My Philosophy of Nursing

My philosophy of nursing comes directly from my desire to help people. I want to be a nurse because I enjoy being around people in their times of need and I get internal satisfaction by serving those that need help. I remember when I did some volunteer work for a hospital and that is when I realized my passion for nursing. I believe that the cure for many of the people's ailments is not just in medicine, it is in the care that they receive as patients in hospitals and their homes. This is where I believe that I can make a great difference in people's lives by helping them recover from their ailments.

One of the philosophies that are very close to my heart is that I believe that the health of a person is all in the mind. A person is only sick if he/she thinks they are sick. This is kind of a caring theory that I believe in, which is that there would be no patients if everyone around them would just understand what they are going through and what is needed to help them. I believe in caring for the patients in a way so as to bring about a transpersonal caring relationship between the patient and the nurse/caretaker and the caring occasion/caring moment. I believe in this philosophy since it describes the various health and caring related issues and problems in a very different light.

I believe that it is important to provide a patient with the right kind of atmosphere and environment that is conducive to his/her recovery. It is important to keep the room of the patient a place where he/she feels the soothing and healing effects from the environment. I also believe that it is important for the nurses to understand their own selves so that they are able to better treat their patients. I believe that spirituality holds a very significant role in the profession of nursing. In fact, the care of the soul is the most powerful aspect of the art of caring in nursing.

I have a very unique outlook on health. I think of "health" as being the simple absence of disease in the body. The health of the person includes the harmony and the balance between the mind, body, and soul of a person. Thus, I believe that all patients should be told good and nice things about their health and this would enable them to feel good about themselves and feel better and cured. For example, a person would feel more healthy if he/she believes him/herself to be healthy. If the person is told by the other person, say a doctor or a nurse, that he/she is unhealthy, than the person might begin to feel unhealthy as well. It is only if the patient thinks that he/she is healthy can he/she really become healthy. I believe that the ability of experiencing one's real self would pave the way for the person to find the balance and harmony within the mind, body, and spirit/soul, and this would facilitate a higher amount of health present in the person. This is my philosophy, and one that I hope to practice when I am a professional nurse.

I think nursing not only includes taking care of patients and helping out the doctors. I believe that there is some art to nursing as well, other than all the education and science involved of course. I believe that that caring is the essence of nursing, and that it should be viewed by the nurses as their moral ideal of preserving human dignity. This is to be done by helping the patients in finding some deeper meaning to their illnesses and suffering so that they are able to understand themselves better and are able to restore and promote their personal harmony and balance between the mind, body, and soul. Thus, I believe that nurses have to be consciously engaged in caring for the patients if they are to connect and establish relationships that work to promote their health and healing.