

Personal Philosophy Paper

Erica Jahn

Elmira College

Professor Bocek

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Sophomore year of college I was asked the question “Why do you want to become a nurse?”. At that time, this question overwhelmed me because I didn’t have a straight answer. I wasn’t sure why I chose nursing as my career path. To be honest, I’m still not sure why I chose this path, but I know I’m glad I did. My journey throughout this nursing program has been filled with ups and downs surrounded around my decision to pursue nursing. It wasn’t until my junior year of college when I felt fully solidified in my decision to make this my career. This program didn’t necessarily change any of my beliefs or values, but more strengthened them. I learned more about myself these past three years in this program than I have throughout my whole life. I learned that I want a career that fulfills me, challenges me, and gives me a sense of pride. I now understand that nursing is the career that can give me all three of those things. That is why I want to become a nurse.

In my mind, a nurse is someone that a patient depends on. A nurse is someone that cares for the ill and helps guide people in the direction of health. They are a team member with the capability to lead. I believe that one day when I get out into the world with my RN, BSN, I will bring my sense of empathy and sensitivity to my practice. I believe a good nurse is one that can feel for their patients and be genuine with them. I believe that if it doesn’t hurt when they pass away, then you aren’t doing it right. When death becomes numb to us we lose how serious death actually is. A person can be sad for someone’s death and not let it run their life. That’s the kind of nurse I want to be.

The nursing metaparadigm consists of person, health, environment, and nursing. To me, person means the patient in which the nurse is caring for. Environment is the place the patient is seeking care in. Environment can also include the unit in which they are on. An ICU

environment is entirely different than a medical surgical environment. Environment can also include the people surrounded around the patient such as doctors, visitors, different staff, etc. Health refers to the state the patient is in. Whether they are critically ill, acutely ill, chronically ill, etc. Finally, nursing refers to the nursing staff that helps guide the patient towards stability and discharge. Nursing is holistic, and therefore nursing also involves building relationships with these patients in order to promote healing and wellness. Not only do we take care of the patient's physical needs, but we take care of their spiritual, psychological and social needs as well.

My aspirations as a nurse include going back to school. I'm not exactly sure for what yet, but DNP has been crossing my mind a lot lately. There are so many routes to go in nursing and that's what I love about it. My ideal plan as of right now would be to do bedside nursing in either an ICU or PICU and then when it is time to raise a family, I would go into education. I believe I have a lot to give to upcoming generations and I believe I could thrive in the higher education system down the line. I plan on accomplishing this by going back to school and being open minded to my wants and needs changing as I grow as a person and as a nurse.

I think within the next ten years the biggest challenge nursing is going to face is staff shortages and changes to practice due to the Covid-19 pandemic. This pandemic has caused many nurses to question their decision to go into nursing and as a result are changing their career. My sister is a nurse down on Long Island at Stony Brook University Hospital. She and many of her colleagues were floated into the covid units and she says that it was the worst time of her life. She said that many people are experiencing PTSD from what they saw, many had to take a leave of absence, and many quit due to the stress and devastation they experienced. I believe that this is going to be an issue that the nursing field is going to need to recover from over the next 10 years. Standard practice is also evolving right in front of our eyes so we as

nurses need to be adaptable to these changes. To combat these challenges, I see myself being open minded to new evidence-based practice and lending a helping hand when my staff needs me. Whether that means I need to pick up an extra shift to help the shortage, or be there emotionally for my colleagues that had to face the Covid-19 pandemic head on.