

nursing

by Me You

Submission date: 10-Mar-2019 09:12PM (UTC-0700)

Submission ID: 1091179998

File name: Week_1_Personal_Nursing_Philosophy,_Part_1.docx (27.52K)

Word count: 792

Character count: 4511

Personal Nursing Philosophy

Name

Institution of Affiliation

Personal Nursing Philosophy

Nursing is the science of caring through which the physical, emotional, and mental health needs of an individual are administered. Nurses must thus have a philosophy of working that considers the needs of their patients to provide successful interventions and better outcomes in their practice. Each individual has intrinsic values and beliefs that influence their philosophy of working and interaction with people. In nursing, the beliefs are a product of the nurse's interaction with patients, the patient's family, and other healthcare personnel. The knowledge one gained from nursing school also plays a role in formulating a philosophy (Mackintosh-Franklin, 2016). Defining a nursing philosophy harness the connection to the values and beliefs that initially led you into the profession. It also reinforces the skills, knowledge, and attitude one has as a nurse.

My philosophy of nursing is to use the knowledge I amassed in nursing school and through experience to provide health care to my patients and at the same time being compassionate, caring, honest, and respectful during my interaction with people in practice. I seek to pay attention to the physical, emotional, and spiritual aspect of the patient as well as the environment and their family. This philosophy is rooted in my inherent desire to help those in need; nursing care is more individualized, and each patient comes with different and personalized need. In the course of providing this care, I ensure that every practice is ethically based on my moral standards and health policies. Therefore, I know what I can do and what I should allow other professionals to handle; I value collaboration in nursing practice as leads to better outcomes.

In every profession, some theories provide structure for how the staffs will function; these concepts are known as metaparadigm. In nursing, the metaparadigm consists of ³four

PERSONAL NURSING PHILOSOPHY

fundamental concepts that address the patient as an individual, his/her health and environment, and the nursing responsibilities. The personal component of the metaparadigm focuses on the patient; it operates under the premise that empowered to handle his health and well-being with dignity through positive social and spiritual connections. The environment component focuses on the external influences of the patient's health; these include family, friends, economic condition, geographical location, culture, and technology. The environment metaparadigm operates under the premise that a patient can manipulate the environmental factors to improve his/her health status (McCutcheon and Stalter, 2017). The health concept encompasses the level of wellness of the patient and the quality of health care he/she can access. The nursing component implies the application of nursing principles and knowledge to facilitate the delivery of positive health outcomes.

In redefining metaparadigm concepts, I believe nursing is all about care delivery to people. The care should involve the patient with attention to her intrinsic values, and not attending to the illness in isolation. The intervention should consider all facets of the individual's life to provide optimum care. The patient's environment is a crucial component that influences health outcomes. Extrinsic factors such as financial status, culture, and family affect the patient's recovery process; as a nurse, I have to consider these factors before choosing an intervention for the patient. Health is a dynamic concept and patients may define it in different ways. The Metaparadigm operates under the continuum of wellness and illness and change in response to extrinsic factors (Mackintosh-Franklin, 2016). It is more about the quality of life. A slight injury to an individual might be a health problem to him/her while it is nothing to another individual. Health should thus be defined by the patient's confidence in his/her quality of life. However, exceptions exist in severe conditions where the physician determines the general wellness of the

PERSONAL NURSING PHILOSOPHY

patient. Lastly, a nurse has a responsibility to cultivate meaningful relationships with the patients as this is important in the patient's recovery process. The nurse ought to show he/she can be trusted by the patient and has to show concern to the patient in all life's aspect, emotional, spiritual, social, and physical perspective.

The four concepts are essential in nursing practice, and I would not remove any of them. However, I would add an extra concept in the metaparadigm, patient's education. The level of literacy is vital while attending to a patient. It influences the level of care, as some patients can be able to take care of themselves while others have no idea about health matters. Failing to pay attention to this component may lengthen the recovery process or result in adverse health outcomes.

PERSONAL NURSING PHILOSOPHY

2

References

Mackintosh-Franklin, C. (2016). Nursing philosophy: A review of current pre-registration curricula in the UK. *Nurse education today*, 37, 71-74.

McCutcheon, K. A., & Stalter, A. M. (2017). Discovering my nursing philosophy. *Nursing* 2018, 47(5), 68-69.

nursing

ORIGINALITY REPORT

9%

SIMILARITY INDEX

5%

INTERNET SOURCES

0%

PUBLICATIONS

7%

STUDENT PAPERS

PRIMARY SOURCES

1

Submitted to Kaplan University

Student Paper

3%

2

Submitted to University of Florida

Student Paper

3%

3

Submitted to EDMC

Student Paper

2%

4

philosophy.lubliumsn.net

Internet Source

1%

Exclude quotes Off

Exclude bibliography Off

Exclude matches Off