

**Nursing Philosophy Paper**

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N314: Introduction to Professional Practice

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Nursing is an evolving profession that needs constant learning, compassion, and patience. Nursing allows for different beliefs and ideas that will enable one to have faith in and keep fighting for treatment. This is necessary for nurses when interacting with their patients. These components create a foundation that allows nurses to focus on promoting health and preventing illness through encompassing care tactics. This paper will deliver my nursing philosophy by showing the overarching concepts of nursing and displaying my individual beliefs that intertwine with my professional objectives.

### **Stages of the Metaparadigm**

The nursing metaparadigm consists of four related components that strive to understand the general concept of nursing practice. “Nursing metaparadigms were first classified by Jacqueline Fawcett into the following categories: person, environment, health, and nursing.” (Deliktas, et al., 2020). They provide the foundation that creates the theory and puts it into practice.

#### **Person**

The “Person” element focuses on the patient getting health care through examinations of their physical, emotional, social, and spiritual needs. “Jean Watson believes that every individual has their own unique and unpredictable set of needs, and it is imperative to accept and honor a person's needs, regardless of their wishes, customs, or beliefs.” (Branch, et al.,). My nursing philosophy is to help patients with physical or spiritual needs. Nurses must evaluate the patient and develop a care package tailored to their needs. This relationship between the patient and

nurse develops trust and gives hope to the patient, enough to give them more confidence and strength to continue fighting for treatment.

### **Nursing**

The “Nursing” component requires a different mindset and expertise for wellness and good patient health. “Nurses are recognized as a powerful force in promoting environmental sustainability and human well-being, and thus achieving sustainable development goals” (Zhao, 2023). In general, the nursing realm heavily relies on science and artistic skills through the usage of technicality, critical thinking, and compassion when delivering care. Nursing is one step above clinical care by educating and engaging with patients to deliver optimal care.

### **Environment**

The “environment” component includes internal and external condition which affect a patient’s health. “The global environment refers to the internal and surrounding environments of each person.” (Fawcett, et al., 2023). This component focuses on the economic side of things along with social elements. In addition to that, it also focuses on physical and cultural factors. My view from this component is that I get to provide a better standard of living with the help of the patient which would provide quality and safe access to healthcare. Supportive environments help expedite the healing and recovery of the patients.

### **Health**

The “health” concept revolves around the idea of well-being in 3 forms mental, social, and physical health. “Nurses have the social responsibility to promote environmental and planetary health, fostering a harmonious coexistence between humans and nature” (Zhao, 2023). Health general includes a diverse realm of personal conditions that is patient specific instead, not

just that the patient does not have the disease. Preventative care can be achieved by educating the patient on preventative practices and healthy behavior. Being able to educate and promote disease prevention and focus on health promotion often ends well for both the patient and the community.

Professional nurses often commit to excellence and always strive to deliver education and care to the needed patients. Practitioners often must balance ethical integrity and provide care for patients based on evidence-based clinical skills throughout their careers. Nurses must work at patient advocacy while maintaining ethical guidelines to provide complete care. Nurses often develop a skill of leadership as they progress in their careers and provide hope to those in need.

### **Personal Values**

When asking myself what I truly believe in, I often align with the core principles of nursing that includes compassion, integrity, respect, and dedication. This level of dedication in me comes from the feeling of compassion with the patient and understanding of the need to meet ethical principles and provide complete honesty in my work. My nursing practice is based on treating the patient with what they believe they need and providing evidence along with professional development. Building trust between the nurses and patients also provides respect.

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

My goal by 2030 is for my nursing career to reach a new level after spending some time in my designated field. I aim to enhance my professional skills and knowledge with additional certifications and graduate studies. I aim to hold leadership roles so that I can oversee a team that I can hold to my standard of practice. At the end of the day, I only strive for what is best for the patients as they are the ones who allow us to have such careers.

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