Philosophy of Nursing
NURS 300- Introduction to Theories and Concepts I
NURS 431- Transition to Professional Nursing Practice

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: My personal philosophy is the values, morals, and standards that I live by to better myself as an individual and nurse. In this assignment I was able to share the meaning behind my personal philosophy and purpose in life. This assignment was very meaningful to me, and helped me to see how my personal philosophy has helped me throughout nursing school. It also allowed me to see my growth over the years as a sophomore in nursing school to a senior. Compassion lays the foundation to my nursing philosophy, and has helped me with upholding the professional standards of nursing practice.

Reason for Inclusion of this Assignment in the Portfolio: This required portfolio assignment shows my growth over the years in nursing school and the development of my personal philosophy that will guide my nursing practice.

The following program objectives are highlighted:

❖ Critical Thinking
  ➢ Uses nursing and other appropriate theories and models to guide professional practice.
  ➢ Example: In this assignment I used Peplau's Theory of Interpersonal Relations. This theory has taught me the importance of therapeutic communication between the nurse and the patient. I can't stress how important therapeutic communication is in my nursing practice. There should be a professional and planned relationship between the patient and the nurse that focuses on the patient's needs, feelings, and goals. This can be obtained through interviewing the patient/guardian (Fawcett & Madeya, 2012). The second theory I used was Block and Josten's Ethical Theory of population. It has three elements: obligation to the population, the primacy of prevention, and centrality of relationship-based care (Allender & Spradley, 2005). Every nurse can be a community health nurse if they embody those three elements. As a new nurse I will go above and beyond my job of only providing patient care while I'm at work in the hospital. Whether I am at church, the gym, or the community center I will never pass up the opportunity to do health teaching to anyone who is willing to listen and learn.
Communication

Expresses oneself and communicates effectively with diverse groups and disciplines using a variety of media in a variety of contexts.

Example: In this assignment I describe the importance the of effective communication with each multidisciplinary team, so that the patient is provided with the best care. Nurses are the key players in the health care system, and it has been taught in nursing school the importance of having a good relationship with other health care providers at work. I am a firm believer that good relationships at work lead to better patient care. Nurses and other health care members (physical therapist, respiratory therapist, care partners, etc) that work together for the common goal of making the patient and the patients' families feel more at ease in the hospital setting is a beautiful thing.

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 this paper, I described the two major principles that guide my nursing practice: to always treat others with respect and dignity and having compassion for all. I provided two clear examples of situations that occurred in my clinical practice using these two principals. These two events were life changing to me, and have helped me to grow as a better student, and future nurse. My first example included a patient that I was assigned to during my med-surgical clinical. He was a 35-year-old male patient, admitted for pancreatitis. Three days into his hospital stay he was diagnosed with "full-blown" human immunodeficiency virus (HIV). I could tell that he just needed someone to talk to that would listen, and not smother him with a million questions. He opened up to me about his personal life and shared with me his fears and dreams. At the end of our conversation, tears began to fall from his eyes. I just looked at him and gave him a hug. My patient had a procedure that day that required him to go to the operating room. I heard his surgeon say to his team "This one has HIV, make sure you glove up three times." I shook my head in disbelief, because this patient had a name and it was obvious that the surgeon was making a joke out of my patient's terminal illness. Where was the dignity and respect in the operating room? On that day I made it a mission to always treat my patients the way I would want someone to treat my loved ones and me. My second example involved the family of my patient who sustained a massive left middle cerebral artery stroke plus a right side hemorrhagic bleed after TPA administration. She was a 3 on the GCS, and her daughter was very hostile to the nursing staff and the family couldn’t agree on a plan of action for the patient. They believed that the hospital staff didn’t
have the patient's best interest at heart, and were trying to kill their loved one. I went in the patient's room and gently rubbed her arms, cleaned her face, and sung to her in a soft voice. I took my time with administering the patient's tube feedings and medications, explaining everything that I was doing one step at a time. The daughter was watching me closely but remained quiet. At the end of the rotation she thanked me for treating her mother like a human, and she knew that her mother appreciated me being there for her.

Teaching
- Evaluates the efficacy of health promotion and education modalities for use in a variety of settings with diverse populations
  - Example: In this paper, I discussed educating my community health group on different topics, to expand their knowledge on prevention of different health issues. I also explained how I would continue to do health teaching to anyone who is willing to listen and learn in my community after I graduate and become a registered nurse. I would love to go out to the local after-school programs and churches and do health teaching on different topics for children and adults. I want to give back to the community that I was raised in. I've learned so much information, that I can share with other to help them live a better lifestyle. After I graduate I have plans to create an inspirational website for new nurses, future nurses, and nursing students worldwide. The website will have educational videos, blog posts, an advice column, articles. All of which will be focused around compassion and nursing.

Leadership
- Articulates the values of the profession and the role of the nurse as a member of the interdisciplinary health care team
  - Example: My personal definition of nursing states as follows, to be a successful nurse one must have compassion in helping others to heal and maintain a healthy lifestyle. Along with being a great nurse to the patient, the nurse must be a great nurse to oneself. Taking care of you is imperative when providing care to others. The nurse must also have background knowledge on how each body system functions separately and together. The health care team could not function without nurses. Nursing to me is the backbone of society. It's more than just providing care to the sick; it’s a career that requires an unselfish, loving, positive human being who works well with others.