**PHILOSOPHY OF NURSING**

For years, there has been a constant debate on whether to define nursing as a “science” or an “art”. Relative to defining nursing, one has to analyze his/her beliefs and ideas with regards to nursing. Nursing is providing care through the art of science, with the goal of maintaining and overall state of health and well-being. Family, friends, love, belonging and security all contribute to well being. Care should be rendered unselfishly and within an environment conducive to religion, faith and personal traits. Self-actualization, self-reflection and self-transcendence are all characteristics that influence our individual perceptions and deliverance of nursing care. Care should be rewarding, bringing fourth change during sickness and in health; sickness meaning the state of illness and disease, and health meaning the state of overall well-being.

Nursing theorist Jean Watson states, “a caring attitude is not transmitted from generation to generation instead, it's transmitted by the culture of the nursing profession as a unique way of coping with its environment”. Rendered care will be holistic, spiritual and culturally diverse. The metamorphoses of care, through the art of science, will open pathways to the many aspects surrounding health, even during disease. These pathways will constitute changes within the nursing profession that will continue to grow and nurture individuals, maintaining a state of existence that will increase life expectancy and overall wellbeing.