My Nursing Philosophy

Student's Name

Institution of Learning

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To express my personal philosophy comprehensively, it would be reasonable to define what philosophy means to me. Ganda (2013) explained it as the attitude that one has towards life, and the evolution of reality from the perspective of the nurses. Such a definition gives me room to apply my personal beliefs. For decades, there have been continuous debates on whether nursing would be categorized as an art or a science. Perhaps, it could be regarded as both. I believe that for one to be successful as a nurse, they must be able to convey care and have the drive to continually apply their expertise in science in the course of their career.

My philosophy as a nurse encompasses four aspects: environment, society, interaction between the society and environment, and the recipient of the area. I comprehend the society is a group of persons with common interests. For instance, a ward in the hospital would be the society where the nurses are bonded by similar interest in the provision of care to patients. The environment is where the society lives; it may be inclusive of the physical environment such as the area that the person lives, the home, or any other physical areas. The environment also comprises mental awareness. It involves the spiritual awareness, thoughts, and emotions on the current situation. Those at the receiving end of nursing care are not only the patients. The recipients are also the family, clergy, friends as well as other members of the healthcare team. Every concept related to nurses is influenced either negatively or positively. The interactions between the recipients, the environment, and the society are dynamic.

I put emphasis on addressing illness and health. While researching the concept of health, I encountered a definition that resembled my thoughts. Health is the process of the accumulation of a person's life experience. It is a nonlinear concept which cannot be interrupted or qualified in terms of bad or good (Aina, 2018). As such, illness is the state that interrupts

the process of being healthy.

Being a child, I always wanted to become a nurse. I longed to grow up and wear nurse uniforms as I had seen on TV. Over the years, my concept of nursing changed, and I understood that being a nurse is not simply wearing uniforms, but rather being an individual that cares for the health and well-being of others. Nurses should be compassionate and caring as well as implemented technology, which is offered in an environment that encourages healing. It can be provided from any location and delivered by people with the ability to show support to others. The definition shifts when focusing on professional nurses. The individual must offer competent care alongside the guidelines put in place by the American Nurses Association.

I consider patient care the most essential aspect. As for caring for the patient, my philosophy is focused on offering holistic patient-centered care. In addition, I believe in being compassionate and caring to the patient. A holistic perspective enables the nurse to establish a relationship with the patient. The nurse is able to comprehend the values of the patient which, in turn, separates the physician care from the nursing care. Holistic care incorporates the evaluation and comprehension of the bio-psycho-social-spiritual aspects of the individual attesting that the whole individual is greater that the aggregate of the parts (Campbell, 2013). It means that nursing is focused not just on the good physical health of the patient, but also on his/her spiritual, mental, and emotional well-being.

It is the nature of the nurse to be concerned with the comfort of the patient. Comfort will continue to remain a significant need throughout life and should be regarded as an essential part of holistic nursing (Benjamin & Curtis, 2015). When a patient is comfortable, they are better placed to cope with their illnesses and enjoy a greater progress in healing compared to the patients that confirm they are uncomfortable (Benjami & Curtis, 2015). Being

a nurse, it is my responsibility to ensure that the patient is comfortable emotionally, physically, and mentally. It is my goal to ensure that my care for the patient considers their needs as well wishes. It is imperative for the patient to be informed and active when it comes to their care. I hope I will be able to establish a collaborative relationship with the patients to ensure that their needs and wants are satisfied.

A work culture is connected to the environment. It refers to the personality and attitude within a hospital unit (Benjami & Curtis, 2015). I believe that a work culture can noticeably influence the delivery of patient care. My preferred work culture consists of open communication, interpersonal collaboration as well as positive attitudes. Team work is an important part of a nurse's work, and I prefer to work in a unit where it is appreciated and practiced. I find that communication is vital for positive work culture. Personally, I prefer a culture where the opinion of the staff is considered. My philosophy implies that a positive work culture can positively influence the morale of the patients, which results in a better outcome for the patients.

For me, nursing is an avenue that allows me to give back to the community and the society. I enjoy being on a position that allows me to help others. Being able to give provides me spirit and peace. It is a different view than the one I had when I started the associated program. It then transformed into being able to attain new skills and the ability to offer medical care. I have discovered that there is more to healing than the use of medicine. Being able to convey to another reason that you care requires that the people interact in a spiritual level. I have discovered that interaction offers the foundation to promote trust, thereby enhancing the healing process. Without the cultivation of a therapeutic environment, healing can be difficult.

My vision of nursing is geared towards being able to do what would have the most

positive effects on the patient. I intend to build trusting and caring relationships with the patients as well as play a positive role in the outcome of their health. Since it is almost impossible for two patients to be the same, my vision includes the individualization of care given to each patient such that their physical, emotional, and personal needs are satisfied. My goal is to value each patient and have respect for their needs as well as dignity. I aim at empowering each patient as well as playing an active role in improving the outcome of their treatment. I would like to continue mastering my nursing practice and follow important updates to be in line with the latest evidence, as well as carry on with research and discover better things on my journey. My vision of nursing involves the delivery of reliable and quality patient care.

In conclusion, a nursing philosophy guides the individual on how they will execute their duties in the field of nursing. Personally, my philosophy as a nurse encompasses four aspects: environment, society, interaction between the society and the environment, and the recipient of the area. I believe that all four aspects are connected and contribute towards holistic care for the patients. As a nurse, I strive to fulfill all the above-mentioned aspects to ensure accelerated healing of the patient.

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