My Philosophy

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Nursing is the protection, promotion, and optimization of health. It focuses on the prevention of illnesses and injury, enabling the healing process, and the capability to alleviate the suffering of others from diagnoses. Also, it involves treating the whole person not just the issue that the person may have come with by providing treatment to the human response. Nurses are expected to play the role of becoming a patient-advocate, especially in a given situation where the individual is unable to speak for oneself. Advocacy is not only limited to the patient’s needs, but of the care of the individuals, families, groups, communities, and the population. It is important to fulfill this, in order to fulfill the rights, health, and safety of others.

As a nurse working in this profession, it is imperative to practice with compassion and respect for others to obtain the integral component of dignity, worth and the exceptional qualities on behalf of all. When working with others, it is vital to stick with the codes of ethics by maintaining the confidentiality of patient’s information and having a non-judgmental attitude towards others. Also, it is essential to continue to develop on a professional and personal level to maintain one's proficiency. Above all, nurses need to demonstrate skills of critical thinking, problem-solving, the use of technology and the utilization of evidence-based practice in the field of nursing.

The theory that holds great value to nursing, I would have to say is the Watson theory of caring. It demonstrates the main concept of promoting health, preventing illnesses, tending to the sick and restoring health.