My Philosophy of Nursing

by Lorraine Parris-Bouzy

My nursing philosophy is: To provide the best care possible to each individual client encountered by consistently improving the communication between the client, their families, and care providers; being culturally aware; maintaining and improving competence by gaining a combination of experiences, continuing education, and knowledge of evidence-based findings. As well as providing the best care by utilizing the best investigative skills in practice; protecting and advocating for each client, and helping them to be self-empowered by being able to be active participants in their health care decisions. In order to provide the most effective and safest health care possible, it is important to have the most reasonable, psychological, physical, and spiritual knowledge possible that is evidenced based. Optimal care and well-being of each client is the goal. Teaching by giving illustrative handouts, demonstrations, and constructive feedback are essential ways to provide clients and families with continual learning that make transitioning through care more safe and effective. Advanced Directives education should also be taught to each individual client and their families as they wish so they can practice their right to a peaceful death or a rebirth of life as their condition rehabilitates when either situation occurs. Doing all the above with thorough self-reflection and upholding nursing standards.

A **Philosophy** is defined, by Webster’s Dictionary, as a set of ideas about how to do something or how to live, it can be a specific set of ideas of a person or a group, and the study of the basic ideas about the knowledge, right and wrong, reasoning, and the value of things.

Jean Watson’s Theory of Caring and Orem’s Self-Care Deficit Theory came to mind while writing my philosophy. Alberta Bendura’s Self-Efficacy Theory also applies.

I believe that all people should be treated as individuals, not each person treated the same as another because we all have individual life experiences and our own perceptions of different thoughts and ideas that make us individual. God made no man alike.

I value the spirit and character building. I value a healthy family structure.

What matters the most is how others are feeling.