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by B N

Nursing Philosophy Paper

Name:

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Nursing Philosophy Paper

My nursing philosophy is defined by delivering effective, compassionate, and culturally responsive care to my patients. I must be a trusted advisor, practitioner, tutor, supervisor, and leader since I believe that we as nurses must provide maximum quality of care to achieve excellence in clinical outcomes. Nursing, to me, is all about empathy and attempting to comprehend humans on all empathic, biological, and empirical levels. As a nurse practitioner, I am committed to life-long professional development, both via formal training and practical learning experience, to improve my medical knowledge.

Considering my values and convictions, nursing, nursing's ethical code and the interrelation between constructs of the metaparadigm that include patient, ecosystem, nursing, and health are all variables in understanding the nursing practice. These variables have had a significant impact on my belief system, which helps guide my nursing practice. My nursing philosophy defines the nursing discipline by utilizing four metaparadigm constructs: individual, surroundings, health, and nursing.

The Metaparadigms

The person is a physical entity that thrives because their internal and external needs are addressed. In nursing practice, a person is a patient, their family and friends. In nursing, it is crucial to nourish the person's body, mind, and soul, including nourishing their family and friends. Bender (2018) argues that the aim is to offer patients adequate care and empower them to care for themselves to the best of their understanding. The "person" ought to feel that a nurse cares about their health and well-being. Health is the capacity to operate individually and successfully adjust to life stressors, attainment of a person's potential, and peace of mind, body and spirit. Health is defined by one's ability to satisfy physiological, safety and self-actualization

desires. The role of the nurse is to help the patient meet these wishes. Where a person cannot address these needs, the nurse should assist them in finding resources that can help them meet these needs. The environment refers to the external factors influencing how organisms react. They include air, temperature, water, land, moisture, and interactions with other entities. The nurse is responsible for ensuring that the patient is in an environment suitable to their health and well-being. Lastly, nursing is a scientific profession involving caring and providing an ideal health product for a patient via a mutual association in a safe setting. In this case, nursing necessitates knowledge and understanding of the skills, collaborations, technology, and communication to perform the duties and responsibilities intended to achieve the best possible health outcomes.

Fawcett's four metaparadigms are popular in nursing, but I would re-conceptualize the whole idea and add nursing ontology in the philosophy. What persists for the nursing practice are not pre-defined metaparadigm disciplines but rather interrelated, vibrant interactions that comprise individuals, including nurses, in their care context. The nursing practice seeks to reach this diverse interdependence expertly as the foundation for reflective practice to create significant health patterns and understanding that encourages appropriate responses and interpretation. Incorporating nursing epistemology into the nursing metaparadigm will result in a more vigorous comprehension of nursing care, scientific knowledge, and ideology and explain its significant input to healthcare delivery. I cannot eliminate any of the concepts in the nursing metaparadigm since they all interact and are crucial to the provision of nursing services and understanding the nursing practice.

In conclusion, the nursing metaparadigm developed by Fawcett describes how nurse practitioners ought to care for patients. The paradigm influences the knowledge and

understanding of caring for individuals, their surroundings, health, and nursing. The addition of ontology to the metaparadigm can help nurse practitioners to comprehend and adopt tailored care approaches that ultimately improve the health and well-being of their patients.

Reference

Bender, M. (2018). Re-conceptualizing the nursing metaparadigm: Articulating the philosophical

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