

Philosophy of Nursing

At the core of my nursing philosophy lies my deep belief that respect for everyone, compassionate care, and a holistic approach to health are essential in promoting healing and well-being, while fostering a trusting and collaborative relationship with patients and their families. Providing compassionate patient centered care can sometimes be challenging when faced with difficult information about the patient we take care of, but by looking beyond that and continuing to offer excellent care, we can all grow and develop into better nurses. If we focus on taking care of patients with a holistic approach, we can understand the patients as a whole and give them the best care they deserve. Guiding us into what we know as nurses we have the four components of the nursing metaparadigm, person, environment, health, and nursing, that serve as a foundation for providing comprehensive and effective care.

The nursing metaparadigm forms the foundation of effective, and compassionate care. To truly understand a patient we must look beyond their physical condition and consider them as a whole. The nursing metaparadigm is based on four key components: person, environment, health, and nursing. In an article, authors describe the persons aspect of the metaparadigm as follow: “The human factor metaparadigm refers to individuals in a definite culture, family, and society” (Deliktas et al., 2019). This highlights the importance of considering a patient’s cultural, family, and societal context when providing care. These factors are crucial to keep in mind when caring for a patient.

When considering the environment, we reflect on the patient’s background and life experiences. In an article, the authors describe the importance of the environment to the nursing metaparadigm: "Environment not only affects patients and their ability to heal but can also affect nurses as well” (Branch et al., 2016). Questions to consider might include: Did they grow up in a

disadvantaged region? How are they progressing socially? Are they comfortable with the opposite sex providing their care? These elements of the environment are essential to understand the patient's needs.

The health component of the metaparadigm refers to the patient's entire life, from birth to death. In an article, the authors emphasize the importance of viewing the patient holistically: "Health is seen as the point where the patient is along the health-illness continuum" (Johnson, 2024). It's important to think about how well they have taken care of themselves over the years. Whether they regularly attend check-ups, visit the dentist, or maintain a healthy lifestyle. These factors can greatly influence the patient's current health status.

Lastly, the nursing metaparadigm encompasses all the knowledge, skills, and ethical principles we, as nurses, have developed and practiced throughout our careers. It's built on our commitment to providing compassionate, evidence-based care while adhering to the highest standards of professionalism and ethics.

Being a professional nurse means giving a deep commitment to compassion and kindness, remembering what holistic care your patient might need, advocating for patients and their rights, and applying nursing knowledge to provide effective care. It involves collaborating with all members of the healthcare team to address the comprehensive needs of the patient. Additionally, a professional nurse stays current with advancements in nursing practice and remains mindful of patients' spiritual and cultural beliefs.

My personal values are grounded in principles that guide how I interact with others and approach life. Honesty is at the core of these values because I believe that trust is the foundation of any relationship, whether personal or professional. Without honesty, it's impossible for others

to trust what you say or do, which ultimately undermines the connection and respect we build with one another. Accountability is another value I hold in high regard. I feel that if people cannot count on you to follow through with your responsibilities or promises, your role, whether in personal relationships, work, or society, is diminished. I take pride in being someone others can rely on and who hold themselves to high standards.

Communication is also an essential value I prioritize. Effective communication builds understanding, prevents misunderstandings, and ensures that everyone involved is heard and respected. Whether speaking with colleagues, patients, or loved ones, clear and compassionate communication can make all the difference in fostering strong, meaningful connections. Fairness is another value I hold dearly. I believe in treating everyone with equal respect and dignity, regardless of their background, name, or personal circumstances. Discriminating against someone based on their identity or actions is not only unjust, but it also erodes the moral foundation that binds communities together.

Lastly, personal growth is something I deeply value. I view life as an ongoing journey of self-improvement and learning. Whether it's advancing my professional skills, expanding my knowledge, or gaining a deeper understanding of myself, I actively seek out opportunities that challenge me and help me grow. By committing to continuous development, I am better equipped to serve others, both in my personal and professional life.

I envision myself as a Certified Registered Nurse Anesthetist (CRNA) by 2030. To get there, I know I must first complete my bachelor's in nursing, gain at least two years of experience working in critical care, and apply to a CRNA program. I am interested in gaining experience in both the ICU and the Emergency Room, aiming for at least five years of

experience before applying to a CRNA program. My ultimate goal is to work in the operating room, where I can be responsible for a patient's life during critical moments. This has always been my dream, but as a mother of two, balancing school and family can be challenging. Fortunately, with the support of my incredibly supportive husband, I am confident that I can achieve my goal and become a CRNA by 2030.

References

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