**Personal Philosophy of Nursing Practice**

Ashley McGuire

Jacksonville State University

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**Philosophy of Nursing**

Nursing is not a profession; it is a perspective on life. A nurse is created in the image of their character and mindset. How a nurse views others is what defines them. I am not solely judged by my skills or knowledge, but rather by how I care for others in the same way that I would desire to be treated. In my eyes, the definition of nursing practice is improving the lives of others. Values of kindness towards every person and humility combined with knowledge of medicine make up the essence of nursing practice. Every human being deserves love and has the right to have the best quality of life possible. All humans are equal and need to be treated and cared for as such. The environment around a person in a state of distress should be bright, calm, and relieving with comforts of a familiar place and loved ones because, from my point of view, it can impact their health.

Health is a state of both mind and body that incorporates physical well-being and mental strength. Controlling where the mind wanders and taking utmost care of the body by diet and exercise is of vital importance. Caring for the psychiatric and physiologic aspect of everyone is ultimately the role of a nurse in this world. When care is centered on the patient in front of them, that is when a nurse is born, which connects to the patient-centered approach theory developed by Faye Abdallah. A patient problem should be identified along with a treatment developed by knowing the patient, gathering pertinent data, making a therapeutic plan, testing generalizations, solidifying patient conclusions of their problems, assessing and evaluating patient attitude, watching the patient reaction to the plan and involve them in it, identifying the nurse’s feelings towards the patient problems, and developing a nursing care plan.

**References**

Western Governors University. (2021, September 27). *Understanding nursing theories*. Western Governors University. Retrieved January 26, 2023, from https://www.wgu.edu/blog/understanding-nursing-theories2109.html#close