

Nursing Philosophy Paper

Ngoc Trinh

Lakeview College of Nursing School

Travis Whisman

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## **Nursing Philosophy Paper**

The nursing field represents an ever-progressing profession requiring strong scientific knowledge and compassionate patient support. The nursing profession follows basic beliefs and ethical principles which guide nurse interactions with patients and their families inside the healthcare system. The nursing metaparadigm provides an essential framework which enables professionals to grasp the fundamental components of nursing practice. It consists of four key components: person, nursing, environment, and health. The four central elements of nursing cohesively create a foundation that enables nurses to focus on health promotion and illness prevention through holistic care delivery. The paper evaluates my nursing philosophy through the lens of the nursing metaparadigm framework and inspects my individual beliefs together with my professional objectives.

### **Stages of the Metaparadigm**

The nursing metaparadigm consists of four interconnected elements that provide a complete understanding of nursing practice. The components provide foundational elements that shape both nursing theory and its practical implementation.

#### **Person**

The "person" element of the nursing metaparadigm framework focuses on patients receiving health care through the examination of their physical, emotional, social, and spiritual needs. My nursing philosophy treats patients as whole individuals who need support that extends beyond treating their physical conditions. Nurses need to evaluate each patient's distinct characteristics to develop customized care strategies that meet their specific needs and cultural preferences. Nurse-patient relationships that incorporate empathy and trust produce better health outcomes along with enhanced patient experiences.

### **Nursing**

The nursing field combines expert knowledge and skills with clinical practices to enhance both patient health and wellness. The nursing field requires a scientific method but also demands artistic skills through critical thinking and technical abilities when providing compassionate patient care. Nursing practices surpass clinical tasks by engaging in patient advocacy and education in conjunction with healthcare professionals to deliver the best patient outcomes.

### **Environment**

The "environment" component covers both external surroundings and internal conditions which affect human health. The environment aspect examines social elements and economic conditions along with cultural and physical factors. I work as a nurse to identify environmental elements which influence health while I promote better living standards together with patient safety and access to quality healthcare. Supportive and healing healthcare environments play crucial roles in improving patient recovery outcomes and their overall well-being.

### **Health**

The concept of health reflects an active status of well-being that encompasses physical health along with mental and social health components. The concept of health encompasses diverse personal conditions beyond the simple absence of disease. Through patient education on healthy behaviors and preventive care nurses hold a vital role in health promotion while helping patients take charge of their healthcare. By focusing on health promotion and disease prevention nurses produce beneficial effects on both individual patient outcomes and broader community wellness.

Professional nurses embody ethical practice principles while committing to continuous education and delivering compassionate care. Professional nursing practice demands that

practitioners merge ethical standards with continuous education and compassionate care delivery to patients. Professional nursing practice requires maintaining ethical integrity while following evidence-based guidelines as nurses develop clinical skills throughout their careers. Nurses should work towards patient advocacy while adhering to ethical guidelines and collaborating with interdisciplinary teams to provide complete care. Successful professional nursing demands leadership expertise together with skills in mentorship and the provision of comfort to those in need of support.

### **Personal Values**

My values align with the core principles of nursing: compassion, integrity, respect, and dedication. My dedication to empathetic patient care manifests from compassion with integrity guiding my adherence to ethical principles and honesty in my nursing work. My nursing practice is based on patient-centered treatment together with evidence-based practices and ongoing professional development. Establishing trust between patients and healthcare providers demands basic respect for their dignity and autonomy while acknowledging cultural differences. My dedication to continuous education promotes professional development as a nurse and enhances my ability to provide top-quality patient care.

### **Where Will I Be in 2030**

By 2030, my nursing career will reach a new level through specializing in a field that integrates my passion for patient care with my dedication to advocacy. I aim to enhance my professional skills and knowledge base by completing nursing certifications and pursuing graduate studies. I aim to hold leadership roles so I can train new nurses while developing healthcare policies and enhancing patient care standards. My career goal centers around

generating major enhancements in nursing practices while also benefiting patients who receive my care.

### References

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