Personal Nursing Philosophy

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"I have neither given nor receive, nor will I tolerate others' use of unauthorized aid."

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Every nurse has their own nursing philosophy that makes them unique from the other. Each type of nurse brings a new piece of the puzzle to the table in small or large amounts. The nursing metaparadigm is the steppingstone on building beliefs and values of being a nurse to your patients needs. There are four components of the metaparadigm to help with patient care thoroughly. The beliefs and values I hold dearly to myself and how those could impact my career as a nurse. The most important part of any career is to determine the success years after implementing the beliefs and values held closest to the heart.

To understand how to build beliefs and values as a nurse, some key concepts have to be learned and mastered in the career of a nurse. “A metaparadigm may be defined as a recognizable pattern or model that provides a foundation for a particular discipline used as an overarching framework to describe key organizing concepts related to the field.” (Hood, 2018, pg. 132) Metaparadigm could be broken down into a prefix and suffix from the Greek language. The Greek word “meta” means being more comprehensive or transcending, while the Greek “paradigm” means an intellectual group of people are accepting a concept. (Hood, 2018) The nursing metaparadigm is trying to focus on the bigger picture here. The metaparadigm is focusing on the patient of care.

Like any model, there are concepts to follow. The four concepts of the nursing metaparadigm include: human beings (recipients of nursing care), environment (physical and social), health (process or state), and nursing. (Hood, 2018) These concepts are followed by nurses all over the world. The human being component involves the care of the patient and involves important people (like family or friends) to the patient, spiritual, and social needs. (Four Basic Metaparadigm Concepts in Nursing, 2018) A nurse needs to know a patient before doing anything to affect their behavior or health. Environment could mean multiple things. The nursing

client could face many experiences that may include: aesthetic beauty, caring relationships, threats to wellness and lived experiences of health. (Four Basic Metaparadigm Concepts in Nursing, 2018) Health could be described as having a disease or having no disease, thus integration of illness and health have to be equal for the patient's well-being (Four Basic Metaparadigm Concepts in Nursing, 2018) The nursing component is simply using the optimal outcome of health for a patient's care by using knowledge, skills, critical thinking, technology, and critical judgement to a nurses best ability. (Four Basic Metaparadigm Concepts in Nursing, 2018) For being an excellent nurse, thinking outside the box is essential for any healthcare team.

To become a professional nurse, I believe it takes honesty, caring, integrity, and the desire to help those in need. People are unable to walk into this profession without most of these traits in hand. A professional nurse should be required to be know what is right from wrong and can be kind to other people (patients and healthcare team). The people who can stand up with these traits have a heart of gold to be in this career or any healthcare profession for that matter. For my nursing practice, those traits have stuck by me before choosing this career path. Honesty, caring, integrity, and the desire to help others will impact my nursing practice in a beautiful way. I will become a nurse that will follow my morals while being honest and caring while helping a patient. I am able to understand a patient and help them through tough situations. Working through stress has been a major factor that has impacted my practice.

The major question asked by an interviewer is "where do you see yourself in 5 years?" I find myself pondering that question. For my nursing career, that is a whole different story. Graduation from nursing school is at the end of next year. I plan on working in the ED for a good amount of time before going for flight nurse. The ED I plan on working for would be Sarah Bush

Lincoln or Decatur Memorial Hospital. The year 2025 is slowly approaching, but the possibilities are endless.

Every nurse in history has their own values and beliefs on becoming an excellent nurse in their field of work. The skills and thinking of a nurse develop overtime, but beliefs and values do not. The philosophy of any nurse needs to come from the heart and mind. There is a difference of being a nurse with or without beliefs and values. Knowing the concepts of the nursing metaparadigm help builds those ideas from scratch. Those concepts help build a person’s nursing personality, thus building their future path for many years to come.

References

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