

Nursing Philosophy

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Compassionate Care: Essential Part of Nursing Philosophy

Nursing is a discipline that requires both compassionate care and technical expertise to enhance patient well-being for superior health outcomes. This paper explores the critical role of evidence-based practice, problem-solving skills, and critical thinking in improving patient outcomes and providing high-quality care.

Personal Philosophy of Nursing

My nursing philosophy revolves around providing compassionate care to the ill. My philosophy on nursing is that it is an ever-evolving discipline that requires us to have a foundation in theory and theory-based evidence and utilize the knowledge to provide evidence-based practice to patients for high-quality care and improve outcomes (Pokorny, 2021, pp. 12–27). As a nurse, my top priority is to provide exceptional patient care and advocate for them through problem-solving skills and critical thinking.

Basis for Personal Philosophy

As Virginia Henderson (1966), a legendary nurse theorist, stated, "the unique function of the nurse is to assist the individual, sick or well, in performance of those activities contributing to health or its recovery (or to peaceful death) that he would perform unaided if he had the necessary strength, will or knowledge and to do this in such a way as to help him gain independence as rapidly as possible" (p. 63). A nurse's role is to aid individuals, regardless of their health status, in activities that can enhance their health or assist with recovery, and my philosophy revolves around delivering compassionate care to those unwell. Abdellah (2004), in her book *Patient-Centered Approaches to Nursing*, emphasizes the problem-solving skills to identify nursing problems to move the patient toward a healthy outcome, and she formulated 21 nursing problems based on a re-view of nursing research studies. Her philosophy on nursing is

based on a problem-centered approach and problem-solving skills to identify nursing problems (Pokorny, 2021, pp. 15–16). Abdellah's problem-centered approach to diagnosing nursing patient issues is essential for delivering evidence-based, high-quality care, improving patient outcomes, and exceptional patient care.

Relation of Personal Philosophy to Patterns of Knowing and the Structure of Nursing Knowledge

Carper (1978), in her journal *Fundamental Patterns of Knowing in Nursing*, mentioned four patterns of knowing—empirical, ethical, personal, and aesthetic. In her empirical pattern of knowing, she describes caring for another as requiring the achievements of nursing science, the knowledge of empirical facts systematically organized into theoretical explanations regarding the phenomena of health and illness, and the importance of critical thinking for alternative moral choices (Carper, 1978, p. 14). Nursing is an art of science, and caring for patients for a better outcome requires evidence-based care where nurses care for patients with validated and scientifically proven methodologies. It takes critical thinking to find innovative and alternative solutions for moral and health choices. Carper (1978) suggested that the better a nurse is at understanding and empathizing with others, the more choices they will have to plan and give nursing care, and they will be better at critical thinking, which is essential for making complex and difficult decisions (p 22).

Conclusion

Nursing is the art of providing compassionate care to patients. We can improve patient outcomes and provide high-quality care by prioritizing evidence-based practice derived from theory-based evidence. Furthermore, problem-solving skills and critical thinking are crucial in addressing the complex challenges in healthcare.

References

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