

Personal Philosophy

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Those who are currently becoming registered nurses or have already become registered nurses have different backgrounds. Everyone may have different beliefs, assumptions, and values related to nursing. Any registered nurse either their educational practice, nursing practice, or even their leadership in nursing practice has either developed or currently creating their own philosophy. In this short essay, I will be explaining my personal philosophy and will be identifying my own beliefs, assumptions, and values in relation to my experience in leadership in nursing practice and through educational practice.

As I am approaching the end of my third year of being a neurology and telemetry registered nurse, I have experienced leadership in nursing practice through being one of the charge nurses of the unit and have experienced educational practice with new nurses' orientation and student nurses.

As one of the lead charge nurses, a theory that comes to mind is Jean Watson's Caring theory. My philosophy is based on the philosophy of caring which has four major concepts: environment or society, health, human being, and nursing. Two of the seven assumptions that I have integrated into my leadership in nursing practice would be that creating a caring environment offers the development of potential while allowing others to choose the best action for themselves at any given point in time. Whenever any of the nurses are feeling behind in their nursing tasks or are overwhelmed, I always offer help more than those who seem to be independent. Those who are struggling are given the opportunity to receive breaks at any given time and I even offer any tasks to be done while they are gone on break. My offers are my way of caring for both my colleagues and the patients. I also try to create a safe environment for both nurses and patients. I believe that the science behind caring is complementary to the science of curing, which is the other assumption of Jean Watson's theory that I incorporated into my

philosophy. Although Jean Watson puts caring as a centralized aspect of nursing practice, only part of my philosophy is based on her theory of transpersonal caring. I believe much of my leadership in nursing practice does revolve around these two assumptions by Jean Watson's theory of transpersonal caring, but other beliefs and values stem from another aspect of nursing.

After my first year of being a registered nurse, I started to develop a sense of competency and have taken the role of an educator through orientations and preceptors. Through this role as an educator, I obtained the perception that everybody learns through achieving goals. Each day there is a goal I set for each student to achieve and once they achieve that goal I reflect, revise, and create the next goal. This may reflect Imogene King's theory of Goal Attainment. Creating an interpersonal relationship between me and my students helps improve interaction, and communication, and establish roles. "According to this theory, nursing enables action, reaction, and interaction between the nurse and the care recipient by sharing information about their perceptions in the nursing situation; it enables the two parties to recognize specific goals, issues, or problematic situations through communication with a clear purpose" (Park, 2021). When applying this theory to my educational practice, I expect that the interpersonal relationship that I develop with others in goal attainment will strengthen the foundation of my students' nursing careers.

Throughout my nursing career, I was able to identify my own personal philosophy. When identifying nursing theories, I am to outline my beliefs with their assumptions and values. Although I am not fully aware of my beliefs, I am starting to understand myself even more as I continue my nursing career. I was unable to provide sufficient beliefs, assumptions, or values to my personal philosophy, but I can grasp a good concept of how my philosophy is coming together with my experience in leadership in nursing practice and through educational practice.

As I continue to cultivate my personal philosophy throughout my career, I will be able to be more aware of my values and beliefs and will be able to give a better explanation later in this quarter. ▾

References

- Park B. M. (2021). Effects of Nurse-Led Intervention Programs Based on Goal Attainment Theory: A Systematic Review and Meta-Analysis. *Healthcare (Basel, Switzerland)*, 9(6), 699. <https://doi.org/10.3390/healthcare9060699>