

Personal Nursing Philosophy

Brooke Lawler

University of New Hampshire

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Abstract

This paper uncovers my personal philosophy of nursing as a second year student entering the world of nursing. Through studying different aspects of what defines nursing and examining various nursing philosophies of individuals in the practice, this paper depicts what I believe is nursing and what I consider valuable features of the practice. The purpose is to assemble the ideology of the nursing practice, the metaparadigm of nursing, and what I envision is purposeful nursing practice into my own belief system. I will abide by this system as a nursing student and will transfer it into my real-world practice. Essentially, what my beliefs and values are in nursing and why they are my beliefs and values. This will include how I have come to these conclusions in my preparation as a nurse and the knowledge I have gained resulting in my own personal nursing philosophy.

Nursing theories and philosophies are written by nursing students, nurses in practice, and others. Whether we have had the opportunity to be the patient or understand what it feels like to be the patient empathetically, we know what type of nurse we are and want to be. The nurses I have met in my nineteen years as patient have helped me see the compassionate, professional, accountable, and attentive nurse I plan to be. These characteristics are what help shape my own personal nursing philosophy around patient care, being a part of a team, and professional practice.

The reason why most nurses go into the profession is because of their enthusiasm towards taking care of others. Nursing is an incredible opportunity for hands-on people looking to use their critical thinking skills to care for others. As we see on the TV shows, our first priority as nurses is to keep our patients alive and well, but this also involves the nurse acting in many roles such as patient advocate, innovator, and emotional supporter. In this way nurses must be very interpersonal with their patients and reach a high level of trust in order to provide optimum care.

Patient care is not only culturally and religiously accepting, it is also holistic and individualized. Patient care that is not personalized around the specific individual and situation is not quality nursing care. Patient care should be customized around the patient's history, needs, goals, and outcomes. Following a personalized plan of care for each patient will create more holistic results involving the patient's mental, social, psychological and emotional needs.

Another large part of my nursing philosophy is working as a team. Team members include other professionals, the community, patients, and their support system. Working as a team with other healthcare disciplines is very important in all aspects of patient care because collaboration helps gain new knowledge to help the patient reach homeostasis. LNA's do not

only help the nurses and nurses do not only help the physicians. The healthcare team of any individual patient work in sync to help their patient reach their healthcare goals.

The patient and the patient's support system are also an important part of the team. The patient is usually the person that has the final say in their care, although there are other situations when that is not the case. But when it comes to the patients care, their support system is usually also affected by their decisions. Family or friends may bring up good points or see different sides to a situation than the patient or health care team. This is why incorporating every person in the patients care into the team is important; they are all looking to achieve the same goal as the patient in the plan of care.

Nursing practice is ever evolving with new technology, research findings, medications, and outbreaks. The steady modifications made to the nursing practice mean that nurses must always be on their toes learning and adapting. Nurses need to keep up with the most current literature and be prepared to adapt their practice at any moment. This characteristic quality of the nursing profession is accommodation and nurses must be prepared for this aspect of the field in order to achieve better patient outcomes for the present and the future. Not all nurses will be involved in research, but they should still use evidence based practice (EBP). In this way all of the decisions nurses make will be supported with research.

Lastly, the metaparadigm comprised of nursing, person, environment, and health incorporates every aspect of my personal nursing philosophy. Nursing refers to any care given to the patient whether it is preventative or restorative, incorporating honesty, empathy, dedication, attentiveness, and professionalism into their care is important. This aspect of the metaparadigm integrates the nurse's philosophy and evidence based practice into the patient's care.

Person refers to the patient, the community, families, and support systems. This piece of the metaparadigm brings together the aspect of care for the patient because every patient receives their own individualized care regarding their needs, wants, beliefs and values. The community and the support system are also affected by individual care decisions. Every person in the community plays a part in the past, present, or future of healthcare, just like every member of the health care team plays a role in the patient's care.

The simplest aspect of the metaparadigm is the environment, which are the surroundings that affect people's health. Examples of this are the effects of a nearby power plant on the community, or the effects of second hand smoke on children. We need to weigh these factors into the paradigm because they play a significant part in the care of the "persons" health.

The last component of the nursing metaparadigm is health. Health affects every aspect of the "person" which nurses must be aware of in the care of their patient. This involves their physical, emotional, mental, spiritual, cultural, and psychological needs. All four of these aspects of the metaparadigm cross-link one another and the nurse must be consistently aware of the affects each piece has on one another.

Care of the patient, being part of a team, and professional practice are the three major aspects of my personal nursing philosophy. Each of them is an umbrella term uncovering features of the nursing metaparadigm I also hold to be true in my practice as a nursing student and will hold to be true as a real-world nurse. I believe it is important to take what I have learned in clinical practice and the experiences I have had as the patient in assembling this philosophy. An empathetic, professional, accountable, and attentive person is what I believe makes a good nurse and these same qualities are what I believe will be most effective in my future.