A Philosophy of nursing is a statement of what we believe to be true about the nature of the profession of nursing and it provides a basis for nursing activities. The nursing philosophy endorses ethical values we hold as basic and it bases our beliefs in theory. We all have beliefs about what nursing is and values that important to us. The values and beliefs influence the choices we make in the care for the patients as well in our own life. I will be discussing my own personal nursing philosophy that works as a guide for building a relationship with the patient to increase healing and promote health.

My nursing philosophy is to provide holistic care that involves focusing on healing the whole person as well as delivering compassionate and culturally sensitive care to patients and families. I fully believe in the holistic model which because this practice recognizes that a person is not simply his or her illness. Holistic healing addresses the connection of the mind, body, spirit, social/cultural, emotions, relationships, context, and environment. All of these aspects significantly affect the health of a person. So in order to heal the person, I will look at all aspects and how they can affect the patient's health. As a holistic nurse I will not try to question the validity of the traditional medicine, instead I will be knowledgeable regarding the medication and broaden that if it is effective towards client’s recovery. I will also facilitate therapeutic communication with the patient which begins with empathy. I will not only make sure that the symptoms are contained but also assess that the patient is not in mental or spiritual distress.

Even though many nurses cannot spend enough time due to bureaucrats, time limits, and policies and procedures in hospital, touching people, providing a warm blanket, holding a hand, or even hugging an elderly person can be a practice of Holistic Nursing. Spending as little as 15 minutes, I try to relax an overanxious, panic stricken elderly. I will act as a partner to the individual, aiding them in their journey through therapeutic treatment.

Not only as a nurse I will perform these duties in a professional sense but also I will perform in a personal sense. In order for me to be excellent in providing my care, I will carry the same ideals in my everyday life.

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