

COM 1403: Philosophy of Healthcare Project

Part 1: The Draft

Your **philosophy of healthcare** is a personal statement (essay) about your **values and ethics**. It discusses your **beliefs about your patients, your education, and the healthcare field at large**. It also explains your **motivation** to become a healthcare provider, often by telling a personal story about what inspired your choice. It helps you identify the beliefs and theories that **guide the choices** you make on the job every day.

- Your Philosophy of Healthcare (POH) project is made up of several parts:
 1. Draft of POH
 2. Final version of POH
 3. Cover Letter
 4. Presentation of POH + Cover Letter
- For now, we will focus on the **draft of your POH**.
- The **draft** of your POH **does not** need to be a formal essay. (The final version will be a formal essay.)
- It should be **2-3 pages of bulleted ideas**. You should **elaborate at least a little bit** on each idea (refer to example given in class). Your bullet points should include enough detail that your peers and I will be able to give you feedback on them.
- Please use size 12 font, Times New Roman or something similar, and double space.
- A reader should be able to read your POH to learn about **what you believe, value, and are inspired by in the healthcare field**. As long as you complete this goal, the particular information that you decide to include in your POH is up to you.
- You will submit your draft on Blackboard on **September 12th**, and your peers will review it and give you feedback during class. **You must bring either a printed copy of your draft to class or bring your laptop to class**. This is so that you can hand your essay to a classmate to review.
- I will then look at your draft myself and give you feedback to incorporate into your final version of the POH.
- After that, you will write the final version of the POH and work on your cover letter and presentation. I will provide more information about those later in the semester.
- You should expect to make changes and add more details to your POH as the semester progresses and you learn more about communication in the healthcare professions.

To help you begin brainstorming, here are some questions you can **consider** answering in your POH:

- Why is health important to you?
- Why is working in healthcare important to you?
- What qualities and skills do you have that make you well-suited to a career in healthcare?
- What communication principles are most important to you as a healthcare provider?
- What ethics and values guide your practice as a healthcare professional?
- How do your personal values show up in your healthcare career?
- How do you define health?
- What goals do you have for your time in the healthcare professions?
- How do you hope to see the healthcare system grow as a whole in the next 10 years? 20 years? What part in that growth do you hope to play?
- How do you adjust your communication to accommodate different patients? Why is it important to do so?
- What roles and responsibilities do healthcare providers have for their patients?
- How do you hope to help ensure healthcare access for your patients?
- Are there certain principles of research and clinical trials that you strongly feel must be upheld? Are you interested in pursuing research? If so, what topics do you hope to study?
- Is there a specific area of healthcare you plan to specialize in? Why?
- What responsibilities do you believe healthcare providers have to communicate effectively with their patients and colleagues?
- How does your philosophy of healthcare address issues of inequity and marginalization?
- How does your own identity shape your philosophy of healthcare?
- What qualities do you have that make you an effective healthcare professional?
- What stories or events from your personal or professional life have influenced your healthcare philosophy? Why do you want to enter/continue a career in healthcare?

POH Final Paper Example:

Source: Brandi Dahli's Nursing Philosophy: <https://sites.google.com/a/asu.edu/brandi-dahlin/philosophy-of-nursing>

I chose nursing as my profession because I truly believe that the desire to help people through nursing is a calling, and I feel drawn toward helping those in need. Nursing is an honorable career and should not be treated as just a job to earn a paycheck. My mission is to proudly provide nonjudgmental care to those in need regardless of race, spiritual beliefs, lifestyle choices, financial status, or disability.

My philosophy is that nurses have a responsibility to the public to provide safe, holistic, patient-centered care. I must remember that my patients are not room numbers or medical conditions, but individuals that require and deserve individualized attention and care. Nurses should use clinical judgment to help meet the needs of the patient. As advocates, we should empower patients by encouraging them to become active partners in their own care and engage in mutual goal-setting between ourselves and the patient. Nurses should maintain patient confidentiality except when we have a duty to report as mandated by law. We must educate patients and their families on diseases, treatments, and healthy behaviors in order to improve their outcomes. We should also strive to model positive healthy behaviors in our own lives in the belief that we will provide better care to others if we care for ourselves first.

Nurses have a commitment to keep current in knowledge and skills and seek self-enhancement through perpetual learning. By doing this, we will not remain stagnant in our beliefs, but evolve professionally through evidence-based practice and technological advances. My vision for myself as a nurse is that I will always continue learning, not only from textbooks and journals, but from interactions with other members of the healthcare team and by being

involved in the experiences of the patients and their families. I want to learn each day and apply what I've learned to improve my skills as a nurse.

My personal core values and beliefs as an individual are kindness, honesty, persistence, lifelong learning, security, family, and success in achieving my goals. I use these values and beliefs to make personal decisions and live my everyday life. I believe that the core of nursing is care, knowledge, and integrity. The focus of nursing is on patient needs, patient healing, patient safety, and patient empowerment. I feel that my personal and professional philosophies are congruent because my personal values overlap the driving forces behind the core of nursing. The qualities that make a good nurse cannot be turned off at the end of shift, but are part of me as a person, and I carry them with me always. To live out my philosophies daily, I must remember that even though I always try to do my best, I am human, and am not perfect. If something does not go as expected, I will examine the situation, and try to learn from it. I will continue my work with confidence that I am a better nurse than the day before, and I will be a better nurse tomorrow than I was today. I will also take time to monitor and reflect on my own actions to verify I am staying on track with what I believe are best nursing practices.

We should uphold our personal and professional ethical standards at all times. When we find conflict between our personal beliefs and those of the patient, we should endeavor to find a mentor to guide us through our conflict and find a solution that meets the needs of the patient without compromising our own personal belief system. As nurses, we must vow to take accountability for our own actions. I must remember that my fellow nurses can be great resources. They deserve respect and recognition for their hard work, reliability, and knowledge. Nurses should support and assist fellow nurses, nursing students, and other healthcare providers to provide a positive team environment. Together we can collaborate to maximize the patient's

health potential on the illness-wellness continuum. As nurses, we can do our part to improve the image of the nursing profession through daily work ethics as well as involvement in the community, political, and professional nursing organizations. Through these forums, nurses can collectively improve healthcare standards both locally and globally.

I think I am still in nursing today because every day always brings new opportunities and experiences. The field of nursing doesn't leave room for boredom. If one area of nursing should happen to no longer meet my needs or career goals, there are a variety of other specialties available to nurses. My most important contribution to nursing right now is my positive outlook on life, enthusiasm, and the ability to offer hope to patients and their families. The contribution I hope to make to nursing in the future is being a leader, a mentor, and an inspiration to others to enter into the nursing profession. I would also like to contribute to improving healthcare quality through effective pain management through my goal of becoming a nurse anesthetist.

POH Draft Example:

Created based on Brandi Dahli's Nursing Philosophy:

<https://sites.google.com/a/asu.edu/brandi-dahlin/philosophy-of-nursing>

- Nursing is a calling, not just a job
 - More than just a paycheck
- Nonjudgmental care
 - Regardless of race, gender, ability, etc.
- Care should be sage, holistic, and patient-centered
- Individualized care and attention is essential
- Nurses must advocate for their patients
- Educate families
- Model healthy positive behaviors for patients
- Must keep learning; don't get stagnant
 - Learn from research and also from patients, families, and colleagues
- My personal core values: kindness, honesty, persistence, lifelong learning, security, family, success toward goals
- Nursing core values: care, knowledge, integrity
- These values overlap, they go hand in hand, making me a good fit for nursing
- Values don't go away at the end of the shift; they already guide my everyday life
- I'm not perfect though—I accept mistakes and learn from them. Every day is a new opportunity to be a better nurse.
 - Nurses must be willing to take accountability for their mistakes and the impacts of their actions on peers, patients, and patients' families

- I believe in mentorship and seeking support from other nurses
 - Community is essential to nurses' wellbeing as well as patients'
 - This means I also have to be willing to support other nurses
- Nursing is never boring
 - There are many specialties I could explore and am interested in
- I have a positive outlook on life, enthusiasm, and the ability to offer hope to patients and their families
- I want to inspire and be a leader and mentor
- Ultimately, I want to be a nurse anesthetist
 - This would improve healthcare quality and patient wellbeing through pain relief, which aligns with my values/philosophy