

**Nursing Philosophy**

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**N314 Introduction to Professional Nursing**

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### **Professional Nursing Philosophy**

Nursing is more than a career; it is a calling shaped by professional standards and by who the nurse is as a person. The role can be described through the nurse's own beliefs, values, and life experience. Also, through the nursing paradigm framework, which emphasizes the person, health, nursing, and environment. This is what gives those concepts depth and meaning. Every nurse brings their own perspective to the job, shaped by things like their faith, the guidance they've received from mentors, and the challenges they've faced in life. Research also points out that outside pressures, like work stress or personal issues, can affect how nurses carry out their duties (Fouladi, Mohammadi, & Mozaffari, 2024). This shows that both personal and professional factors affect nursing. Over time, as nurses face new experiences in life and in their jobs, their views continue to grow and change. This is what makes nursing such an important and personal profession.

### **Stages of the Metaparadigm**

#### **Person**

Nursing is more than a job; it is a profession where you really have to care about people and see the patient as a whole individual, not just somebody with an illness. This means properly caring for their physical needs, while also taking into consideration their emotions, relationships, and spiritual life (Simple Nursing, 2023). Every patient is unique in their own individual way, and it is important for nurses to understand their values and what matters to them. The person concept also includes the patient's family and friends since they typically have a large role in the patient's health and recovery. "The ultimate objective is to empower patients to take charge of their own health and well-being, which necessitates attending to their social health as well" (Simple Nursing, 2023).

**Nursing**

The nursing part of the metaparadigm focuses on what nurses do and the role they play in caring for people. Nurses do so much more than just taking care of the physical needs of a patient. They also educate, support, and advocate for their patients. Their knowledge is based off of their education and also a lot comes from real life experience and working with others. Nurses need to know procedures and charting, but it goes well beyond that; they show kindness and understanding. “While technical proficiency and knowledge are important aspects of nursing, they are not the sole determining factors. The ability to demonstrate empathy and compassion is equally vital, alongside performing procedures and interpreting medical records.” (Simple Nursing, 2023). When working together with the other parts of the metaparadigm, the nursing role helps ensure patients are seen as a whole person and not just someone who is sick.

**Environment**

The environment in nursing is about where and how care happens. This not only includes hospitals and clinics, but also the social and cultural aspects that can affect a patient’s health. “The metaparadigm of nursing encompasses various aspects related to human health, including the regional, national, and global cultural, social, political, and economic conditions.” (Simple Nursing, 2023). Understanding the environment helps nurses determine the best ways to care for each person and make the best decisions that fit the patient’s situation. This approach allows a nurse to look beyond the patient alone and see everything about them that can affect their health and recovery.

**Health**

The health aspect of the nursing metaparadigm includes a person's mind, body, and social well-being. Nurses are there to assist in keeping people stay healthy, help people feel better when they are sick, and reach the highest level of wellness they can. Nurses must look at the whole picture and not just the illness alone, because a patient's health can change from many different circumstances. When nurses can understand their own beliefs and values, this can help them care for patients better. On top of that, a patient's culture, family, and everyday life all affect their health, so nurses have to pay attention to all of it when giving good care. "It's important to consider cultural beliefs, upbringing, relationships, and other significant influences in patients' lives. These assumptions, beliefs, and values serve as the foundation for our nursing practice." (Simple Nursing, 2023).

### **What it means to be a Professional Nurse**

Being a professional nurse requires more than just medical knowledge and technical skills. Nurses have to have good communication with patients, families, and healthcare teams. They need to have compassion and empathy for their patients and always advocate for their patients' needs. Being a nurse means having the ability to handle stress and stay calm under pressure while staying organized and reliable. According to Fouladi, Mohammadi, and Mozaffari (2024), "moral sensitivity, as a part of professional ethics, offers responsible and accurate care," which shows how important it is for nurses to act with awareness and integrity in every situation. They need a strong mindset that is willing to be in a constant learning state of mind to stay updated on new practices and knowledge. Respect for patients' individuality, culture, and personal values is important when properly caring for a person wholeheartedly. Lastly working as a team and collaborating with other health care professionals to give the most optimal care to

patients. Overall, being a professional nurse means combining skill, heart, and integrity to care for people in every aspect of their health.

### **Personal Values**

My top three core values and beliefs are compassion, service, and lifelong learning. Compassion is at the center of who I am, and I believe it is essential in nursing because it allows me to connect with patients on a deeper level and provide comfort during a time of vulnerability. Service has shaped my character by being involved with my church, advocacy agencies, and animal shelters since I was thirteen years old. These experiences taught me the importance of putting others first, sometimes even before my own needs, and approaching every opportunity to serve others with humility and dedication. I value lifelong learning because I am always craving continuous growth and education. As someone becoming a nurse, this belief will allow me to remain open to new knowledge and practice to ensure I provide the best quality of care.

### **Where I will be in 2030**

By 2030, I will have graduated from Lakeview, obtained my BSN, passed my board exam, and become a registered nurse. After that, I will be continuing my education and pursue a graduate degree to become a nurse practitioner. My vision is to work as an aesthetics nurse, helping women feel more confident and empowered in their own skin, while also incorporating the medical side of practice to maintain a well-rounded skill set. By combining the art of aesthetics and the science of medicine, I hope to make a positive impact on patients' physical and emotional well-being.

### **References**

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