My Personal Philosophy Related to Advanced Practice Nursing

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Setting out to establish a philosophy that is focused on the responsibility of the advanced practice nurses role and truly delving into that role and what it means to me has been an eye opening experience. Philosophies are rational investigations focused on truth and principles of knowledge, conduct, and principles of being as well. Philosophy for nursing is the study of all of the metaparadigm concepts and the values, personal beliefs, and guiding structures these key items hold and are incorporated into one’s practice. In researching the concepts related to the person, health, environment, and nursing I read the following statement by Martinsen, “Nursing is founded on caring for life, on neighborly love… At the same time it is necessary that the nurse is professionally educated” (Herdis, 2014, p. 147). This statement holds high value in my personal philosophy in that my focus on nursing and the role of the nurse has always been primarily based on caring, however as I have been a practicing nurse over fifteen years and the experiences and things I have seen, the education, training, guidance, and role models I have encountered are what have made me the nurse I am today and are my foundational structure.

**Personal Concepts and Values**

**Define**

The profession of nursing has evolved based on continued education and growth within our evolving profession and role expansion needs related to health care. The advanced practice nurse is now a standard role within our industry and the opportunity for organizations to become Magnet certified has enabled us as nurse to be recognized as a strong and highly demanded professional affiliation. The focus of caring can be correlated with three principles that are relational, practical, and moral. “Relational means that caring requires at least two people**”** (Alvsvag, 2014, p.157). Caring that is practical is based on training and practice. The moral associated with caring as a principle is related a genuineness, attitude, or mood as well as an acknowledgement. What we think is true about nursing is what nursing is to us. “It encompasses our values and ethical principles. It helps clarify for us who we are and who our patients are, and what we are doing and why we are doing it**”** (Meehan, ~~T.,~~ 2015, p.2).

**Describe**

In the metaparadigm, there is a direct parallel between the person and the body. “The body is a unit of soul and flesh, or spirit and flesh. The person is bodily, and as bodies we both perceive and understand**”** (Alsvag, 2014, p.157). Health is the overall state of the individual and the environment is situational and correlated with the space one resides at the time.

**Explain**

The advanced practice nurse’s practice and philosophies are guided by the metaparadigm, however additionally the focus is on continued education and research. According to Benner, “…five levels of nursing experience: novice, advanced beginner, competent, proficient, and expert. The levels reflect a movement from reliance on abstract principles to the use of past concrete experience” (Olin, 2011, p.2). These stages are what shape the career path of a registered nurse. The organization one works drives and motivates nursing practice and should hold true to the values and practice concepts the nurse holds dear.

**Current** **Practice**

Advancement opportunities for the nurse and their professional role, the business aspects related to the industry of healthcare and the structure of an organization, and the notion that we as nurses are key stakeholders in decision-making and guiding principles for our patients we serve are true philosophical associations that must be determined. I strive to incorporate the values of the organization I work for with my own values and practice beliefs. My successes are based on my experiences, educational opportunities and growth, and risks that I have taken to further my career. Being a leader is difficult, challenging, and yet fulfilling and rewarding.

**Diagram**

**Conclusion**

“It is philosophy underlying our practice that brings to life our desire to be nurses**”** (Meehan, 2015, p. 1). The key driver for my nursing practice is the patient and this is my focus and guiding principle. Caring for them, helping them, keeping them safe, and supporting them and their family while maintaining my own professional boundaries, ethics, and morals are crucial to my practice. My organization and team that I work with every day hold me to values and standards of practice that are always expanding and changing. Focus on always doing the right thing for the patient is imperative and the future of nursing will forever expand and grow as long as the patient remains the focus

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