

Philosophy of Nursing

Michelle Ross

Old Dominion University

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As my time comes to an end at Old Dominion for now, my idea of nursing has continued to adapt and change, and I look forward to the future of this wonderful career. Nursing is a caring and compassionate profession that places importance on human connection. This applies to many people, whether the patient, the patient's family, community, or fellow healthcare workers.

At the beginning of nursing school, I believed nursing was an ever-changing profession of lifelong learning, which still rings true. I also still believe it is a personal and caring, and demands the involvement of many people to make it successful. Now in my last semester, the idea of the holistic patient and their community is more true than ever. I have seen people face social determinants of health, and looking at only the patient at the moment gives only a snapshot of the situation.

Definition

Nursing is a very personal profession. It is caring and compassionate, with forming a meaningful connection as an important part of it. This aligns with Watson's theory of caring. Caring is at the heart of nursing, and is the most primal instinct a nurse can have. It is through the idea of caring about all patients that a nurse is able to empathize with them. By centering on care, the patient benefits. Watson believes caring helps the patient and their condition, which in turn helps the healing process (Parker & Lane-Tillerson, 2014). In order to provide compassion, the nurse and patient needs to have a connection, and the more genuine, the easier it is to empathize.

The need for human connection is a basic desire, and when a patient is in the hospital, it can separate them from their community. Due to this, I try to help ease their transition by making them feel comfortable and heard. Care, compassion, and connection are designed for anyone in

need, whether they be in the hospital or the community. The environment can be changed to help the individual in their healing process or continuation of health.

Purpose

My purpose in nursing comes from a sense of calling to the profession, and a religious component of compassion. Growing up, I knew I wanted to make an impact and help people as much as I could, which I decided was best seen in nursing care.

When I began to tell people what I planned to study in school, the most common response was how they saw me doing it, and how they would want me to be their nurse. These responses helped to confirm what I believed what my calling was. I felt being a nurse could allow me to help those who need help the most, and despite the occasional difficulty, my calling helped me remember the struggles were a part of helping my future patients.

Compassion has been taught to me through example for my entire life. The care my grandmother, Grammy, always provided stunned me at times. She was a strong woman who cared for all, and would put others before herself, even in terrible situations. She cared for my mom's father, despite the history between them, because he was in need of compassion. Grammy cared for him during his chronic illness, and is the living example of the Good Samaritan. The most unlikely of people helped care for him, on top of her many other obligations, and continued to care for her community as well.

Assumptions

Nurse and the client in culturally diverse setting

Nurses are constantly changing and adapting to their surroundings, which translates to the care they provide their patients in this culturally diverse world. My belief of how nurses interact

with clients is closely aligned with Betty Neuman's systems model (Johnson & Webber, 2015). The nurse observes clues regarding a client's state, not only physically but socioculturally, psychologically, and spiritually, and from the information adapts their care. The patient is already under a large amount of stress, so the nurse can help to ease the burden and adapt to their needs instead of expecting the patient to fit a cookie cutter plan of care. For example, one adult patient was anxious following an orthopedic surgery. Her plan of care would typically have been pain management and physical therapy, care focusing on her physical state, which would allow her to go home. This was one of the goals, but the nurse and I realized we would have difficulty with convincing her to work with physical therapy until we addressed her psychological state as well. We gave pain medications, but we also gave anti-anxiety medications to help her cope with the change in her environment, which in turn helped to decrease her pain levels and help her work to heal. We made sure to address the patient as a whole person, comprised of many systems, rather than focusing on only one system.

Nurse and community

The nurse works within the community and is a part of the community, they are linked and there is no way to separate them. With this said, a nurse can manipulate the community and environment around them. Using Florence Nightingale's environmental theory, it is easy to see the strong correlation between where a person came from, the place they are receiving care, and their condition (Hegge, 2013). The important role nursing plays in this is being able to identify the community and effects it has on the health of its members, and advocating for change. Nurses are advocates of themselves, their community, and their patients, so when the environment of a person is off, a nurse can step in and try to help. One patient did not have enough insurance to

cover insulin, so the nurse I was working with contacted case management in order to manipulate the patient's environment.

Nurse and other healthcare professionals

Nurses work alongside other healthcare professionals, but they are the advocate for the patient above all else. They continue to keep the patient in the center of the care, and include them in all decision making, and listen to the other staff who are there to help the patient as well. Providing patient centered care is necessary to the overall wellbeing of the patient, and in providing this type of care, a nurse often becomes the patient's advocate as well (Reed, Fitzgerald, & Bish, 2017). This is no new concept, and the nurse is often the one calling other healthcare workers when anything changes with the patient because the nurse focuses on them and sees them on a more regular basis.

Principles

From early on, I knew I wanted to help. I felt called to help people, and form a connection with them, which was further emphasized in middle school. On one of the mission trips, we would work with people experiencing homelessness, and they would tell their experience. The part that clings to me to this day is how dehumanized they would become, many of them not hearing their name for days at a time, a privilege we often take for granted. After realizing this, I make an effort to make all feel heard, including in my practice. During an adult clinical day, my patient was scared of their possible future. I sat with them and listened to their fears regarding the future, and toward the end of the discussion, they asked me to pray for them. On the spot, I prayed with them, which helped to calm them and let them feel heard and

acknowledged. This helped to form the connection between us, and they became more open to me for the rest of the day.

Nursing is a caring profession. Nursing is done because people care about others, and are willing to help. The idea of helping others has been ingrained in me throughout my childhood. Growing up in a religious household, I grew up hearing the story of the Good Samaritan and the Golden Rule, which helped to solidify an idea of helping others. The Bible states to “do to others as you would have them do to you”, which are rules I have lived by (Matthew 7:12 New Revised Standard Version). I would want someone to care for me and show empathy and respect, regardless of the circumstances, so that is what I aspire to do in my nursing career. During a recent pediatric clinical, a patient had a decline in their status. While the nurses called the doctor and documented, I went beside the patient and held their hand. I tried to make sure they were as comfortable as possible, and to let them know someone was there with them.

Conclusion

Throughout my time in nursing school, my philosophy towards nursing has become more focused and has a greater emphasis on caring, compassion, and creating a bond with the patients and others in the nursing world. It still is an ever-changing profession in which the nurse constantly learns, but the human connection has had a larger impact on me. As I look toward the future, continuing my formal education is likely, and I will consider becoming a nurse practitioner, but for now I want to focus on providing my patients with the top care they deserve. I hope to work in a hospital in which I can be an advocate for my patients and center the care around them.

References

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Name: Michelle Ross

Signature: Michelle Ross

Date: February 1, 2019

Philosophy of Nursing

NURS 314- Fundamental Concepts

NURS 481- Role Transition

Purpose of Assignment

The purpose of this assignment is to enable the student to rediscover his or her personal philosophy of nursing as it exists upon the completion of the baccalaureate nursing program.

 Student Approach to Assignment

One's philosophy to nursing is a very personal experience and belief, and can change as we grow in this nursing program. In the beginning of nursing school, I had more of a vague and idealistic philosophy to nursing, but as I had clinical experiences, some of the ideas were challenged and changed. This assignment allowed me to confirm my beliefs and adjust them based on the experiences I have had over the past year and a half.

Reason for Inclusion of this Assignment in the Portfolio

This assignment has shown the change I have undergone during my time in the program, and helps to articulate my beliefs in this profession. The following program objectives are highlighted:

Critical Thinking

Uses nursing and other appropriate theories and models to guide professional practice.

Example: The use of Nightingale, Neuman, and the theory of patient centered care were

examples of how nursing theory directs the care provided, even if not done purposefully.

Leadership

Articulates the values of the profession and the role of the nurse as member of the interdisciplinary health care team.

Example: The nurse's role in the interdisciplinary team is to advocate for the patient and be the frontline of assessment.

Professionalism

Applies an ethical decision-making framework and legal guidelines to clinical situations that incorporate moral concepts, professional ethics, and advocacy for patient well-being and preferences.

Example: In the section regarding principles, examples regarding patient care and compassion as well as forming a connection with the patient were addressed. Care and compassion was shown by sitting with the pediatric patient and trying to give a calm presence. Forming a connection was shown by praying and talking with the adult patient, who eventually became more open in discussion.

Culture

Integrates knowledge of cultural diversity in performing nursing interventions.

Example: The patient who needed help with case management was an example of how nurses view the patient as a whole, and care for the community they are returning to. Another example was made by looking holistically at a patient recovering from surgery who was anxious. By

addressing all aspects of her care, we were able to accept her culture and provide the best care possible for her.