Personal Philosophy

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I chose to pursue my nursing career because I am passionate about caring for people who are ill and providing better care. In this personal nursing philosophy paper, I will focus on four nursing concepts: people, nursing, health, and environment, and how providing holistic, high-quality, compassionate care to patients while integrating evidence-based research and knowledge constitutes good nursing care. When delivering care, it is important to practice compassion and respect for every person's inherent dignity, worth, and unique attributes (American Nurses Association, 2015).

What I consider nursing is providing compassionate, quality care to all patients, regardless of their background, race, color, sex, language, religion, politics, property, birth, or other factors, and this is essentially the golden rule of nursing (United Nations, n.d.). Everyone should be treated equally, without economic, political, social, religious, or any other form of discrimination. As the golden rule states, one should treat others as they would want to be treated. As nurses, we must offer compassionate care to those in need. I always abide by this principle, respect patients as people, and be mindful of them while providing quality care. I involve them in planning their healthcare to the extent possible. When delivering care, it is crucial to set aside prejudices and provide compassionate care to all patients, regardless of their disabilities or disease stigma (American Nurses Association, 2015). As an advanced nursing professional, I would always abide by this nursing concept of people.

Nursing is an important nursing theory that we need to prioritize when caring for patients. We need to provide advanced practice nursing and evidence-based care to our patients by involving them in patient care planning. We need to focus on both the physical and mental well-being of our patients and engage in a therapeutic relationship with them. Delivering evidence-

based care to patients to improve healthcare quality and patient outcomes will be my priority. It is our duty to provide safe and high-quality patient care.

Health is an important concept that focuses on physical health and comprehensive wellness, including emotional and social well-being. Watson's theory of human caring, which emphasizes self-care, emphasizes that nursing involves facilitating therapeutic healing processes and nurturing relationships beyond the scope of nursing practice, including tasks, procedures, treatments, and technology (Leone-Sheehan, 2022). We should empower our patients to understand the importance of self-care and involve them in their care plans. This helps patients meet their basic needs and receive emotional support, fostering a harmonious nurse-patient relationship (Leone-Sheehan, 2022).

The environment, the surroundings around care, plays a significant role in the nursing concept. It influences health, recovery, and access to healthcare and impacts the physical, economic, social, and cultural conditions that an individual faces (Nevada State University, 2024). It is essential to create a safe environment for patients and ensure they have a supportive and safe home environment, as well as access to healthcare services. Additionally, as healthcare providers, we need to ensure that patients have someone to assist them in emergencies.

Caring for people with dignity and respect, applying evidence-based practice to provide holistic care, and creating an open environment, is my nursing philosophy. I will apply all nursing concepts and evidence-based, patient-centered care, and actively be involved in the community through advocacy, community engagement, volunteering, and peer-reviewed writing. I would practice quality patient care and involve patients in decision-making, resulting in better nursing and healthcare delivery. This will help to provide respectful and compassionate care to my patients that promotes healing and supports well-being.

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