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May 4th, 2021

NSG 3210 Professional Seminar

Personal Philosophy Paper

Becoming a nurse has been a dream of mine since I was the age of twelve. My inspiration to be a nurse comes from my desire to care for people in their time of need. The benefits of this career are numerous as there is no greater satisfaction to me than helping patients overcome their challenges and being able to support patients and their family members. I often find myself having sympathy for others, so seeing patients or families suffer deeply affects me. The strength I have gained from this is that it helps drive me to be a stronger person to assist in alleviating their pain and troubles. I believe nursing is more than just caring for a patient and is a great career to pursue.

As I have grown over the past few years, I have come to realize that the definition of nursing can be different for each individual. To me, a nurse cares for those who are ill, but a nurse also is able to provide assistance to those in need and see many aspects of human nature that few are privileged to see and experience. A nurse's job is to care for a patient and their families with their heart and their head, healing a person wholesomely. I knew I wanted to be a nurse when I was twelve years old, and my grandfather was passing away. As I watched nurses care for him while he was very ill, I knew I wanted to be able to do the same one day. These nurses not only helped my grandfather, but also my whole family as we were with him in his last few days of life. I was just old enough to understand what was happening with him and wanted to be able to help. When I got to my junior year of high school, I decided I wanted to join the BOCES program that was through my school to get my CNA certification. This was the best decision I have ever made as this program taught me so many necessary and helpful tasks and gave me a new perspective on caring for others. As I was reaching the end of my senior year of high school, my great grandmother whom I was named after became very ill. During this time, my mom and I cared for her with the hospice nurses in her last two weeks of life. Having the

experience from BOCES really assisted me in providing the best possible care for her and be able to support her and my family during this time. She always believed in me and supported my dream of becoming a nurse one day. She is my motivation to push through hard times and get through these final semesters of school. Values and beliefs I believe I will bring to my practice are empathy, professionalism, and kindness. I believe it is important for a good nurse to be knowledgeable and conscientious in their actions as they are responsible for not only themselves, but many others around them. I feel I have grown significantly over the course of this program at Elmira College and have gained many new strengths. I have gained a new respect for others and have become a more caring and kinder person. I can now see many sides to a situation and feel that I can handle almost what ever is handed to me. Most importantly, this program has taught me how to ask for help when I need it and that it is okay to ask questions.

The metaparadigm of nursing is a set of concepts that offer a holistic approach to care and consists of nursing, person, health, and environment. The first component, nursing is the information and nursing skills that are learned and represented in the field. The second component, person is the needs of the patient and family. The third component, environment is the surroundings of the patient as well as their support system. Finally, the fourth component, health consists of the patients mental, emotional, and social wellbeing and is the state they are in when receiving nursing care.

My aspirations as a nurse are to make a change in many patients lives and to provide the best possible care I can with the education I receive. My goal is to start my nursing career on an ICU unit in South Carolina and find a hospital facility that will help me advance my degree to get my masters. After I receive my master's degree and become a nurse practitioner, my goal is to work in a family practice and eventually move back home to be closer to my family. I will

achieve these aspirations and goals by searching for hospitals in the area I want to move to and keep working diligently to get the degree I have waited for. As I become a nurse in these upcoming years, I will continue to use my knowledge from the education I received here at Elmira and further implement it into the field.

I think the biggest challenge nursing is facing in the next ten years is that nurses will be overworked and underpaid. Although this is a current issue, it needs to be fixed. Nurses often feel that their pay rates are too low in consideration to what is being asked of them and the workload they are handed. This ultimately can affect the quality of care that is being given to patients and burn out can set in quickly. I can see myself being a leader with this challenge by communicating with my health care facility as effectively as possible. Implementing different systems and practices to support nurses should be done and employers can be supporting their nurses by creating a positive work environment.

Throughout this paper, I have set goals for myself that I hope to fulfill in my years to come as a nurse. My beliefs and values have been established so I now can implement them into the care I provide to patients and their families. Nursing is a career that holds endless possibilities and I have the privilege to be apart of such an amazing and important career. I can utilize this information I have provided and further take it with me in my career to remind myself of the kind of nurse I strive to be.