

**Nursing Theory Reflection Paper**

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Nur 292/ Clincial

April 28,2023

### **Conceptual Framework Reflection**

The conceptual framework of Nyack College establishes general objectives and criteria that demonstrate how healthcare is a comprehensive framework made up of numerous interactions from our experiences, family, and communities. In nursing school, we have learned and are still learning that having the right education is essential for fostering kindness, comfort, and care for everyone around us. Additionally, even as a student, nursing responsibilities extend beyond patient care to include our families, the environment, and communities. Since our education, courses, and general learning experiences are all governed by our conceptual frameworks, I believe all nursing schools must adhere to them. Therefore, this essay aims to discuss the conceptual framework and my personal beliefs about it.

I agree with the theories and concepts researched to identify the issue and consider potential remedies that make up conceptual frameworks. They aid in illuminating the significance of research projects and the methods scholars use to close gaps in the body of knowledge. As a result, the School of Education's objective is to prepare and equip teacher candidates on a spiritual, intellectual, and social level to deliver morally superior education to a diverse student body in various situations, communities, and settings (*Conceptual Framework*, 2016). The conceptual model of the unit incorporates both process and content. By identifying indications of competence within each strand, each strand is progressively improved and serves as an essential part of the professional education paradigm. The service component covers the relevance of the person and the community in many cultures, situations, and communities. Academics strongly emphasize preparing qualified teachers in various fields, theories, and links. Leadership ties the teacher candidates' shared vision, effective communication techniques, and professional development as they serve communities (*Conceptual Framework*, 2016). Teaching strongly emphasizes preparing and supplying teacher candidates with the tools to exhibit reflective planning, collaborative

teaching methodologies, and reliable assessment techniques. The conceptual framework's elements define and provide context for the others. The essential attitude toward creating and using the conceptual framework underpins these four elements.

I also agree with the theoretical framework offered by Nyack College's nursing program. The application of a holistic and person-centered approach is necessary for the provision of high-quality care (*Conceptual Framework*, 2016). The framework is significant for emphasizing cultural sensitivity, evidence-based practice, and critical thinking, all highly regarded skills. The path to becoming a certified nurse must include each of these elements. The unit aligns with the college's mission to cultivate individuals who seek knowledge and are equipped for meaningful contributions. I agree with the view that the fundamental principle of the academic institution is to prioritize the amalgamation of religious beliefs, education, and individual development, which constitutes the basic ideology of the department. The unit's professional faculty promotes the belief that educators should uphold various fundamental values that stem from a Christian worldview. The Christian doctrine and principles mandate an individual exhibit love, compassion, and discipline towards others. The Christian faith's guiding principles inform individuals' personal and professional choices. Christian nursing must provide holistic care to patients, addressing their emotional, physical, and spiritual well-being. Initially, a nurse who identifies as Christian bears the obligation of guaranteeing that a patient receives sufficient attention to their emotional well-being. The nurse attends to the patient's emotional well-being through various means. The Christian doctrine mandates that I exhibit love toward others. Consequently, it is imperative for me, as a nurse who identifies as Christian, to demonstrate compassion toward my patients. Respect for patients is a crucial component of proficient nursing practice. Nurses are expected to recognize and honor the dignity, intrinsic value, and unique attributes of the individuals under

their care. Nurses must exhibit exceptional medical care, empathy, benevolence, and patient comprehension.

Utilizing a conceptual framework will facilitate my professional development as a competent nurse in diverse ways. The statement above underscores the fundamental principles that I, as a nurse, must uphold professionally. These principles encompass the importance of maintaining certain values and standards, promoting collaborative efforts among healthcare professionals, adhering to evidence-based practices, and demonstrating patient respect. The commitment to continuous learning is imperative for remaining up-to-date with optimal methodologies and advancing one's career growth, and the conceptual framework further reinforces this. Comprehending the framework and adhering to its tenets enables me to provide superior care to my patients. Continuous education is imperative for nurses to progress in their profession. To provide optimal patient care, nurses must remain up-to-date with the latest research, techniques, and technologies. A dynamic characterizes the healthcare sector and constantly evolving landscape marked by growth and expansion. The framework is a prompt for continuously enhancing one's knowledge and competencies and remaining up-to-date. Furthermore, comprehension and adherence to the framework can improve nurses' teamwork and communication skills. Nursing skills are imperative for effective collaboration within a group.

If I could remove one concept from the conceptual framework, it is the idea of "environment." Although I acknowledge the value of the concept, I believe the other four factors are more crucial in promoting the growth of a skilled nurse. In my perspective, the essential components of the framework for nursing practice are evidence-based practice, patient respect, and interprofessional teamwork. While the significance of the environment cannot be undermined, these elements are more critical for achieving success in nursing practice. The primary objective of clinical learning is to enhance and perfect the

competencies and expertise required to provide care in collaboration with other healthcare professionals (Fukada, 2018). Using simulation experiences enhances the acquisition of clinical knowledge and skills and supplements hands-on care experiences that are crucial for the development of nursing professionals. The immersion experience in a clinical setting offers prospects for developing clinical reasoning, management, and evaluation proficiencies. The role of the generalist nurse involves serving as a crucial intermediary between the healthcare system and the patient population. Specifically, this involves effectively communicating and translating the plan of care to patients in a manner that is easily understandable and accessible. The human interface position necessitates a comprehensive range of skills. The nurse must have a good relationship with the patient to deliver patient-centered care. Patients are valued healthcare team members, so they are becoming more involved in treatment planning and healthcare decision-making.

I would add "self-awareness" if I could. Successful nurses need self-awareness. Nurses can better understand and sympathize with patients by understanding their feelings, thoughts, and values (Rasheed et al., 2021). This would improve patient care and nurse-patient relations. Compassionate nursing care starts with good care, and self-awareness helps you provide it. If a nurse possesses self-awareness, they would be capable of intentionally and consciously exhibiting this conduct, which is of greater significance. Suppose a nurse is experiencing a challenging day or grappling with personal concerns. In that case, using Egan's model and self-awareness can facilitate positive patient communication. As nurses' career and practice progresses, they are increasingly likely to gain insight into the circumstances that elicit anxiety and overwhelming emotions. We cannot effectively help others if we are unsure who we are and what we value. To employ oneself therapeutically, a nurse must first understand oneself. The ability to intentionally and objectively analyze oneself and perceive and take in information essential to one's welfare is known as

self-awareness. The elements of culture, society, biology, and psychology affect personal growth. Identifying and evaluating the significance of internal and external stimuli is crucial to self-awareness. Self-awareness exercises aim to increase understanding of internal and external interpersonal realms. One can develop self-awareness and self-understanding by controlling one's thoughts, feelings, and behavior to protect and better oneself.

In conclusion, the conceptual framework established by Nyack College is a fundamental cornerstone for the progression of nursing practitioners. Nursing promotes continuous education and collaboration with other healthcare practitioners, emphasizing the ethical principles and standards nurses must maintain. From the author's perspective, the framework provides a sturdy basis for advancing nursing professionalism. If allowed to modify the framework, I would remove the notion of "environment" and introduce the concept of "self-awareness" instead. The conceptual framework concepts are pivotal in providing superior healthcare services and advancing as a nursing professional. Providing care entails establishing a relationship with a family member or patient in a clinical or hospital environment. This process involves a series of steps. The absence of care may lead to a lack of trust and inadequate health outcomes. The framework presented highlights the essential components of optimal nursing practice, which include the capacity to provide compassionate care, impart knowledge, and exhibit professionalism in all engagements to foster favorable health results.

## References

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