

Philosophy of Nursing Paper

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This paper will portray my personal philosophy of nursing relating to my journey in entering nursing school, as well as the trajectory of my current academic path. Having a philosophy is important as it provides the individual with an outlet to express personal beliefs and ethics. Establishing one's personal philosophy can be helpful in reflecting on the past and contemplating on the future. I currently work as a Certified Nursing Assistant and am concurrently enrolled at Old Dominion University and Germanna Community College to earn my associate and bachelor's degrees in nursing.

Personal Definition of Nursing

I believe nursing is a profession that is one hundred percent focused on meeting the needs of others, while doing so in a safe and ethical manner. The following quote from the American Nurses Association paints an accurate picture of what nursing is as a profession. "Nursing integrates the art and science of caring and focuses on the protection, promotion, and optimization of health and human functioning; prevention of illness and injury; facilitation of healing; and alleviation of suffering through compassionate presence" (American Nurses Association, 2021). I really appreciate this definition of nursing as I think it encapsulates the profession quite accurately.

Purpose of Nursing

I think the purpose of nursing is to provide holistic care: care that treats the whole person, not just a specific system or part of the body. The body's systems are closely connected; therefore, a relationship can exist between a failing organ and the person's emotional health. Nurses are

involved in the daily life of their patients and care and advocate for the patient so that high quality care is the patient's experience. To me the purpose of nursing goes beyond caring for people. Personally, nursing is a calling and is closely related to my life as a Christian. "... Christian nurses can see each patient as a reflection of God in human form. The vital worth of each patient provides motivation, persistent strength, and nurturing tendencies in the nurses' daily lives" (Rieg, L. S., Newbanks, S., & Sprunger, R. 2020). I believe this quote gives an accurate depiction of nursing from a Christian perspective which is what I strive to emulate daily.

Nursing Relationships

Nurse-Client Relationship in a Culturally Diverse Setting

A nurse will seek to understand the patient despite cultural differences that may exist between the nurse and the patient. A nurse should also try to understand their own biases and multicultural beliefs so that the patient's care is not negatively impacted. We live in a multicultural world and having a global perspective is quite necessary for a professional nurse.

Relationship Between Nurse and Community

The nurse is a leader and advocate in community health and has the important role of a health educator. An example would be a nurse providing education to a mom on the importance of a well-balanced diet and regular checkups for her child. Nurses listen to the directives and then make it applicable for the patient and ensure that the patient understands. Lauren Birkey from the Washington State Nurses Association says, "Nurses are especially qualified in this capacity

because we are required to synthesize information, formulate hypotheses, come up with a cohesive care plan, and then implement it in accordance with evidence-based practice guidelines in our daily work” (Birkey, 2017).

Relationship Between Nurse and Other Healthcare Professionals

Nurses should understand that collaboration and teamwork are essential for success. A nurse carries out treatments that are prescribed by doctors and other healthcare providers. Nurses also may delegate tasks to other team members such as Licensed Practical Nurses and nurse aides. I think that patients will have higher quality care when nurses and other healthcare professionals keep a team perspective in mind. Also, utilizing the healthcare team promotes patient safety because each healthcare professional brings a unique perspective to the table.

Nursing Theory

A nursing theory that I believe incorporates the relationships between others and the nurse regarding the previously described points is Virginia Henderson’s Nursing Need theory. The Henderson theory stresses the importance of caring for the patient when they cannot care for themselves. Henderson states, “the unique function of the nurse is to assist the individual, sick or well, in the performance of those activities contributing to health or its recovery that he would perform unaided if he had the necessary strength, will or knowledge. And to do this in such a way as to help him gain independence as rapidly as possible” (Vera, 2024).

Ethical Principles

Nonmaleficence as a Guiding Ethical Principle

Nonmaleficence is referred to as the “do no harm” principle. As I care for patients, I endeavor to always keep the patient’s safety as a top priority. I believe nurses should not let difficulties of personal life or stress of work interfere with patient care. When nonmaleficence guides my professional practice, I will think about the patient and how my actions will directly affect the patient.

The Golden Rule as a Guiding Principle

I believe that anyone can apply the golden rule to their life, but as a Christian I am passionate about the importance of having the golden rule as a guiding principle in my life. When I live by this principle, I will remember to treat others in the same way that I would want to be treated. Respect and compassion for all my patients will be evident as I allow the golden rule to guide my professional life.

Real-life Examples of each Principle

An example of nonmaleficence at work is when I am providing care for a high fall risk resident. Whenever I leave the resident’s room, I ensure that the bed is in the lowest position, the fall mat is in place, the call bell and pad alarm are in place and activated, as well as any other care planned safety items. If I failed to implement the safety items, I would be directly violating the care plan and placing the resident in an unsafe environment. Doing so would not be in accordance with the “do no harm” principle. Following the principle of nonmaleficence requires me to provide high-quality care in a safe manner which is what all patients deserve.

A real-life application of the golden rule is when a resident incessantly rings their call bell because their physical limitations do not allow them to complete various activities of daily

life. It is easy to become annoyed, but usually that's if I am focused on myself instead of serving the patient. When applying the golden rule, I remember to put myself in the resident's shoes and realize that if I could not care for myself, I would also feel very handicapped. Daily life application of the golden rule prevents me from thinking only of myself and instead helps me to focus on the needs of whomever I am caring for now.

Conclusion

This paper covered a variety of topics beginning with an introduction which described the purpose and content of the paper. Next, I laid out what I feel is an accurate description of nursing. I sourced a quote from the American Nurses Association which I believe encapsulates nursing as a profession quite well. Following the definition, I offered my perspective on the purpose of nursing. I discussed why I feel called to nursing as well as personal religious beliefs that influence my daily life of service. Relationships between nurses and others were discussed after which I incorporated a nursing theory which I believe supports the value of those relationships. To conclude, I listed two moral/ethical principles that guide my professional life in healthcare along with a real-life example of each principle.

Reflection

This assignment has been very helpful for me because it required me to deeply reflect on what nursing means to me and why I am pursuing it, which has led to better patient care. Also, I learned the importance of verbalizing why I do what I do, especially in relation to the two principles that I listed and a personal challenge to implement those principles every day.

Honor Code

I pledge to support the Honor System of Old Dominion University. I will refrain from any form of academic dishonesty or deception, such as cheating or plagiarism. I am aware that as a member of the academic community it is my responsibility to turn in all suspected violations of the Honor Code. I will report to a hearing if summoned.

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