

# Philosophy of Nursing

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# Ignited by Purpose



# Seen in my Art

## **Nursing**

Candle - light, warmth, comfort, guidance  
Melting wax - the emotional labor, caring requires real energy  
(Ghanbari-Afra et al, 2022)

## **Person**

Flame - flickers with the changes in environment, patient are also  
affected by small changes

## **Environment**

Matchbox - opportunities for learning, growth and support  
Opening matchbox - nurses are prepared to help patient thrive

## **Health**

Relationship of how the matchbox helps to start the flame  
Health is not static, it is dynamic

# Nursing Theory

## Jean Watson's Theory of caring

- Caring requires authentic presence, where the nurse gives time, empathy, and emotional energy to support patients.
- Nurses engage in selfless, moral, and ethical caring, giving a part of themselves in order to uphold patient well-being.
- Caring transforms both the nurse and the patient, creating mutual growth, understanding, and trust.

# Goals

**Provide compassionate, holistic care that supports not just the patient's physical needs, but their emotional and spiritual well-being**

**Continue growing my skills and knowledge so I can become a confident and capable nurse, using education and experience to fuel my practice.**

**Advocate for vulnerable patients and create a supportive, healing environment where every person feels seen, safe, and valued.**

# References

Ghanbari-Afra, L., Adib-Hajbaghery, M., & Dianati, M. (2022). Human Caring: A Concept Analysis. *Journal of caring sciences*, 11(4), 246–254.  
<https://doi.org/10.34172/jcs.2022.21>