Personal Philosophy of Nursing

Daniel Vanden Hoek

Old Dominion University

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The paper will be discussing my philosophy on healthcare and how I will utilize it in nursing. Nursing is considered to be "an art and a science" because it combines different factors when providing care for an individual. We are offering our services to those who need assistance. I chose this field because patients need someone to listen to when they are hurt and I want to serve as an educator on how to resolve his/her issues. While it is essential to have a strong foundation in medicine, a nurse must consider the mental, physical, cultural, spiritual, financial, social, and psychological status when developing the care plan. A holistic approach is necessary for delivering high quality, compassionate care. The patient must always be the priority when providing high-quality care. A nurse cannot do this alone and will need to forge interprofessional relationships.

The concepts of philosophy can lead to intriguing ideas because people have different viewpoints on the definition of it. Philosophy is the concept or beliefs an individual has to use during a decision-making process. It is how a person approaches different topics and how they decide based on their fundamental beliefs. This core logic represents the cognitive behavior that the individual performs daily.

I entered the domain of healthcare because of my close family’s involvement in medicine and personal history of obesity. I understood the struggle overweight children undergo, and I became a wellness educator to advocate for proactive prevention. I wanted to help families achieve happier and healthier lifestyles. However, I wanted to do more in the healthcare profession and engage patients on a deeper level. After discussing my thoughts on the situation with family members and doing research in the nursing field, I decided to enroll in nursing school. Being a nurse would allow me to practice and expand my philosophy for those who need assistance. I can combine the skills I have learned as a wellness educator and within the field of public health to educate the patient population. Many patients who are seeking care are visiting for chronic related issues, and I plan to share my knowledge with them, their families, loved ones, and with my team in the years to come.

**The Definition of Nursing**

Nursing has a variety of definitions and because of this, it can provide a complicated interpretation. The ICN Code of Ethics states that “nursing is the respect for human rights, including the right to life, to dignity, and to be treated with respect” (Code of Ethics for Nurses, 2012). I have discussed the topic “What does it mean to be a good nurse” with nurses from various fields. Each nurse provided a different viewpoint on what he or she views crucial, but everyone shared the same belief: it is patient-centered. Primary, secondary, and tertiary care are imperative for providing consistent quality treatment across the entire care spectrum. Illness prevention, illness treatment, and health promotion are discussed among healthcare professionals (American Nursing Association, n.d.). A holistic approach is needed when a nurse takes care of the patient.

**Purpose of Nursing**

Nursing is an art and a science. In addition to understanding medicine, a nurse must take care of a patient’s biological, physical, and cognitive needs. Nursing care is shaped based on what the patient needs while also respecting their dignity. I do not have the nursing experience yet, but I understand that nurses build a strong rapport with the patient. They are an asset to the healthcare team because they spend tremendous time with the person he or she is treating.

Teaching is essential to prevent further occurrences. Ideally, nurses and specialists can spend additional time with patients to avoid new problems. Unfortunately, the realm of medicine is fast-paced, patients are developing complicated issues, and nurses are facing a massive shortage.

Nurses will be essential for the years to come. I believe time management and education will be crucial in providing optimal care. I have had a passion for proactive prevention ever since I majored in Human Nutrition, Foods, and Exercise (HNFE) in 2011. I do not wish to see any more suffering associated with obesity. I have tutored families from rural counties on the benefits of healthy eating and exercise, but I wanted to do more. I want to give back to the community and serve those who need assistance.

**Nursing Relationships**

Healthcare, again, consists of many levels when delivering care for the patient. One aspect that can drastically change the impact of the care plan is the patient’s culture. Nurses must understand that patients will have different beliefs when being treated. When educating Hispanic members, many family members were more verbose when describing the conditions. My experience changed when engaging with the Vietnamese community because most do not share their feelings about the subject of chronic diseases. All nurses should be culturally competent because patients will have different beliefs from the nurse’s own (Zahedi et al., 2013). They will have to learn more about the patient’s beliefs to comprehend what he/she needs.

I learned that in community health, nurses focus on what the individual or what the general population needs. The desire to provide services to others is most apparent within the profession. A common theme in building trust is meeting said requirements. Communities trust the nurses most because they spend the most time with the patient. Nurses have built a solid foundation with the patient because they spend the most time speaking to them. They try to develop a warm atmosphere, which helps relax the patient. A comfortable patient can communicate their needs to the nurse and can deliver a high rate of healing. I want to make sure my patients are comfortable within any setting because I want to aid them on their recovery journey.

When nurses build a healthy relationship with the patient, the quality of care can improve drastically. The information obtained from the relationship can be facilitated by the nurse’s care team which may include a physician, specialists, social workers, dieticians, and other healthcare professionals (Babiker et al., 2014). Healthcare is evolving, so a team containing members from different disciplinaries is becoming more prominent. Nurses are imperative to the team because they help relay information between them and the patient. I want to maintain a healthy, consistent, and honest relationship with my team mates, so that social barriers do not interfere the outcome of care.

Communication is needed to build trust between patients. Hildegard Peplau created the Theory of Interpersonal Relationships, which provides a straightforward message on specific situations. “Her theory is mainly concerned with the processes by which the nurse helps patients make positive changes in their health-care status and well-being” (Halter, 2018, p. 22). I believe effective and positive patient outcomes can be achieved through high-quality levels of communication with the patient and the staff.

As time moves on, a level of trust is established between individuals. Trust is the foundation for building a stable relationship. I understand that team members work differently. However, each team member contributes to the same goal. It is better to work cooperatively than competitively.

**Moral and Ethical Principles Utilized**

When engaging with the patient, ethics will always have to be considered because what an individual says can drastically alter the patient’s perspective. When I talk to a patient, I show beneficence and display positivity. The patient is already stressed out from being at the clinic or hospital, so I want to help them relax.

When working as a wellness educator, I had a 9-year-old male who already received three different shots. He wanted to go home and did not want to listen to anyone unless it involved him leaving the building. I engaged him at eye level, acknowledged his bravery and Pokémon t-shirt, and told him that I was going to talk to him for a bit on what foods he liked. He was cooperative and posed no problems during future sessions. Small truths and complements can have a drastic outcome.

A crucial second principle I uphold is totality and integrity. When creating the treatment plan, I consider the person’s body, mind, and spirit (Zahedi et al., 2013). Everyone is different. When working as a wellness educator, I have had various families come from rural areas, so finances were difficult. Many also did not have the knowledge or willpower to initiate a healthy lifestyle because change can be difficult. I had to consult with staff members on what would be most economical for these families while considering their culture. I had initial difficulty when teaching a Cuban family on how to eat correctly because they thought I was offending their culture’s method of cooking. I still have much to learn, and I understand that I need to look at each individual differently.

**Conclusion**

When applying for a program in the medical profession, there is no doubt that one applicant will say “I want to help people, because it is the right thing to do.” However, the underlying message is “why” they want to help people. I struggled with obesity through most of my life and I want to reach out to those who are going through the same the ordeal. When teaching ways on how to achieve a healthy lifestyle, I understand the pain and frustration they are going through because I have been down that path. My personal experience allows me to build a stronger relationship with my patients and their family members. In the future, education will be imperative to prevent further complicated conditions from arising across different age groups. I must build a solid foundation with my patients by gaining their trust and collaborating with the healthcare team to deliver high-quality care. To do this, I have to consider the person’s entire background and respect their beliefs. I do not have enough nursing experience yet, but I believe I will learn so much from the profession by engaging with different patients. No patient should live a life with no options and I want to give them that chance.

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