

Philosophy of Nursing

Chrisaelle Firmacion



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>