

## **Philosophy Paper**

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The basis of nursing practice and bedside patient care was clinical expertise and technical knowledge at the beginning of nursing school. I only saw nursing as a scientific discipline that treats the patient. After my last semester of nursing studies, my perspective changed. Through courses, while doing clinical rotations and being mentored, I understood the depth of nursing's complexity. Now, I know that excellent nursing practice is the marriage of perfect medical knowledge and deep empathy for patients. Beyond symptom management, therapeutic interventions and active advocacy for whole-patient health are required in clinical practice. Understanding my nursing practice beyond textbook knowledge is acquired by combining theoretical knowledge from academic education and dedication to ethical medicine along with hands-on patient experience. Starting my nursing profession, these are the foundational elements that will serve as my compass.

## **Definition of Nursing**

The practice of nursing requires scientific techniques combined with artistic abilities designed to provide medical care and respect patients on a holistic level (Yoost & Crawford, 2021). At first, nursing required helping people reach maximum health outcomes through practicing whole-person healthcare. I used my practice to deliver complete healthcare services by understanding medical requirements together with the psychological and spiritual support needs of patients. From the literature, research shows that witnessing nurses deliver healthcare treatments and protect patient rights while offering emotional support (Yoost & Crawford, 2021) transformed my understanding of nursing during my hospital rotations.

The current definition of nursing calls for promoting patient health through illness and injury prevention while simultaneously healing and advocating for others. According to the American Nurses Association (ANA), nursing encompasses "the protection, promotion, and optimization of health and abilities; prevention of illness and injury; facilitation of healing; alleviation of suffering through the diagnosis and treatment of human responses; and advocacy in the care of individuals, families, groups, communities, and populations" (ANA, 2021). Both descriptive and therapeutic aspects of nursing practice are embedded in this expanded definition of the profession. Patient advocacy is a central nursing principle enabling healthcare professionals to speak on behalf of their patients to uphold their needs and preferences against healthcare teams. Comfort care is an essential nursing principle that requires special attention when treating people under palliative care or hospice services (Bryk et al., 2022).

### **Purpose of Nursing**

The essential role of nursing for me extends beyond providing medical treatments as it includes maintaining patient support while advocating for their overall health journey. At first, I understood my role in nursing as "promoting healing and wellness beyond medical and illness treatment." Modern nursing services empower patients to remain healthy while preventing disease development and offering support for mental and physical well-being.

The American Nurses Association outlines in its Code of Ethics for Nurses that professionals should demonstrate compassion while upholding the dignity and worth of every person (ANA, 2021). Thus, patient care areas with restricted access showcase healthcare demands that require both compassion and comprehensive medical resources for improved patient healing. During my time at the People in Needs (PiN) Ministry, I saw firsthand how limited medical care was available for the homeless patients I treated. Detaining a medical

practice environment helped me recognize patients who dealt with chronic diseases alongside dual diagnoses of mental health and substance disorders. Patients of PiN dealt with their health concerns alongside economic challenges caused by money issues and weak community support networks. This lesson taught me that nurses must carry out practical medical procedures and offer emotional care through compassion and encouragement to disenfranchised individuals excluded by society.

My nursing practice demands physical treatment administration alongside providing total healthcare services that encompass emotional challenges as well as psychological obstacles to recovery. My nursing purpose encompasses clinical duties, patient education, health promotion, and healthcare advocacy work. Nursing begins with recognizing nurses' vital function to help patients reach optimal well-being through medical choices and obtain top-tier healthcare regardless of personal characteristics or circumstances (Yoost & Crawford, 2021).

### **Assumptions**

#### **1. Nurse-Client Relationship in a Culturally Diverse Setting**

Based on practice ethics in the nursing industry, the delivery of nursing care requires cultural sensitivity and respectful partnerships between healthcare providers and their patients (Jordan et al., 2022). Thus, working with patients from diverse cultural and socioeconomic backgrounds during my clinical rotations revealed the vital importance of cultural care practices. Madeleine Leininger's Transcultural Nursing Theory demonstrates that healthcare practitioners can develop trust-based patient care by understanding the cultural diversities found within their patients (McFarland, 2021). I discovered that patient healthcare reactions differ because of language challenges and unique cultural viewpoints throughout my patient encounters. A

different cultural background patient sought my care while avoiding medical treatments because of both personal religion and cultural beliefs. My experience demonstrated that nurses should integrate cultural values in patient care plans whenever feasible and respect patients' cultural beliefs and practices appropriately.

Through their role as interprofessional team members, nurses function as cultural brokers by helping patients establish communication with the healthcare system to achieve respectful and culturally suitable care (Jordan et al., 2022). Nurses must do more than recognize cultural differences because they must fully embrace these variations through culturally competent engagements with every patient encounter (Jordan et al., 2022). Healthcare services become more effective in achieving improved outcomes and enhanced care satisfaction while safeguarding patient dignity when medical providers understand and respond to cultural influences on health (Jordan et al., 2022).

## **2. Nurses and the Community**

Nurses actively contribute to community well-being by tackling health determinants of social origin while ensuring fair health access and disease prevention (McFarland, 2021). Healthcare delivery based on the Neuman Systems Theory requires nurses to evaluate all patient stressors, from physical aspects, which continue through psychological elements to sociocultural influences and developmental phases, ending with spiritual considerations that affect their wellness (McFarland, 2021). Through personal observation, I have watched how people in disadvantaged financial situations face challenges in healthcare accessibility, resulting in worsened health conditions. My work at PiN Ministry involved caring for patients whose lack of adequate medical coverage restricted their access to fundamental healthcare. The patients lacked

knowledge about preventive healthcare options while possessing little understanding of their medical conditions.

Nursing practice in these settings focuses on direct care delivery but extends to educational service, patient empowerment, and provider advocacy (Bryk et al., 2022). Public health advocates require nursing professionals to fight against health disparities and support social justice systems. Through their direct patient care activities, health education work, and community outreach programs, nurses help establish a more equitable healthcare system that provides necessary medical resources by raising preventative awareness and granting care access to underserved populations (Bryk et al., 2022).

### **3. Nurses and Other Healthcare Professionals**

Nursing is a collaborative practice where strong professional relationships between nurses and their healthcare colleagues help ensure optimal coordinated patient care outcomes. According to the Convergent Care Theory, caregivers must develop a supportive environment within healthcare teams by promoting mutual respect among professionals and shared dedication to patient outcomes (Burgener, 2020). As part of practice, during clinical work, I engaged with healthcare providers, including physicians, physical therapists, and social workers. All along, my experience working with multiple healthcare providers revealed that effective teamwork is an essential foundation for delivering complete patient care. Nurses must serve as the communication bridge between healthcare disciplines to achieve coordinated care delivery while preventing service fragmentation.

Healthcare team members work together to perform medical procedures correctly and provide emotional and psychological support to patients so they receive full respect from all

healthcare professionals (Varkey, 2021). The patient experience benefits greatly when nurses establish settings that honor every professional's skillset and view healthcare delivery from an integrative viewpoint that treats medical and emotional patient needs (Varkey, 2021).

### **Principles**

Nursing is a collaborative practice where strong professional relationships between nurses and their healthcare colleagues help ensure optimal coordinated patient care outcomes. According to the Convergent Care Theory, caregivers must develop a supportive environment within healthcare teams by promoting mutual respect among professionals and shared dedication to patient outcomes (Burgener, 2020). During clinical work, I engaged with healthcare providers, including physicians who worked alongside physical therapists and social workers. My clinical work experience showed teamwork is vital for providing whole patient care. Nurses must serve as the communication bridge between healthcare disciplines to achieve coordinated care delivery while preventing service fragmentation.

Healthcare team members work together to perform medical procedures correctly and provide emotional and psychological support to patients so they receive full respect from all healthcare professionals (Varkey, 2021). The patient experience benefits greatly when nurses establish settings that honor every professional's skillset and view healthcare delivery from an integrative viewpoint that treats medical and emotional patient needs (Varkey, 2021).

### **Conclusion**

My nursing philosophy underwent a substantial transformation while I examined my educational pursuits and healthcare experiences. My introduction to nursing centered around treating physical conditions while managing symptoms. My understanding has transformed to

see nursing through multiple dimensions which extend past medication treatment. The nursing discipline addresses patients by treating their physical structure, emotional well-being, and spiritual self. The nursing discipline exists today because of its compassion and advocacy mission to enhance the quality of life for individuals and their communities. The guiding principles of beneficence and nonmaleficence form the foundation for my nursing practice. I pledge to provide compassionate patient-centered care in nursing practice while I support vulnerable populations through advocacy alongside fellow healthcare providers to enhance health outcomes. My professional philosophy will grow through experience yet it maintains an essential guiding role for ethical and compassionate healthcare decisions during my nursing practice.



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