

## **Reflective Journal**

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## Reflective Journal: American Nurses Association (ANA) Code of Ethics

The American Nurses Association (ANA) Code of Ethics for Nurses with Interpretive Statements guides us toward ethical and compassionate care. This reflective paper will explore Provision 1, which is important to me in my current role as a registered nurse. I will discuss the various components of this provision, including respect for human dignity, patient relationships, the nature of health problems, the right to self-determination, and relationships with colleagues. Furthermore, I will explore provision 8, discussing how I can better integrate this provision into my practice as an advanced practice nurse. I will discuss the various components of this provision, including health needs, concerns, and responsibilities to the public.

### Response 1: Provision 1, Most Important Provision for Me

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' religious beliefs, and be mindful of them while providing quality care. I involve them in planning their healthcare to the extent possible.

When delivering care, it's crucial to set aside prejudices and provide compassionate care to all patients, regardless of their disabilities or disease stigma (American Nurses Association, 2015). The involvement of the nursing team is essential, and in my current practice, I always make sure I work as a team to enhance patient outcomes.

Because of all these reasons, I consider provision 1 of the ANA Code of Ethics for Nurses to be essential to my current role as a registered nurse. I promise to abide by this provision in all my future endeavors and personal endeavors.

#### Response 2: Provision 8, Integration in My Advanced Practice Role

Provision 8 of the ANA Code of Ethics for Nurses is an area where I need more experience, particularly in collaborating with other health professionals and the public to promote health education, raise awareness, and reduce health disparities. In the future, I am committed to actively seeking opportunities to enhance all people's well-being and safety.

As medical professionals, we are responsible for maintaining public health and safety and preventing health threats in the community. It's important to stay informed about global health issues such as epidemics and pandemics, be prepared for likely scenarios, and raise awareness in the community and the public to promote health education. Provision 8 of the ANA Code of Ethics for Nurses states that nurses are primarily responsible for maintaining the health, welfare, and safety of all people. They should also be aware of broader issues such as world hunger, environmental pollution, human rights violations, and various pandemics and epidemics (American Nurses Association, 2015).

I am committed to engaging with community health groups to better serve diverse and minority populations by providing them with essential health education and resources. To bridge the gap in this area, I plan to actively participate in community health initiatives and volunteer for public health events such as neighborhood clinics. I plan to attend future nursing and public health conferences, actively engage with the network, and work towards enhancing public health. I aim to contribute to public safety and well-being and promote social relationships within the community.

## Conclusion

In summary, this reflective journey discusses my experiences with two crucial provisions of the American Nurses Association (ANA) Code of Ethics. Provision 1 and Provision 8 will support me in my current practice role and prepare me for my future advanced role. This will help me provide respectful and compassionate care to patients in my current practice and prepare me to promote public health in the community, nation, and internationally by collaboration with health professionals.

## References

American Nurses Association (2015). *View the code of ethics for nurses with interpretive statements*. <https://www.nursingworld.org/practice-policy/nursing-excellence/ethics/code-of-ethics-for-nurses/>

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