

Personal Philosophy Paper

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NURS 481: Role Transition

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As I complete my final semester in nursing school, I reflect on the knowledge I have learned and the skills I have gained. My name is Kristyn, and in a few short months, I will be crossing the stage and obtaining my Bachelor's of Science degree in nursing at Old Dominion University. I intend to pursue a career in pediatrics, mother-baby care, or work in the emergency department. Covid-19 had a major influence on my decision to become a nurse, and through nursing school, my initial philosophy has become much clearer. Initially, my philosophy of nursing was based on Jean Watson's Theory of Human Caring, which emphasizes creating compassionate and caring relationships to promote overall patient healing. Throughout my semesters in nursing school, my philosophy has stayed consistent regarding patient-centered care and creating meaningful relationships with patients. In this paper, I will identify how my philosophy of nursing has changed and the factors that have influenced it.

The definition of nursing aligning with my philosophy is "upholding an individual's right to enjoy the highest attainable standard of health, through a shared commitment to providing collaborative, culturally safe, people-centred care and services, while advocating for access to health care and safe environments" (Harper, 2025). The ANA Standards of Practice have influenced my philosophy by emphasizing patient-centered care, evidence-based care, and patient advocacy. Nursing to me is a holistic approach to caring for individuals while promoting health practices and caring for patients with illnesses.

There are many different fundamentals of nursing. The biggest, in my opinion, would be patient safety. As nurses, it is important to provide the best and safest care possible to patients. Lack of patient safety could result in "ineffective and incomplete treatment, prolonged hospital stays, escalated expenses, erosion of patient confidence in the healthcare system, and the potential for legal complications for nurses" (Abdollahi, 2024). Patient safety should be

prioritized throughout hospitals and health facilities to ensure the best possible outcomes for the patients. Patient safety can be practiced by following ANA guidelines and protocols established by the establishment in which you practice. Patient-centered care is another fundamental of nursing. The ANA stated that a key feature in nursing is the “provision of a caring relationship that facilitates health and healing” (Ballard, 2023). As nurses, we are our patients' biggest advocates, and I believe we must build a trusting and patient-centered relationship with them to advocate for them effectively. This kind of care can make the patients feel respected, empowered, and more involved with their health (Elmhurst University, 2022). Nurses are known to be a patient's biggest advocate, and this is because we are directly caring for them. It will be difficult to advocate for a patient if you have not identified patient barriers, critical changes in presentation, or developed a trusting relationship. Knowledge, education, and skills are a few more fundamentals of nursing. We must be able to identify significant patient presentations while also performing hands-on skills collaboratively with other members of the healthcare team. Nurses must also be able to effectively educate patients to “improve their health literacy, and enhance and promote informed decision-making based on the most current and updated medical and clinical evidence as well as patient preference” (Bhattad & Pacifico, 2022).

My nursing practice is based on both intuition and a calling. A nurse's intuition can be one of the earliest signs in determining a change in patient status. Throughout my time in nursing school, I have been educated on how to recognize early signs of patient trends and patterns. The clinical rotations that I have completed have helped me apply those skills and begin to feel comfortable in trusting my intuition. Trusting intuition and recognizing these changes can allow for early intervention and better patient outcomes. As mentioned earlier in the paper, the Covid-19 pandemic was a major influence on why I chose to become a nurse. The pandemic was

my calling to take care of patients in their time of need and to provide the most empathetic and compassionate care for the patients.

The world we live in consists of people across many backgrounds, races, and cultures. Culturally competent care can be defined as “providing patient care that respects individuals’ diverse backgrounds, experiences, and perspectives” (Schueneman, 2024). My values and beliefs regarding the relationships between nurses and clients in culturally diverse settings are strongly influenced by evidence-based practices. Culturally competent care has been proven to reduce health disparities, improve treatment adherence, and foster respect and understanding in diverse care settings (Deering, 2025). Nurse-patient relationships are important for patients, but it is extremely important to advocate for patients with different cultural backgrounds because their needs/beliefs are often overlooked. My beliefs and values for nurse and patient relationships within the community and other healthcare professionals are influenced by theories such as Jean Watson’s Theory of Human Caring, as defined above, and Hildegard Peplau’s Interpersonal Relations Theory. This theory emphasizes providing high-quality, patient-centered care that preserves human dignity and recognizes the uniqueness of each patient (Lalwani & Jan, 2023). A therapeutic relationship between a nurse and patient involving trust and communication is the foundation to my philosophy.

Nursing ethical and moral principles are established to provide the safest care for patients. The biggest ethical principle that guides my professional practice is confidentiality. During my clinical experience, I have been exposed to very sensitive patient information, and it is important throughout my nursing career to continue practicing this ethical principle. We are caring for patients in their most vulnerable moments, and it is extremely important to protect their privacy and only share information with authorized personnel. I have been able to practice

abiding by HIPAA protocols and demonstrating patient confidentiality through my clinical experiences. Another ethical principle that guides my professional practice is justice. Justice is providing equal and unbiased care to all patients despite race, gender, age, cultural/background, etc. I have come across races and cultures during my clinical experience, and have made it my mission to treat all patients equally and fairly despite their differences. One of the patients I was caring for during my labor and delivery rotation briefly explained to me how she was treated differently during the birth of her first child. She explained that her requests for pain medication were often delayed or not taken seriously due to her race. I made sure to advocate for her whenever necessary and avoid any discrimination or biases.

When I first joined nursing school, my philosophy was influenced by the Theory of Human Caring created by Jean Watson. Compassionate, empathetic, and respectful care was extremely important. As I conclude my nursing school journey, I have reflected on how my philosophy has evolved since then. Alongside those aspects, my philosophy now emphasizes patient-centered care, culturally competent care, evidence-based practices, nursing intuition/early recognition, and patient advocacy. I believe nursing is patient-centered and compassionate care and I look to promote health education and deliver holistic nursing care. Throughout my nursing school journey, I have realized that there are many aspects to provide the best care for patients, and they are all most effective when used together. Patient-centered care is valuable because it identifies the needs specific to the patient. Culturally competent care is important to provide the most efficient care to patients across different cultures. Evidence-based practice and research are important for improving patient outcomes and providing quality care to patients. Early recognition can also improve patient outcomes and prevent harm to the patients. Lastly, advocacy is important because as nurses, we are educated on several different patient

presentations, and it is our job to relay those messages to the appropriate personnel to provide the patient with the best care possible. My personal philosophy influences my career after graduation to become the best possible nurse, and influence patients to prioritize their health and well-being.

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