

Personal Philosophy of Nursing

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Abstract

Nursing philosophy was researched and implemented to establish a personal philosophy of nursing and nursing practice. The essence and nature of nursing is explained and described. Desired relationships with patients and their families are also explored because of the importance of establishing a therapeutic relationship with these people and to gain trust. In addition, relationships with the nurse and other healthcare professionals are desired to be open with communication and collaboration. Also, the impact of nurses on the environment and society is explored and can be used when there is a natural disaster or with illness prevention and nurses sharing their knowledge of the community's health. The work culture of nurses is considered and is valued for nurses because it facilitates the growth of the nurse and the nurse's job satisfaction.

Keywords: Nursing, Philosophy, Values, Practice

Introduction

Upon graduating from Auburn University's School of Nursing, I am going to be introduced to a new way of life and work. Although I have spent numerous clinical hours in the hospital already, I know that once I graduate, my hours in the hospital are going to become more important than those that I spent during college. I will no longer be the nursing student who is standing in the shadows of a nurse and who has to be checked for accuracy before or during an intervention, but rather I will be the nurse who is the patient's primary nurse, all by myself. The transition from being a nursing student into being a novice nurse is going to be a tough experience where I will be terrified at the beginning, but will become more comfortable with my position, career, care and communication with my patients and co-workers as exposure continues. Before I make this transition, I want to state my own philosophy of nursing practice so that I will remember the type of care I want to deliver and the type of nurse I want to become. It is important to define the qualities, values, and principles that I will be practicing, in order to become the distinctive nurse that is desired by myself at this stage of life. The purpose of this paper is to describe my personal beliefs about the nature and essence of nursing.

Personal Perception of Nursing

Nursing is a profession that requires not only knowledge of the body of a patient, but also knowledge and understanding the substance and essence of a patient (Bishop & Scudder, 2003). This means that nursing care should be patient-centered and the nurse should be willing to understand the patient holistically. The essence of nursing also involves seeing patients from an altruistic viewpoint, letting the patients use autonomy and being their advocate during the process of care (Shaw & Degazon, 2008). Each

patient is an individual that has different beliefs and viewpoints than another patient; therefore, their wishes and beliefs should be respected, but at the same time the patient should be informed about the decisions they are making and the outcomes that will come from their decisions. An altruistic viewpoint is important in order to genuinely express concern with the care that is provided (Shaw & Degazon, 2008). In addition, when practicing nursing human dignity, integrity, and social justice should be used as core values for the profession (Shaw & Degazon, 2008). Human dignity is important to practice, so that stereotypes and biases are discontinued, and instead, are replaced by support and respect of each patient's individuality. Integrity should be practiced by honesty and being ethical to each patient, family member, or other healthcare professional in order to achieve personable accountability and trust. In addition, social justice is critical to the essence of nursing because it is focusing on patient's rights and being sensitive to different cultures and beliefs (Shaw & Degazon, 2008).

Desired Relationships with Patients and Their Loved Ones

While giving care to my patients, I do want to form a therapeutic relationship with not only them, but also their families and loved ones. I want my patients and their families to be able to trust that I am doing the best for them and that I am being honest with them. As mentioned earlier, I want to be their advocate and fight for their wishes and have their best interest in mind (Bishop & Scudder, 2003). I want to view each patient as a unique individual. As I treat them, I want to be able to understand and care for their needs holistically, meaning emotionally, physically, and spiritually. One of the most important aspects of a nurse and a nurse's practice is the ability of the nurse to view the patient objectively without diminishing the patient to an object (Bishop & Scudder,

2003). If the patient becomes an object, then the care delivered will not be holistic or patient-centered, but will rather be unethical and impersonal. When objectively viewing the patient, I want to be an existential advocate for my patients and understand that the patient has the right to self-determine the care that is received and not received. In accomplishing this I want to focus on the patient and their beliefs and wishes and be willing to fight to protect those beliefs and wishes (Bishop & Scudder, 2003).

Desired Relationship with Healthcare Professionals

As a nursing student, I already see the importance of relationships with other healthcare professionals. It is crucial to have open communication and collaboration with these professionals in order to achieve patient-centered care and best-practice care for patients. When communication and collaboration take place, there is a “common focus on the same overall mission” (Finkelman, 2012). This means that each team member is involved in taking care of a particular patient with the same focus and goal in mind, and they are all working together but separate to reach the goal of the patient. In order to collaborate effectively, I will also need to be flexible in order to coordinate care and for adjustments to be completed (Finkelman, 2012). There are several benefits from building relationships with other professions, which include enhancing quality care, patient-centered care, and developing effective management (Finkelman, 2012).

Nursing and the Environment and Society

Nursing is a profession that is useful outside of the hospital and in every community. Nurses are needed in crisis situations, critical weather, and traumatic events that take place in the environment and society. I want to be able and prepared to respond during catastrophic weather events or natural disasters in order to help where there is a

need. In addition, I want the community and society I live in to be able to trust and rely on the hospital and their employees. I want the society I live in to trust healthcare providers to deliver care not only in the hospital, but also outside of the hospital with preventative and informative measures to enhance the well being of the community and it's population.

Nursing and Work Culture

The environment within which I work will be crucial to my success as a nurse and ability to do my job effectively. I prefer my work culture to be one that is constantly changing for the better of the patient's care and the delivery of the care, in order that the patients receive best-practice care. In addition, I expect the place that I work to provide resources in order to enhance my knowledge and continue to develop my skills as a nurse, whether that is by providing online software to do research or by providing continuing education courses. Personal job satisfaction would be achieved through a work environment that is uplifting, organized, empowering, reliable, and trustworthy. If my work culture does not live up to my expectations and needs improving, then I will take that into my responsibility and become an informal leader to foster a better work environment for my patients, coworkers, and myself.

Vision of Personal Nursing Practice

My vision for my nursing practice is to graduate from Auburn University's School of Nursing and go on to work in a hospital that strengthens my knowledge of the body, nursing, and leadership and that strengthens my patient care and delivery. I want to be an expert in nursing care delivery, interpersonal skills, patient-centered care, implementing best practice, and being proactive in the workplace to enhance the value of

the unit and the hospital where I work. I want to be a leader in my work culture and be reliable and wise in nursing care. It is important for me to be a leader in order to change the work environment in which I work to strengthen the collaboration within my work environment. In addition, it is important for me to be the best nurse that I possibly can be to ensure that my patients are receiving the care they deserve and expect. I will know when I achieve my desired nursing practice when I feel confident in myself as a nurse, have facilitated growth and effectiveness for my work environment, have established relationships with my coworkers in order for us to rely and encourage each other, and have seen success through patient outcomes.

Conclusion

Through this assignment, I have set goals for myself that I will accomplish in years to come. I have also established my beliefs about nursing and my goals that I want for my practice to be for my patients and myself. I have put in writing the thoughts that I have had in my head since starting nursing school and can now remind myself of the type of nurse I am striving towards and the type of care that I want to deliver to my patients. In addition, I have stated the importance of nursing and what the profession means to me, in order for me to not lose sight of my purpose and to follow through with my desires. I can utilize this information by taking it with me when I start my job and rereading it to remind myself of the type of nurse I want to be. It can also be used to encourage myself to not give up and to be proactive with my care.

References

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**Personal Philosophy of Nursing Practice Paper
Grading Criteria**

Student ___ Claire Edge _____ **Date Submitted** _5/29/12_

Preceptor Advisor _____ **Grade** _____

Criteria	Possible Points	Points Earned
Abstract <ul style="list-style-type: none"> • Succinctly summarizes key points of finished paper • 300 word limit 	15	
Introduction <ul style="list-style-type: none"> • Background of topic presented • Focus of paper established • Statement of purpose 	10	
Body of paper: <ul style="list-style-type: none"> • Comprehensively developed with logical flow within appropriate subheadings • Main ideas and major topics are supported with relevant references and synthesized with personal reflections. • Addresses importance and implications for your personal nursing practice • Succinct conclusion 	35	
References <ul style="list-style-type: none"> • Minimum 3; No earlier than 2000 • Source material is incorporated logically, insightfully • <i>Professional</i> sources 	10	
Writing APA with the exception: personal pronouns are acceptable in this personal philosophy paper. Appropriate grammar and writing mechanics, including spelling	25	
Submitted in correct format with Grade tool copied/pasted before title page. Submitted by date and time	5	
TOTAL	100	

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