Personal Philosophy of Nursing

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Nursing is hard work, both physically and mentally. The amount of time and effort it takes to perform the duties of a nurse can be exhausting. The experiences I will have as a nurse are going to test my abilities to perform the job and me as a person. This essay's purpose is to help me determine my philosophy of nursing. This essay will help me find the basis for the care I will provide and enhance the environment in which I provide it.

Definition of Nursing

The Royal College of Nursing (RCN) defines nursing as "the use of clinical judgment and the provision of care to enable people to promote, improve, maintain, or recover health or, when death is inevitable, to die peacefully" (Scott, 2002, p. 1356). The RCN uses a wholistic approach in their definition of nursing. The use of both clinical judgement and provision of care allow the nurse not only to base her interventions on orders or protocol but also on the client.

Nurses tend to get caught up in protocol, orders, and medication times that they forget that they are caring for someone. The use of a wholistic system allows for a more individualized approach that should be used anyway. When I leave the unit for the day, as a nurse, I want my clients to feel like they were my focus for the day. With this being said I understand the workload of a nurse is unreasonable but the attitude that a nurse can carry changes everything.

The Purpose of Nursing

As I was growing up, I was drawn to nursing. My mother was a Licensed practical nurse for 25 years. She is the reason I am caring, kind, and want to be a nurse. I went to work with her many times and had so many experiences. Some of them that I remember revolve around me helping get families drinks from the refreshment room or getting children some coloring sheets. Some experiences were hard to understand as a child. The times when my mother would grieve

with the families and help them cope with their loss were a mystery to me. As a student nurse with many clinical experiences now I am beginning to understand why she did this. The care we provide as nurses should not be emotionless and quite frequently, we will also be grieving the loss ourselves. The compassion we give the clients and their families should not be fake but sincere.

Growing up I was with my sister a lot at the hospital because she had a birth defect. Many physicians and nurses did not take the time to fully determine what was the cause of her pain because of the defect. She was constantly in and out of hospitals and I would see the difference in the staff members who were there for a paycheck and who were there because they cared. This experience has made me be very vigilant about how I treat clients and to understand the multilevel care that is needed. As I further my nursing career, I plan to address clients with as much dignity and respect in order to aid in their recovery and build trust.

During my clinical experiences I have learned there is a fine balance between time and the care provided. Nurses require more personable interactions in order to ensure quality improvement in their care. The purpose of nursing is to make our clients feel comfortable, trustful, and overall content with the care provided.

Nursing Relationships

Nursing care can be done independently but it is necessary to collaborate with other health care employees. Collaboration is most successful when there is a functional relationship between the health care team. Relationships can be enhanced by culture, whether it be by embracing the culture or just accepting it. Communities can change the type of relationships that are formed with the healthcare staff. Understanding the situation presented in a community and culture can influence a positive relationship.

Culture

Culture can be a major influence in a person's life. As a nurse it is our job to individualize our care for every client. One of the ways to do this is to discuss their culture and find out how it can or may be influencing their health.

Madeleine Leininger's Cultural Care Theory is based on culturally congruent care ("Leininger's Cultural Care Theory," 2016). The focus of this theory is on the relationship between the nurse and the client. Leininger's theory influenced a new kind of nursing called transcultural nursing ("Leininger's Cultural Care Theory," 2016). Transcultural nursing involves general nursing care and specifics of a culture to create a holistic approach with health care.

Culture can affect outcomes, compliance, and the overall relationship between the healthcare team and the client. A nurse's understanding of a client's culture is both important and necessary. The best way to do this is by communicating with clients about their culture and how it affects their care being provided. Asking questions in a manner that is non-judgmental and compassionate is the way to start. Within my philosophy of nursing I believe this should be a priority.

Community

Hospitals, clinics, doctor offices, and home health are all different types of communities a nurse may operate in. Each one of these has its own population with different customs and desired services. Race, culture, economics, and religion all are aspects that affect a community's health care needs. A nurse must understand this and be prepared to serve the community in the capacity that is needed.

Economics play a major role in health care. A community that is of low economic status may not be able to afford proper health care. Many health care facilities in these communities

may be lacking supplies and equipment normally used to provide care. Nursing care still needs to

be provided in a compassionate and efficient manner. These clients may be hesitant to comply

with the interventions due to lack of funds that can be explained using the self-care-deficit theory

("Self-Care Deficit Theory," 2016). Mainly the reason these individuals lack care is because they

are uncapable of obtaining care. Understanding this is key when providing care and collaborating

with providers. Education among the community and health care team is equally important.

Health Care Professionals

Many providers in the healthcare field collaborate with one another. This is best done by

professional and effective communication. Much of a nurse's job is communicating with

different health care providers. Having the data ready that will be needed by the provider is part

of effective communication. Knowing when and how to communicate are key factors. Nurses

must read visual and verbal cues from other health care employees to gauge when to start a

conversation. This can be demonstrated by using Hildegard Peplau theory. This theory is based

upon how an interpersonal relation should be formed and the steps to take to ensure positive

communication ("Hildegard Peplau Theory," 2016). Advocating for the client is another way a

nurse may collaborate with the health care team.

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Morality and Ethics

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Having empathy and being compassionate are classic characteristics of a good nurse.

This allows for a better and more open relationship with our clients. Moral and ethical dilemmas

are most likely going to occur within the health care field and understanding how to deal with

them is important. Tesfamicael Ghebrehiwet discusses some surprising ethical dilemmas that

were appalling to think about. One of which was an experience where he was court ordered to

assist a provider to assess and determine whether a prisoner was fit to receive corporal

punishment (Ghebrehiwet, 2012). This type of assessment seems to go against the oath of a nurse. Nurses will deal with these situations differently and each situation requires different resolution methods.

I experienced an unpleasant experience at my last clinical in which a provider demanded assistance of the nursing staff to hold down a client who needed a wound cleaning and packing. The client clearly stated "No" and was not consenting. The nurse was new and was unsure of how to proceed. Inevitably the nurse assisted the provider. Afterwards, the nurse told the charge nurse and filed a report against the provider. I was appalled to hear the cries of this client and to believe this could happen with all the training that is done on consent of clients.

Conclusion

With still what feels like so much to learn it is clear to me what is important as a nurse. Caring for the clients in a manner that is neither demeaning or negative and showing compassion in all aspects of care is priority. This includes collaborating on the client's behalf with other healthcare providers. Understanding that differences in culture does not mean less care; it just means a different approach. Clients are not just the illness they are being seen for and deserve to be viewed as a whole. Empathy, compassion, professionalism, ethics, and morals are all qualities that are a part of my philosophy of nursing. As I learn and grow more as a nurse my philosophy will change and be molded by the positions, educators, and nurses I work with.

Reflection

Researching nursing philosophies for this essay has made me realize that there is much more to being a nurse than I thought. I have formed my own opinions from my experience as a student but will truly create my own nursing philosophy when I graduate and begin working. Some of my ideas on what is important as a nurse were constant with many others and this

makes me feel like I have a grasp on what it is to be a nurse. Much of my learning has still not

been experienced and I am looking forward to coming back to this assignment and seeing how

my view has changed.

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