

Running head: PHILOSOPHY PAPER

NURS 470: Philosophy Paper

Karlyn Henderson

UIN 00540649

ODU On Campus

Submitted in partial fulfillment of the requirements in the course
Nursing 431: Transition to Professional Nursing Practice
in the School of Nursing
Old Dominion University

NORFOLK, VIRGINIA

Summer, 2010

Philosophy Paper

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.

Introduction

In nursing 300 during my sophomore year of nursing school, I wrote a professional outlook paper expressing my philosophies of nursing during that point in my life. The paper was broken down into different sections such as personal philosophy of nursing, evidence used for own philosophy, theories that can be used, challenges, and educational goals. In addition, it expressed my opinions and ideas of nursing throughout that year. Being compassionate, caring, and providing the best possible treatment to the patient was a major concern expressed throughout the paper. In addition, personal beliefs, values, morals, and religious affiliations affected the opinions formulated. Evidence which was based on objective data, research, theorist, and previous knowledge was weighed heavily throughout the paper.

Challenges perceived at that time included, balancing professionalism and a caring attitude, and technology and the ability to relate to others. Higher education was also expressed in the paper in terms of reaching long term nursing goals such as becoming a head doctor in a children's hospital. Now, as a soon to be graduate of the nursing program, some of these concerns expressed in the professional outlook paper have changed or become more integrated and complexed. This paper will focus on my current personal philosophies stating my definition of nursing, purpose of nursing, assumptions about the different relationships in nursing, and principles involved.

Definition

The definition of nursing can be derived from several different places and be combined with various personal view points. To each person the definition of nursing can be totally different depending on their own opinions and beliefs. In my opinion, nursing is about caring, treating, and preventing illnesses and disorders for a population. In addition, we must be educators and advocates for those people in those populations. Incorporated in their care are critical thinking, nursing practice, cultural sensitivity, professionalism, research, leadership, communication, and teaching. According to the American Nurses Association Nursing's Social Policy Statement, nursing is defined as the ability to protect, promote, optimize health abilities, and prevent illnesses and injuries. Nurses stop the suffering through their response by diagnosis and treatment. It also states nursing as having the ability to advocate on behalf of individuals, families, communities, and populations care (American Nurses Association, 2010).

Purpose

Nursing is about helping others by both preventing and treating illnesses, or just by simply being there for someone which is its essential purpose. Other essential purposes of nursing are advocating, teaching, and providing a bridge to other healthcare workers for the community. My whole purpose as a nurse is to educate my community and help them to live better and longer lives. In the African American community, there is suffering from many misfortunes such as low incomes, poor education, and lack of access to healthcare. It is important to educate this community to make healthier choices to prevent certain illnesses such as diabetes and hypertension. Another purpose of nursing is to care for others. As a little child, I always wanted to help others before taking care of myself. In my childhood years, I would always imagine myself making a difference in the world by helping others. The multiple reasons that I

have chosen to become a nurse, have been affected by the various experiences in my life. The most influential part is my religion, Christianity. Christianity teaches how to care for others, how to love your neighbor, how to be a servant for the Lord, and other important scriptures and stories. In my mind, there was no other option besides becoming a nurse (*Today's new international version*, 2005).

Assumption

Nurses are involved in several relationships that are formed throughout their career, the relationship between the patient and the nurse, the nurse and the community, and the nurse and other healthcare professionals. All of these relationships are important and have their own values and beliefs associated along with them. The relationship between nurses and the patient in a culturally diverse setting must be established early on to have a good trusting bond throughout the patient's care. The theory that can be applied is the Leininger's Culture Care Diversity and Universality Theory. It states that every person is in a culture and different subcultures that each has their own different beliefs and values attached to it. In addition, it concludes that in order for the nurse to be effective in the patient care they must provide care that is culturally relevant (Johnson and Webber, 2005).

The theory relates to this relationship because it shows the importance of remaining culturally sensitive when providing care in order to have the most optimal outcomes. It is beneficial not only to the patient but to the nurse as well to establish bonds and be culturally sensitive when providing care. It is the job of the nurse to not only do the task that is given but to incorporate the patient as well. Having an understanding of different cultures can be valuable because each culture has their own set of values and beliefs associated with their health care that

we may be unaware of and that can affect their healthcare. It is the job of the nurse to establish this relationship and maintain it throughout their care.

Another relationship that must be established early on is the relationship between the nurse and the community. One of the nurse's jobs is to advocate for those in the community and to help educate them regarding their health care. Another part of the nurse's role is to integrate the individual, family, and community when providing care. One model that can be applied for this relationship is the Neuman's System Model because it forces the nurse to view not only the problem that has affected the patient but also look at their environment and the community where they are from. It states that stressors which can be physiological, psychological, sociocultural, developmental, and spiritual can affect the patient and their health. Integrating the individual, community, and their families is important in order to provide effective care (Johnson & Webber, 2005). The community affects the patient by influencing their values and beliefs, healthcare choices, and their knowledge. My belief is that the nurse not only helps the patient when looking at their environment but also the community that surrounds them.

The last relationship that must be established is the relationship between nurses and other healthcare professionals. In order to provide the optimal healthcare to patients and the community, the nurse must have a good bond with other healthcare professionals. It is important that they share knowledge, beliefs, and values with one another to provide the best care for their patients. My belief is that there are several healthcare professionals utilized in patient care, such as pharmacists, doctors, lab technicians, that all must work together to provide effective care to the patient. The Bertalanffy Open Systems Theory can be applied to the importance of this relationship because it shows that there are multiple interactions between different categories such as systems, subsystems, and their environment. These interactions influence each other and can

become self regulated and goal directed. Each section of the system must all work together in order for the organization to work (Johnson & Webber, 2005). When applying the open systems theory one must begin to utilize open systems thinking, which is when the staff is encouraged to think of themselves as an integrated part of the organization and that they have an affect on more than just the patient (Marquis & Huston, 2009).

Principles

From the many assumptions that have been formulated comes principles that have impacted my nursing clinical experience and can also guide my professional practice. One major principle that I have demonstrated throughout my clinical experience is to treat others how I would want to be treated. When caring for a patient it is important to view the care from the patient's aspect and it is important to treat those with care, kindness, a nurturing attitude, patience, and to provide the most effective care possible. An example that demonstrates my utilization of the moral principle was during my junior year in clinical rotation when caring for a challenging cardiac patient who was currently receiving palliative care.

The patient was in the anger stage of grief and was very demanding throughout the clinical experience. She was asking multiple questions at a time, demanding several things such as towels, washcloths, food, and did not want to participate in her own self-care or therapeutic treatments. At one point in the day, the patient even started yelling and stating that I was trying to hurt her. The best thing at that point was to remain calm and to think about the patient's viewpoint. She was dying at a relatively young age leaving behind three small children, she was morbidly obese, and constantly in the hospital. When putting myself in her situation and thinking of how I would want to be treated during this difficult time it helped me to provide more efficient

and effective care. I was able to remain calm, be patient with her and all of her demands, remain professional, and continued to provide care and do the task I was given.

Another principle that has affected me throughout nursing school is to take care of the patient first. This principle is important because with all of the things that have to be done such as homework, clinical paper work, patient information data sheets, client case studies, and other assignments it can be easy to lose sight of simply providing care for the patient. When discussing with patients throughout clinical experiences one common theme that was communicated was to have good bed side manners, nicely putting it, to keep the patient as the number one focus. This can be used to guide my professional practice. In my clinical experience for pediatrics, there were several occasions where the patient and/or their family would be so frustrated with the nurse that they would complain to me and appreciate my care even more because I took into account the patient's feelings and beliefs.

One example is when a young male patient was complaining to the nurse that he was experiencing pain and irritation at the IV site. When the nurse walked in the room she was hesitant to take out the IV even though the patient was clearly in distress and expressed his pain. Eventually the nurse took out the IV, but she did it with an attitude and just walked out the patient's room. Even though we had other things like charting to be done, I remained in the room to talk with the patient because I felt it was more important to focus on the patient than the other things that could be done at a later time. During the time that I stayed in the room we discussed how his arm was feeling after pulling the IV out, I put gauze over the site because he preferred it over the band-aids, and discussed with the patient's father about any other concerns that he wish to discuss. At this time, he stated that he was appreciative that I took the time out to talk with them.

Conclusion

Nursing is about providing care, teaching others, helping communities, and advocating for populations and incorporating critical thinking, nursing practice, professionalism, research, teaching, leadership, culture, and communication. By defining nursing, understanding the purpose of nursing, relating theories to various relationship assumptions seen throughout nursing, and developing principles I can formulate my own personal nursing philosophy. My purpose in nursing is to help others, but especially to help my community. By understanding my purpose I can then better understand the different relationships that are involved in nursing such as the relationship between the nurse and the patient in a culturally diverse setting, the nurse and the community, and the nurse and other healthcare professionals.

Using different theories such as the Leininger's Culture Care Diversity and Universality Theory, Neuman's System Model, and Bertalanffy Open Systems Theory will help support the importance of the values and beliefs associated with the different relationships. Once these assumptions are established, principles can be developed such as to treat others how I would want to be treated and keeping the focus on the patient. The philosophy that I have developed now is different in comparison to my original personal philosophy in my sophomore year. It is more detailed and patient-oriented because I have attained more knowledge and experience, while remaining focused on caring and helping others. Because of my new developed philosophy, my educational goals and career goals have changed as well. I no longer wish to become a pediatrician and go to medical school, but to work in the critical care unit. My personal philosophy helps drive my career goals as a soon to be graduate because it helps me focus on the aspects of nursing that I like and what things affect me. By understanding my own beliefs and opinions it will help me to find a unit that is the best fit for me.

References

American Nurses Association.(2010). What is Nursing?-. Retrieved from <http://nursingworld.org/>

EspeciallyForYou/StudentNurses/WhatisNursing.aspx

Johnson, B., & Webber, P. (2005). *An Introduction to theory and reasoning in nursing*.

Philadelphia, P.A.: Lippincott Williams & Wilkins.

Marquis, B., & Huston, C. (2009). *Leadership roles and management functions in nursing*.

Philadelphia, P.A.: Lippincott Williams & Wilkins.

Today's new international version: Thinline bible. (2005). Grand Rapids, MI: Zondervan

Publishing Company.

Honor pledge

“I pledge to support the Honor System of Old Dominion University. I will refrain from any form of academic dishonesty or deception, such as cheating or plagiarism. I am aware that as a member of the academic community it is my responsibility to turn in all suspected violators of the Honor Code. I will report to hearing if summoned.”

Karlyn Henderson

PHILOSOPHY OF NURSING GRADE SHEET

Grading Criteria	Comments	Points
Appropriate introduction is included. Introduction includes a summary of the philosophy of nursing written in Nursing 300 (5%)		
The student's definition of nursing, whether borrowed or original, is described and explained. (15%)		
The purpose of nursing from the student's perspective is clearly described. (10%)		
Assumptions about the relationships between <ul style="list-style-type: none"> • the nurse and the client in a culturally diverse setting • the nurse in the community • the nurse with other health care professionals are discussed in relation to an appropriate theoretical model(s) (15%)		
TWO principles or rules that guide professional practice are identified; and specific examples specific of how these rules have been utilized or demonstrated in a clinical practice experience are described and analyzed. (15%)		
Conclusion summarizes main points of paper, describes how personal philosophy has changed, goal for future (10%)		
Three (3) or more references are cited in the paper and included on the reference list (10%)		
Correct grammar, spelling and punctuation (10%)		
Correct use of APA format, including adherence to page limit (10%)		

STUDENT'S NAME _____ GRADE _____

