Nursing Philosophy

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The American Nurses Association defines nursing as the, “protection, promotion, and optimization of health and abilities, prevention of illness and injury, alleviation of suffering through the diagnosis and treatment of human response,” as well as, “and advocacy in the care of individuals, families, communities, and populations” ("What Is Nursing?," n.d.). Nursing is not only an occupation, nursing is a key role in the road to recovery for any patient needing care, support, and healing of many different forms. A nurse’s scope of practice involves, “performing physical exams and health histories, providing health counseling, promotion, and education, administering medications, wound care, and other personalized interventions,” as well as, “interpret patient information and make critical decisions about further actions, coordinate care with other health professionals, direct and supervise care given by LPNs and CNAs, and conduct research in support of improved practice and patient outcomes” ("What Is Nursing?," n.d.). When a student becomes a nursing student or a nursing student achieves the goal of becoming a Registered Nurse in the real world, this individual is engaging in an occupation with a social contract. A social contract indicates that, “society grants the professions authority over functions vital to itself and permits them considerable autonomy in the conduct of their own affairs,” with expectations from the professionals. Some of these expectations are listed in the *2010 Nursing’s Social Policy Statement* including being responsible and acting as such in the workplace, remaining mindful of the public trust, self-regulating to make and assure for quality and performance being the heart of the patient to nurse relationship ("Nursing's Social Policy Statement," 2010, p. 9-10). There are many different care models, theories, and ways to approach the nursing profession and each nurse encountered throughout a visit in healthcare has a personalized way of working with their own personal beliefs and care technique as the core of a nurse’s practice.

After graduating from JMU and passing the NCLEX-RN, I plan to use my education and nursing philosophy while caring for each patient I will encounter. Personally, the nursing role that seems to be the most evident during my patient care tends to be under the “environment” category. The World Health Organization states that environmental health, “comprises those aspects of human health, including quality of life, that are determined by physical, chemical, biological, and social and psychological problems in the environment” (Jarrin, 2012). The central concept of environmental health is comprised of both the internal and external factors of a patient affecting their health. These factors include the, “recipient’s significant others & surroundings, and setting where nursing actions occur” (D. Babral, lecture, February 5, 2015). Personally, I take the considerations of the family and the time, space, and quality of healthcare seriously. Although the patient may only be one individual, other individuals are affected by the health and healthcare decisions of the patient whether it is a spouse, child, grandchild, or even a close friend. When a nurse continuously interacts with an individual, a relationship and a bond is formed on trust and genuine care for the patient and what may be the best route to recovery. In order for the nurse to help the patient succeed in the recovery period, surroundings, including people, are an important factor to the progress of the success. The nursing department at The College of New Jersey states that the aspect of environmental care for nurses is, “an energy field in mutual process with the human energy field,” and is conceptualized as the, “arena in which the nursing client encounters aesthetic beauty, caring relationships, threats to wellness and the lived experiences of health” ("Metaparadigm Concepts," n.d.). With a focus on time, space, and quality, nursing care is more likely to be a progressive and successful experience for a patient.

The meso system of the JMU Undergrad nursing curricular model is the scope of practice I will most likely use in my practice as an RN. Culture, religion, ethics, law, and safety are all crucial components of the healthcare system and how a care professional will proceed with their duties per patient. Among one of the most important components of this healthcare system is the social support and consistency for the patient, usually the family. When dealing with more than one micro system at once, a care professional must be able to remain unbiased as well as advocate for the patient, which can be a difficult situation at times. Differences of opinion can come about and this is where the nurse must act as a patient advocate, trusted friend, as well as a counselor. This system affects patients directly by engagement and socialization that produces a ripple effect. Keeping the family in considerations, a nurse must oversee social engagements as well as decision-making throughout the patient’s healthcare. It is important that a patient have a strong meso system for support in order to achieve full potential in recovery. One of the most important cohorts of patients that need family involved with their healthcare is children and adolescents.

Until an individual is of the age of eighteen years old, the parents or guardians tend to be the most prevalent in making healthcare decision for the child or adolescent patient. With an interest in pediatric nursing and a potential summer nursing externship at the Children’s Hospital of Philadelphia, recognizing each individual family dynamic will play a crucial part in my role as a nurse or student nurse. It is important that this relationship remain strong and open in order to successfully reach healthcare goals. In Dr. Kay Avant’s article*, Stressors on the Childbearing Family*, the meso system is reviewed and stated to be one of the most important aspects of a child’s healthcare. For example, “the children’s school, parents’ workplaces, churches, clinics, community activities, social life, and social support groups,” are all a prominent component to a child’s life and are all a part of a child’s meso system (Avant, 2006, p.179). The article states and summarizes the importance of a positive family dynamic to achieve optimal health care in partnership with the nurses and doctors providing the care to the child patient. The child will need support, love, and care throughout the process of hospitalization and it is important that they have dependable adults and others to offer all of these crucial components of recovery.

 Nursing theory is an important aspect for student nurses to realize during their time spent in nursing school. “How students conceptualize human beings and health, appreciate the impact of environment, and view the role of nursing are critical to their formation as nurses,” as well as to the evolution of the healthcare system for a, “unique and distinct perspective and approach to care within the multidisciplinary team” (Jarrin, 2012). Nursing students must understand the most important aspects of healthcare that he or she feels connected to personally in order to truly provide the optimal care to all patients. For me, the environment of a patient and the internal and external factors of a patient, or the meso system, are the most crucial when thinking of total care, recovery, nursing interventions and care plans, and relationship with the patient from the first time I do the initial general assessment by walking into the patient’s room.

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