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N314 Introduction to Professional Nursing

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Nursing can be defined in many different ways. It is an art and a science that requires compassion, critical thinking, and knowledge. It is essential to develop a personal philosophy of nursing because it provides guidance in decision-making, interactions with patients, families, and colleagues, and professional practice. A nursing philosophy is a reflection of personal beliefs, ethics, and values as they relate to the profession. A foundational framework for understanding the discipline is the nursing metaparadigm. “The four components of the nursing metaparadigm —person, health, environment, and nursing—shape professional identity and influence nursing practice” (Bender, 2018). This paper will talk about the nursing metaparadigm and its four components, cover my personal beliefs about professional nursing, look at values that will guide my practice, and explain where I see myself in my nursing career by 2030.

The nursing metaparadigm is a foundational framework that defines the primary focus of the nursing profession. It gives a broad perspective that aids nurses in understanding their roles and responsibilities within healthcare. According to Bender (2018), “the metaparadigm concepts serve as a foundation for nursing theory, research, and practice”. The four main components of the nursing metaparadigm are person, health, environment, and nursing. These components all together make a holistic approach to patient care and aids nurses in giving individualized and comprehensive treatment.

The first component of the nursing metaparadigm is “person”. This is referring to the one receiving nursing care. This can include individual people, families, and communities. Being a nurse means that it is important to treat every patient with respect, compassion, and dignity. I believe every person is unique and have their own values, beliefs, cultural backgrounds, and life experiences that have influence on their health and healthcare choices. Actively listening, involving patients in their care, and viewing them as partners in their care rather than one

receiving care is called person-centered care. It is essential to understand the person as a whole, meaning physically, emotionally, socially, and spiritually, in order to provide high-quality nursing care.

The next component of the nursing metaparadigm is “health”. It is more than just the absence of a disease. The World Health Organization (2023) “defines health as a state of complete physical, mental, and social well-being, not merely the absence of illness”. I believe that health can change depending on life circumstances, environmental factors, and chronic conditions. Being a nurse means taking role in promoting health, preventing illness, restoring wellness, and showing support to patients in achieving their highest level of functioning possible. This would include patient advocacy, education, and empowerment to make their own informed healthcare decisions.

The next component is “environment”. This is referring to the internal and external factors that can influence one’s health. This is including cultural influences, physical surroundings, access to healthcare resources, social relationships, and economic conditions. An example would be a patient’s living conditions, financial stability, and family support can impact recovery and just overall well-being directly. Being a nurse, the environmental factors much be considered when planning and implementing care. Another nurse responsibility is to create an environment that is safe, therapeutic, and sensitive to culture.

The final component of the nursing metaparadigm is “nursing”. Nursing has many definitions, in this case, it is defined as the characteristics, attributes, and actions of the nurse providing care. It combines ethical responsibility, evidence-based practice, compassion, and clinical judgement. According to the American Nurses Association (ANA, 2021), “nursing involves the protection, promotion, and optimization of health and abilities, prevention of illness

and injury, and advocacy in the care of individuals and communities". I believe that accountability, integrity, dedication to patient-centered care, and lifelong learning are all required in professional nursing. Within the healthcare system, nurses are leaders, advocates, caregivers, and educators.

Being a professional nurse, to me, means holding high ethical standards, committing to excellence in patient care, and demonstrating compassion. Being a professional involves accountability, and responsibility. It also means standing by the nursing code of ethics. Nursing requires strong teamwork and communication skills to make sure of optimal patient outcomes.

Personally, I view nursing as a calling instead of a career. It is a specific pathway that requires adaptability, empathy, resilience, and patience. Being a professional nurse means remaining calm under pressure and in stressful situations, making evidence-based decisions, and thinking critically in complex situations. I think that trust is the foundation of the nurse-patient relationship. Building the nurse-patient relationship requires respect for patient autonomy, honesty, and confidentiality.

Many of my personal values impact my nursing practice. One in specific is advocacy. I think nurses should speak up for the patients that are vulnerable, make sure their rights are protected, and help reduce the healthcare disparities.

I also value compassion. I think that understanding and showing kindness can highly impact a patient's experience during healing. I value integrity because acting honestly and ethically, especially when no one is watching, is important in maintaining patient trust.

I see value in cultural inclusivity and competence. Patients come from all different backgrounds and as a nurse, it is a responsibility to respect the beliefs of the patient and provide care that is sensitive to their culture.

By 2030, I see myself working in Texas as a CRNA. My goal is to give evidenced-based care that is safe to patients across the lifespan while keeping the highest standards of professionalism and clinical excellence.

As a CRAN, I hope I will be working in a hospital in collaboration with anesthesiologists, surgeons, and other healthcare professionals to be sure to achieve optimal patient outcomes. I am drawn to this role in healthcare because it requires advanced knowledge, technical skills, and direct patient care. Administering anesthesia to patients requires the ability to respond quickly to changes in the conditions of the patient. By 2030, I hope I am confident in prioritizing patient safety and managing complex cases.

A personal philosophy of nursing is a form of framework guided for professional practice. The nursing metaparadigm and its four components, person, health, environment, and nursing, give a foundation for understanding the discipline and giving holistic care. My nursing philosophy highlights advocacy, lifelong learning, cultural competence, compassion, and integrity. As I continue to grow in my profession, my philosophy will change with education and experiences. By 2030, I hope to be a CRNA practicing in a Texas hospital with anesthesiologists, surgeons, and other healthcare professionals assisting to make the healthcare system and patients within it better as a whole.

References

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