

Nursing Philosophy Paper

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Introduction to Professional Nursing

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According to Simple Nursing, “the nursing metaparadigm encompasses four essential concepts that shape the practice of nursing: person, environment, health, and nursing” (SimpleNursing,2025). As well, they go on to say, “these concepts equip nurses to provide holistic and patient-centered care” (SimpleNursing,2025). Nursing is more than just looking at the patient’s problems and getting vitals as needed. At the end of the day, there is a person in that bed, and if they cannot trust you, they will not feel comfortable telling you important information to help with your nursing process.

According to Simple Nursing, “the first concept of person in nursing refers to the individual or the patient receiving care” (SimpleNursing,2025). They go on to say that “it recognizes that each person is unique and encompasses physical, emotional, social, and spiritual dimensions” (SimpleNursing,2025). The purpose is to encourage patients to advocate for their health and social health (SimpleNursing, 2025). Nurses today try to comprehend the patient’s needs, wishes, and values to deliver patient centered care (SimpleNursing,2025).

According to Simple Nursing, “the environment refers to the context in which nursing care takes place” (SimpleNursing,2025). They also state that “it includes both the physical surroundings, and the social and cultural factors that influence a person’s health” (SimpleNursing,2025). A person’s health can be impacted by their surroundings in their everyday life. For example, a coal miner may have black lung disease due to the coal dust, or a construction worker may have decreased hearing overtime due to loud noises from machinery. These examples come from factors that may influence a person's daily life.

According to Simple Nursing, the third concept, health, describes the central concept of nursing and goes beyond the absence of illness and encompasses physical, mental, and social well-being (SimpleNursing,2025). As nurses we strive to promote and reinstate healthiness in

our patients, fend off diseases, and give aid to patients to reach their goal of perfect health. (SimpleNursing,2025). It is important for the nurse to also implement self-care as well. For example, going to the gym, taking time off to recharge or go on vacation, eating nutritious meals, spending time with friends and family, and making it a priority to get at least eight hours of sleep each night.

According to Simple Nursing, “nursing encompasses the nurses’ actions, roles, and responsibilities” (SimpleNursing,2025). As well, they state,” it encompasses the knowledge, skills, and attitudes required to provide care to individuals, families, and communities” (SimpleNursing,2025). Everyday nurses are advocates, educators, caregivers, and we aim to reach each patient’s special goals (SimpleNursing,2025). Nursing includes pure understanding, hands-on approach, cooperation with different departments, and good communication for giving patient-centered care (SimpleNursing,2025).

I believe a professional nurse is accountable for their actions, has values and civility, is humble, moral courage, caring, flexible, culturally competent, organized, adaptable to change, ethical, respectful, honest, a good teacher, an advocate, and has treatment dilemmas. The American Nurses Association states that, “essential qualities of a Nurse are integrity and advocacy, compassion and empathy, willingness to learn, communication skills, has critical thinking and problem-solving skills, and pays attention to detail” (American Nurses Association, 2023).

My beliefs as a Lutheran and my conservative values encompass how I view nursing, the role, and how I will help patients. I believe that everyone is created in the image of God, and every person has value and dignity. My beliefs influence me to care for all patients with respect, compassion, and equality regardless of their culture and lifestyle. To me, nursing is a profession

to serve others like Jesus served the church with kindness and humility. My conservative values impact on how I see and learn more of my responsibilities and ethics in nursing. As a conservative I believe in honesty and transparency so that I can form trust with my patient, their family, and other healthcare staff.

I'm not sure what type of nurse I want to be in my future career. But I can see myself doing well working in a float pool and helping with multiple departments. When working as a healthcare tech in the CIA float pool, I learned a lot in each department and loved the amount of education that I experienced working on different floors. As well, I see myself married and hopefully with children while working as a float nurse.

References

- American Nurses Association. (2023, June 8). *What Are the Qualities of a Good Nurse?* ANA Nursing Resources Hub. Retrieved September 18, 2025, from <https://www.nursingworld.org/content-hub/resources/becoming-a-nurse/qualities-of-a-good-nurse/>
- SimpleNursing. (2025). *What are Nursing Metaparadigms?* Simple Nursing. Retrieved September 18, 2025, from <https://simplenursing.com/nursing-metaparadigm/#toc0>