

As the fruit of my educators and mentors, my philosophy is grounded on the metaparadigm of nursing (person, environment, health and nursing). Nursing is an art and science within the health field that constantly need exclusive devotion, determination, and competency through continuance of education, so that we can best advocate for our patient. There are multiple nursing theories that I emulate when making critical nursing.

Persons: Persons (Individuals, families, communities): I believe that individuals are unconditionally connected with their loved ones; as a result nurses should not only care for the patient but also help the families succumb and cope with their distress. In this approach that would expedite the healing process and built a trusting relationship which is the essence for continuation of care. While advocate for your patient you should incorporate all the discipline necessary in order to unite the patient with their community resources. In nursing, one does not only care for the patient, but also for the patient's entire pedigree.

Environment: In an effort to optimal recovery the patient ambiance is directly influence on their health. It is important to ensure that our patient is comfortable. Based on Watson's theory it is imperative that the person's environment is suitable to recovery in an endeavor to do so a supportive, protective, and corrective environment should be provided.

Health I believe that health is a state of wellbeing and maximum level of function. According to the World Health Organization (WHO) health is defined as ... "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity" (WHO 1946). As one can assume the persons health is directly impacted by its support system, environment, coping capacity, and ability to function with chronic condition. It is essential that nurses be actively involved in the community in an effort to promote and maintain optimal health.

Nursing: Working as a Nurse personally gives me the incredible and unique opportunity to make a difference in the lives of individuals. Individualize and culturally specific care makes all the difference in the care. The Maslow hierarchy needs similarly with the Watson's gratification of needs are great assets that I utilize in an effort to priorities my patients care in a daily basis.. The nursing process is best tool to guide and improve nursing practice.