Personal Nursing Philosophy and Its Role in Patient Care

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Introduction:

Nursing is a marvellous profession entitled to serve humanity with zeal and zest. It has a well-established leadership fabric that encompasses philosophies, role models, theories and an enormous historical perspective. In this context, the philosophy of nursing provides the basic framework of guidelines that result in patient care. It describes various beliefs, values, connections with patients and family members and overall future goals of this profession. Various renowned theorists like Florence Nightingale, Jean Watson, and Virginia Henderson have paved the way towards glory through their insightful contributions to the nursing profession. Hence, the glorious past of the nursing profession revolves around the milestones covered by these mentors. These pioneers have established respectful healthcare outcomes by setting professional standards. Due to this, the present nursing profession is playing a pivotal role in healthcare systems, facing complex health challenges, preventing multiple diseases, and adopting patient-centred frameworks. Meanwhile, nursing has immense potential to transform miseries into happiness by adopting the integrated approach in the future. However, this paper will explore my intentional philosophy of nursing, my favorite theorist, and their application to patient care settings. In addition, it will also focus on historical perspectives of the nursing profession by elaborating on future barriers and their possible solutions for coping with the potential change.

Philosophy of Nursing:

My philosophy of nursing revolves around the holistic approach of individual care by identifying their needs and utilizing the expertise and experiences of nursing mentors. According to my viewpoint, nursing is an evidence-based practice that requires empathy to fulfil the social, emotional and spiritual needs of an individual. However, according to my philosophy, a person is the centre of the nursing profession, being a unique entity of society. Actively listening to a person, building trust, and showing cultural empathy may empower a person concerning health aspects. Similarly, my philosophy marks health as the absence of illness by promoting disease prevention and providing essential health support to needy ones. In this context, the environment plays a crucial role in lieu of my philosophy. A safe, positive environment, mental comfort, social and cultural recognition, and sustainable healthcare ventures may guarantee brilliant health outcomes.

Nursing Theorist:

My inspiration concerning nursing theorists is Jean Watson. Her theory of human caring is closely related to my philosophy. This theory throws light on the personal care of nurses and its significance in achieving the effective care goals of others. In fact, it encourages the nursing community to develop trust, empathy and respect-based relations with patients by assessing their social, health, cultural, and spiritual needs. In this way, the self-care and well-being of the nursing community are immensely important. So, this theory deeply resonates with my philosophy of nursing to develop a holistic approach to achieve health goals. In this holistic approach, individual care and health needs are directly attached to the personal care of nurses. In addition, it also encompasses the significance of connection, power of transformation, empathy, mutual respect and immense care of patients. Hence, a deep understanding of the nursing profession is mandatory to achieve the desired goals of professional life.

Patient Care Setting:

The patient care settings eventually result in the overall well-being of the patients. My philosophy of nursing, in this context, translates the unique needs of individuals with compassion and full personal care. It not only relates to or addresses their physical status but also warmly provides solutions to their mental, social, cultural, psychological and spiritual wellbeing. For example, when caring for an individual with chronic pain, I prefer to adopt a holistic approach and perspective. For this purpose, my first priority is to listen to the person wholeheartedly and try to imagine the impacts of this pain on the patient's daily life. Trust and empathy would be developed by a deep understanding of the real ongoing situations for establishing the safety of the patient. Taking essence from my philosophy, I would like to fully collaborate with the patient and develop a comprehensive care plan to mitigate this pain. Beyond the medication perspectives, this may include various strategies like relaxation techniques, necessary therapies, addressing the dimensions of emotional and social aspects, etc. In addition, I prefer to provide emotional support by educating the patient to maintain overall well-being by coping with pain. Similarly, Smith & Johnson (2022) deduced that holistic nursing care poses very positive impacts on the overall well-being and health management of the patient's community.

Historical Context of Nursing:

The nursing profession has a long history dating back to Egyptian civilization. It has always been focused on taking care of sick, needy and elderly individuals without discrimination based on gender, religion, ethnicity and nationality. However, the first nursing school was established in London in 1860, from which it grew gradually to the present day. Over the immense depths of time, this profession has evolved to provide care to all walks of life embedded in the dimensions of practice, education and research. The historical viewpoint is very significant to present-day nursing. It enables us to know the challenges, to devise a proper framework to get solutions and to build an excellent

future.

Relevance to Today's Nursing Practice:

The present-day nursing profession is adorned with severe challenges, especially the deficiency of nurses in various healthcare areas. The already existing nurses are required to take on more responsibilities concerning primary care services and chronic diseases as well. Such a situation has created strain on the nursing workforce, resulting in high levels of burnout, anxiety, depression and stress. One such area in the current culture in the nursing profession is the lack of diversity and balanced professional burden. So, massive recruitment in multiple areas of nursing is direly needed on a priority basis. Murray & Noone (2022) reported that a diversified nursing workforce is compulsory for positive health outcomes.

Potential for change in the future of nursing:

Nursing has immense potential to continuously change according to the needs of the future. Nurses are expected to improve the healthcare system by collaborating with all the stakeholders and also play leadership roles in this aspect. Technological advancement may play a significant role in future healthcare systems. As a nurse, I would contribute to the future of nursing for appropriate healthcare delivery. In this context, my main aim is to increase diversity in the nursing profession and I wish to serve this aspect by becoming a role model and a mentor for others.

However, the main hurdle in the implementation of such a change is the resistance from some nursing members. Such members are afraid of new technology regarding healthcare management. To cope with this barrier, it is necessary to educate the nursing force for efficient healthcare delivery. In addition, engaging the nursing community in the process of change may help to acquire their support and mandatory input.

Conclusion:

From the above discussion, it can be concluded that the nursing profession is a very sacred one that needs some philosophy in its foundation. My philosophy of nursing is holistic and addresses the social, mental, cultural, psychological and spiritual issues of patients. In this context, mutual respect, trust and empathy are useful tools to acquire the said goals. Historical aspects are marvelous and numerous leaders have contributed to the present-day nursing profession. My philosophy of holistic approach aligns with Jean Watson's. Currently, the nursing profession is facing immense challenges regarding a lack of diversity, which is wreaking havoc. The biggest hurdle to fulfil this requirement in the future is fear among nursing members about the application of modern technology. However, as a practicing nurse, I would advocate a diversified nursing workforce in the future for better outcomes. Meanwhile, all these elements discussed in this paper have a significant impact on my career. These

have helped me become aware of challenges and motivated me to be a change agent. In the future, I would like to continuously find opportunities and be an active part of professional growth in the nursing profession.

References

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