

My Personal Philosophy
Goals, Morals, and Beliefs of a Nursing Student

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Personal Beliefs and Values Related to Nursing

Since I was younger, I have been surrounded by the influence of nursing. My grandmother was a mother of seven, and my mother was her oldest. She raised her three daughters with one main goal: they would always be able to support themselves, with or without a male companion. She encouraged them all to take careers in nursing, due to their caring nature and the job security. Having several nurses in my family, including my eldest sister and cousins, it was hard to imagine a life where my career did not lead that way. I may have claimed that I would be different, I was going to change the path of our family out of nursing. Then, I suddenly lost my grandmother. She passed away due to cardiac complications at the age of 73, and I will never forget the change that occurred in me. Although I have trauma from seeing my grandmother in that state, I will never forget the nurse, Peggy, who took care of my Nanny. She provided so much care to her, as if she was her own blood. With the pressure of three experienced nursing daughters, it must have been stressful. But she gave such amazing care to my grandmother and family. This is what pushed me to start seriously considering nursing as my future.

My definition of nursing is holistic care, in the way that benefits the patient physically and mentally. It is patient advocacy and following the golden rule. Treating our patients how we would want ourselves, and our family treated. The largest guiding values and beliefs I will bring into my nursing practice is treating all patients the same, with dignity and respect throughout my career. I will show empathy, patience and compassion for my patient, and respect their situation even if I may not fully understand it. I don't think my beliefs and views have changed in anyway but have become more solidified. I have seen things that have made me uncomfortable, and I

have seen nurses do things that I will never forget and will incorporate in my care. Throughout this program, I have learned the kind of nurse I want to be and have identified the people who can help support me on that mission.

Nursing Metaparadigm within my Own Perspective

To me, the nursing metaparadigm fully encompasses holistic nursing care. First, there is the patient, or the person. Our career centers around them, and they are the driving factor for what we do. Then we must observe the environment they have come from. What has their home life looked like? What struggles and trauma has their life presented them? Everyone has a unique story. What makes this patient different, and how do they function? Going hand in hand, is their health. What is their perspective of healthcare? What values do they hold and what things do they not value? Many families have different perspectives on the important aspects of health to them. Finally, the nursing comes in. Our time to treat the patient in front of us and use the most holistic approach possible. Addressing patients as individuals is so important because everyone presents differently and have their own story.

Vision of My Nursing Practice

My aspiration as a nurse as of now is to graduate with a Magna Cum Laude Honors degree and pursue a career in critical care nursing. I would like to see myself in an ICU or neuro ICU setting. Once I develop experience, I have an aspiration to become a CCRN, and get into travel nursing. I want to experience the world and different backgrounds and how they affect my patients. The more I can experience and learn, the better nurse I feel I can become. This plan may change, as nursing is an ever evolving and never-ending opportunity. This is my plan now, but that could very well change as I gain experience and new opportunities arise. No matter where I end up, I know I want to be doing patient care at the bedside.

The Future of Nursing

I think the biggest challenge facing nursing in the next ten years is burnout and unsafe working conditions. Covid has caused a large strain on the current nursing population, and nurses are barely treated with the decency and respect they deserve. We need to protect our nurses and acknowledge the sacrifice they make for the greater good. I plan to be a leader in this challenge by advocating for safe working conditions and fair treatment of staff. Any floor you will be employed on will have an opportunity for change, and I look forward to seeing what can be done when I begin my nursing career as an RN.