

Nursing Philosophy

School of Nursing, Old Dominion University

Michelle Ruhlin

NURS 401: Professional Development

Cheryl Honeycutt

October 6, 2022

Philosophy of Nursing

I would like to say that my philosophy of nursing is centered around providing my patient's with a holistic care and maintaining a safe environment for them based on my values. I grew up with a Christian background with morals and principals based in faith, and I have learned nursing from my time in a University and Nursing school. Growing up I have always been taught honesty and respect towards my elders and other people. Faith also taught me to be selfless and caring toward others. I have always wanted to help others and have had a desire to make a positive impact on the world. I also learned hard work at an early age and learned to be resilient because I saw that both my parents work hard to give my sisters and I a better life. Furthermore, I believe that through nursing school I learned many values such as being an advocate, communicating well, and being knowledgeable to help my patients. One of the nursing theories I think is most consistent with my values is Orem's self-care deficit theory that views the individual in a holistic way and looks at what nurses do (Blais & Hayes, 2016).

Beliefs and Values

My father raised me in a strong Christian home, and I always grew up with respecting others and especially those who were older than me. I have applied this sense of respect throughout my life to authority figures and I also show the same respect to coworkers. A major part of nursing is having good relationships with the people that you work with, and I believe that it starts with respect. In nursing we have an important relationship with the healthcare team including doctors, lab techs, unlicensed assistive personnel, and other nursing staff to get through the day. The communicate for the patient's care is very important and having respect for one another is one principle that we all need to have to give the patient the best care possible.

Caring is one of the attributes that all nurses should have. I honestly do not think that you could be a nurse without being a caring or compassionate person. It is a fundamental attribute of a nurse and drives the work that we do daily. According to the American Nurses Association (ANA) nursing scope of practice, nurses have “the knowledge, care, compassion, and expertise” to care for patients (2022). Nurses do not go into health care for the money, it is usually because we care and want to help others. In Orem’s self-care deficit theory nurses are needed to help care for patient’s when they cannot care for themselves based on their disease or disability.

Another value I have is in hard work and resilience. I believe that all nurses have resilience because nursing school is so difficult, because there is a lot of information that you need to know and learn in such a short amount of time. A lot of us come from all walks of life as well. We have either had other careers before and just decided to switch, or we have families at home, or we also have to work at the same time. I would say there was a small percentage in my class that were pursuing this as their first career. Even still it takes a lot of hard work and resilience to get through nursing school and a lot of hard work.

Nursing school prepares us for many different scenarios in the hospital setting and even outside of the hospital so that we can anticipate what our patients will need. Nurses are very knowledgeable and must use critical thinking to be able to help our patients. I believe nursing school does a very good job preparing us for most situations in the basic ways of recognizing deteriorating conditions and knowing when and what to report to the physician. With experience and continued learning we will be able to help more and know how to help our patients better.

Lastly, being an advocate is one of the most important roles of a nurse. Another part of the ANA’s scopes of practice is that nursing is “advocacy in the care of individuals, families, groups, communities, and populations.” (2022) With advocacy also comes good communication.

Not only do we have to communicate well with the healthcare team, but also must communicate well with the patient. To advocate for the patient, we must communicate well. Teamwork is also an essential role in nursing, and I believe that this is an essential value to have in nursing because I know that I would not survive without having a team to support me and help me work through things that I am still learning.

Application of Values

I will respect my patients, colleagues, doctors, and health professionals because this is an essential part of my values. Since it is also important that I be able to help bring my patient the best outcome I need to respect the people that I work with to get things done for them. I will also continue to communicate well with my colleagues and work with them as a team. It is so difficult to get through the day without a team to help you when you are not sure what to do, it really takes a village. I believe teamwork is such an essential aspect of nursing and I would not survive without it.

Furthermore, I will continue to work hard everyday and participate in self care when I am not working so that I can be my best when I am working. It is difficult to care for others when I have been working so hard and do not take time for myself. Caring people also need others to care for them as well so that we can continue to care for our patients. It is difficult to continue putting all that energy in something without having a break. So, I will make sure that I take some time to myself so I go to work feeling refreshed and ready to help my patients.

Nursing is a professional career in which you are always learning. I plan to continue to learn and grow in my field so that I can bring my patients the best evidence-based care. The healthcare field is always changing, and I must be able to keep up with new technologies and treatments that will help my patients get better and alleviate suffering. Lifelong learning in

nursing is expected to continue in the field and become a better healthcare professional (Qalehsari, Khaghanizadeh, & Ebadi, 2017). I will always pursue knowledge so that I can bring about safe patient care.

Conclusion

My philosophy has been shaped by the way I grew up and how I have shaped as a person. Some of the important values I carry with me into my practice as a nurse are: respect, communication, hard work, resilience, continue learning, care, compassion, and advocating for my patients. I believe that these are core values for all nurses, and they are the values that make up my philosophy of nursing. There are many things that make up a nurse because we do so much. I believe these are the most important to me and I strive to apply them to my everyday practice to give my patients the best care possible.

ODU Honor Code

We, the students of Old Dominion University, aspire to be honest and forthright in our academic endeavors. Therefore, we will practice honesty and integrity and be guided by the tenets of the Monarch Creed. We will meet the challenge to be beyond reproach in our actions and our words. We will conduct ourselves in a manner that commands the dignity and respect that we also give to others.

References

ANA. (2022). *Scope of Practice*. <https://www.nursingworld.org/practice-policy/scope-of-practice/>.

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