



# Philosophy Project

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NURS 314

December 5, 2022



# Outline

Four Components of Nursing  
Theory

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My Nursing Theory

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Artistic Display of my Personal  
Nursing Philosophy

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My Future Goals

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# Four Components of Nursing Theory

# 1 | Person

- The Human Factor to the Nursing Theory
  - All patients are human beings that have fundamental rights.
  - Everyone deserves to “be cared for, respected, nurtured, understood, and assisted”
- Patients are more than just their illness
- When it comes to nursing, the patient-nurse relationship is a partnership
  - Patients and nurses need to work together in order to achieve the best outcome



# 2 | Environment

- The environment is the patient's surroundings, including:
  - Physical Environment
  - Family
  - Friends
  - Healthcare Environments
- The environment can be positive or negative
- For the best outcomes, the environment should be positive and therapeutic



# 3 | Health

- The level of wellness or well-being that the patient experiences
- Everyone has a different perspective of their health
- Different Types of Health:
  - Clinical Health
  - Mental/Emotional Health
  - Spiritual Health



# 4 | Nursing


- Nursing is caring for a person in all environments and in all aspects of health.
  - Treating Illness
  - Health Promotion
- Nursing is Holistic
  - Mind
  - Body
  - Soul
- Nursing also means to advocate for patients and to look out for their well-being





## JEAN WATSON

“...a valued person in and of him or herself to be cared for, respected, nurtured, understood and assisted; in general, a philosophical view of a person as a fully functional integrated self. Human is viewed as greater than and different from the sum of his or her parts.

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# My Nursing Theory

# Nurse Theorists

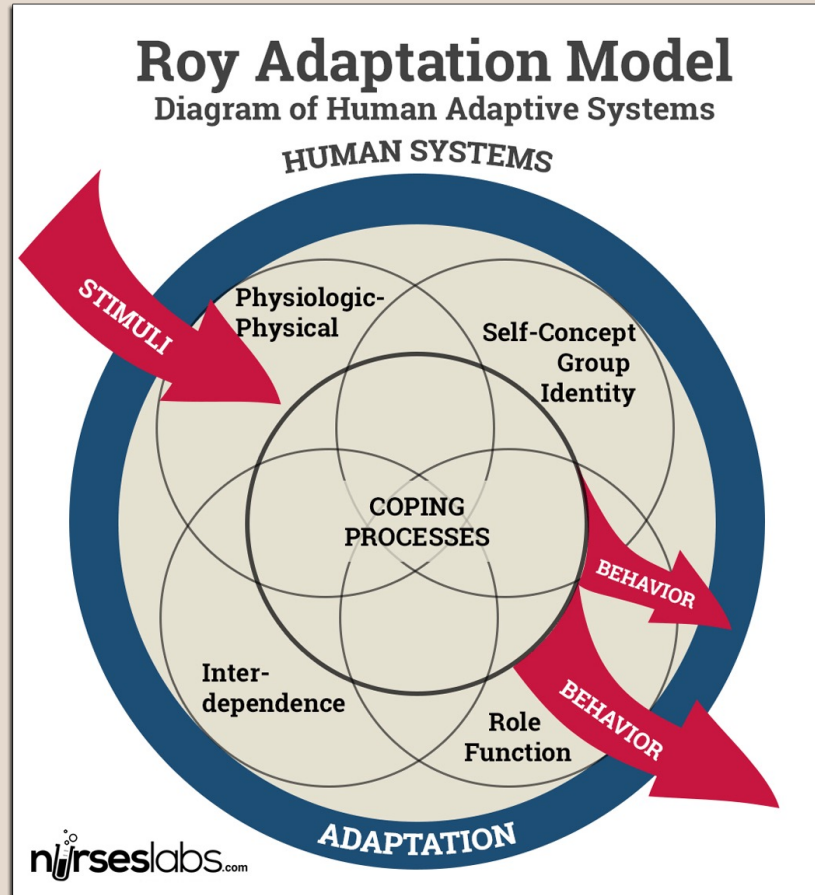
## SISTER CALLISTA ROY

- Adaptation Model
  - Adaptation occurs when an individual responds positively to environmental changes
  - Individuals must adapt to environments for the best outcome

## JEAN WATSON

- Human Caring Model
  - Holistic Approach
  - Mind, Body, & Soul

# Nurse Theorists



# My Nursing Theory

- I chose two theorists because my theory is blend of the Adaptation Model and the Human Caring Model.
- You need to be able to adapt to changes and respond to stressors in your life because they are inevitable, but you also need to have a good environment and sense-of-self in order to succeed.
  - Supportive Family & Friends
  - Spiritual Health
  - Healthy Coping Strategies
- A blend of these theories have been proven to work in multicultural environments (Suliman et al., 2009)



# Artistic Display of My Personal Philosophy

- I chose to bake chocolate chip cookies because they require adaptation and the perfect environment to yield a delicious product.
- I personally baked my cookies at a temperature of 350°F to yield a chewy texture and used a combination of brown sugar and white sugar.



# My Future Goals

Get BSN w/ Biology Minor

Get an MSN or DNP

Get a Job in L&D or the Cardiac Unit

Pass the NCLEX, and get RN License

Become a Nurse Practitioner or Nurse Midwife

# References

- Angelo Gonzalo, B. S. N. (2021, March 5). *Jean Watson: Theory of human caring*. Nurseslabs. Retrieved December 1, 2022, from [https://nurseslabs.com/jean-watsons-philosophy-theory-transpersonal-caring/#watsons\\_theory\\_and\\_the\\_nursing\\_process](https://nurseslabs.com/jean-watsons-philosophy-theory-transpersonal-caring/#watsons_theory_and_the_nursing_process)
- Angelo Gonzalo, B. S. N. (2021, March 5). *Sister Callista Roy: Adaptation model of nursing*. Nurseslabs. Retrieved December 1, 2022, from <https://nurseslabs.com/sister-callista-roys-adaptation-model/>
- Suliman, W. A., Welmann, E., Omer, T., & Thomas, L. (2009). Applying Watson's nursing theory to assess patient perceptions of being cared for in a multicultural environment. *Journal of Nursing Research*, 17(4), 293–300. <https://doi.org/10.1097/jnr.0b013e3181c122a3>





thank you

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December 5, 2022