief will have an impact on my nursing career as I am able to understand and respect different cultural backgrounds, as I would want others to do so for me. Having a respect for others' beliefs and cultures allows you to treat the person as a whole and allows them to feel more comfortable. Family is another important part of my beliefs that impacts nursing. Including family in a patient care can help the patient have better outcomes. Country is another belief of mine that has an impact on how I treat patients. When I think of country in a healthcare setting, I think of veterans and how that affected their life both physically and psychologically.

Where Will I be in 2030

In 2030 I will be working at Riley's Children Hospital in Indianapolis, as a full-time pediatric intensive care unit nurse, helping children on their journey. I will be married to my husband, and we will travel the world. I will be an aunt to both of my sister's children and spend

lots of time babysitting, when I am not working. I travel to see my sister in the Army and spend time exploring the area. I will own my own house with my husband, with little debt.

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