Nursing Philosophy Paper

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Nursing Philosophy

The philosophy of nursing is a set of beliefs that are perceived in different ways. It refers to a guide of nursing practice building on the foundations of education, research, values, principles, and personal beliefs. An important virtue of the philosophy of nursing is its emphasis on personal values. The set of personal values a nurse has acquired plays a vital role not only in how they view their patients but also in how they view their own health and role within society. The Metaparadigm is an important topic that usually goes unnoticed. It is configured with four stages that promote a central concept reflecting the role of a nurse.

Stages of the Metaparadigm

The four stages of the metaparadigm are person, health, environment, and nursing. These four components shape the nursing role into principles that help give a better understanding of the nursing role as a profession.

Person

The first factor in the metaparadigm is the person and how their culture, family, and society have defined them. How a person perceives how care should be given to a client is heavily influenced by their culture, family, and societal influences. The client receiving care should always receive the highest level of care possible; however, sometimes it is difficult to overcome cultural differences or societal expectations that influence the care provided. It is during this stage that the connection between the patient and nurse is established. The nurse will learn about the patient and, in return, be able to individualize the care that needs to be given. It is also important for the nurse to promote the client's responsibility to maintain their well-being.

Communication between the client and nurse plays a vital role in this aspect of the metaparadigm.

Environment

Secondly, the environmental factor refers to all social, political, regional, national, global, and economic cultural differences that are connected to human health (Bahramnezhad, Shiri, Asgari, & Afshr, 2015). Simply put, this is where the client's care is taking place. The environment plays an important role in the clients' well-being. After assessing the environment, the nurse should acknowledge all aspects of the environment and adjust the care to achieve a positive health outcome for the client. Nurses must assess the environment in which they are providing care to gain a more realistic understanding of the client's well-being.

Health

Thirdly, the factors of life and death define the health aspect of the metaparadigm. The client's physical, mental, and social well-being is also included in this factor (Bahramnezhad, Shiri, Asgari, & Afshr, 2015). Nurses promote positive health and well-being outcomes for their clients. To achieve these outcomes, the nurse must recognize nursing as a central idea. This will help clarify the expectations for the care the nurse provides, as well as how the nurse's understanding influences the client's health. Each stage has a solid foundational framework; however, the health factor connects these frameworks to achieve the highest positive outcomes for the client's health.

Nursing

The last factor of the metaparadigm includes the nursing profession, nursing practices and nursing objectives (Bahramnezhad, Shiri, Asgari, & Afshr, 2015). How a nurse is perceived

depends on their actions, responsibilities, and the roles they uphold in both the hospital and community settings. Nurses must understand their role and focus on the knowledge and skills they have acquired through their education and clinical settings. Nurses must maintain a positive attitude when communicating with clients, family, and staff. The profession of nursing encompasses a multitude of understandings to provide optimal patient care. A nurse can accomplish this understanding by demonstrating empathy and compassion to meet the client's needs.

What it Means to be a Professional Nurse

I view professional nursing as more than just completing daily clinical tasks. It provides the utmost care, with the knowledge, understanding, compassion, and ethical responsibilities acquired, to ensure effective, safe care for all patients and their families. It also means that I am an advocate and educator to the patient and their family, making them the main focus and priority. The legacy of Florence Nightingale reminds us that nursing should be grounded in observation, research, and a commitment to improving healthcare standards (Glasper, 2020). I believe this can be accomplished by using autonomy, beneficence, and nonmaleficence as my guidelines. I will show compassion, empathy, and respect not only to my patients but also to my fellow staff members. Encouraging strong communication and teamwork will lead to better outcomes for my patients' health and well-being. The reflection of professional nursing weighs heavily on the many attributes and characteristics of the nurse. A deep commitment to the well-being of society and the health of all patients reflects the dedication, integrity, and accountability I must possess as a nurse.

Personal Values

I hold myself to the highest standards when it comes to my personal values. The values I possess are compassion and respect, along with integrity, honesty, and accountability. In addition to the previous values, I also value hard work, commitment to excellence, and patience. These values shape my character as a person and a prospective nurse. They will help me to provide safe, holistic, and ethical care to the patients, families, and communities.

Where Will I Be in 2030

In 2030, I plan to graduate with my Bachelor's degree from Lakeview College of Nursing and work at Carle Foundation Hospital. Since I have been a Healthcare Tech at Carle for several years, I have had the opportunity to work on many different units and gain valuable experience along the way. After working for a few years as a nurse at Carle, I would like to become a travel nurse. I want the flexibility to travel and experience different parts of the nation while getting paid for it. I am both thankful and excited about the opportunity that Lakeview College of Nursing has provided me with, and I cannot wait to see what the future holds for me.

References

Bahramnezhad F., S. M. (2015). A review of the nursing paradigm. *Open Journal of Nursing*, 5(1), Article ID 53094. p.4236.

Glasper, A. (2020). Florence Nightingale Contributions to Nursing. *British Journal of Nursing*, Vol. 29, Issue 14, P832.