Professional Outlook Project: Nursing Philosophy

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**Content Outline**

1. **Personal Philosophy of Nursing in Art**
	1. **Theory**
		1. Nursing is caring and keeping the patient’s energies in balance/harmonized.
	2. **Nursing**
		1. Nursing is a holistic practice. My personal concept of nursing is illustrated with the chakra pose. Chakra is a spiritual power or energy that fuels the body. This pose was used as a while because medicine is more than the traditional sense. It can embody non-traditional methods as well to heal the entirety of the person. The person can represent the nurse as well as the patient, this is because they are interchangeable and both play an important role in the healing process. If you observe it from the perspective of the nurse, it is the duty of the nurse to use their mind, heart and spirit - as illustrated by the swirls- to complete their job. The mind is yellow to represent intellect and positivity. In this profession, it is important to have a positive mindset. Have an optimistic outlook for your patients and be knowledgeable about the work that you do. The heart is red to symbolize passion and love. It is important the love not only the work that you do but also the patient. The spirit is green to represent harmony and growth. Throughout the career you will grow as a person and achieve the balance that is needed to be a nurse. It is the duty of the nurse too put all their energy into their work. The hand also releases their own energy that can work miracles on the patient. They can heal and change lives for the better. The world flags in the back represent that nursing is universal. It is important to remember that this career field does not discriminate.
	3. **Person**
		1. What makes up a person refers to the body, mind, heart and spirit. They do not actually have to be a person; a community or even a family can have each of these things and all need to be healthy and work in harmony. During my clinical experience, my patient did not have their heart intact, they did not like the way they look and so I took the time to braid her hair. My other patient had left sided weakness was having difficulty in completing exercises, he did not have his spirit intact. I then provided him with music to lift up his spirits and give him motivation to work toward health.
	4. **Environment**
		1. The flags represent that the environment is not only the different locations that the patient is exposed to, whether it be work, school, home but also their different cultures. It does not have to be a location. If they remain in a cultural mindset, that is their environment. The person is influenced by the environment and vice versa.
	5. **Health**
		1. Health is an everchanging process. A person can be completely healthy with no diseases or wounds, but if they are not happy with who they are as a person then they are not healthy. I consider health to be satisfied or having peace with one’s state or the ability to cope. It is also a balance/harmony between all the energies that are within the person.
	6. **Article**
		1. For my philosophy, I used Boykin and Schoenhofer’s Theory of Nursing as Caring states which states that caring is the central element of nursing and the relationship between the nurse and the nursed. I also used Watson’s theory of nursing as well to build my philosophy. I combined that with my articles, but especially with my article Authentic caring: Rediscover the essence of nursing, which discuss how nursing needs focus on the caring aspect once again.
2. **Professional Outlook in Art**
	1. My goal is to be a Nurse Anesthetist, I am still unsure with what concentration I would like to pursue. Even though that is my goal, I am not blind to the fact that it could change. Nursing is a lifelong learning profession, and no matter where you work or what concentration, learning will never end. Not just due to the continuing education but also from being exposed to the different people and environments that nursing provides.
	2. I believe that some of the challenges that nurses will face is keeping up to date with the technological advances that occur with nursing. I also believe a challenge will be in the new kinds of patients that nurses will be exposed to during their career. New diseases and new kinds of patients are being created every day. As nurses, we need to adapt and be ready for anything that can come our way.

References

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McClendon, P. (2017). Authentic caring: Rediscover the essence of nursing. Nursing Management, 48(10), 36-41. doi:10.1097/01.NUMA.0000524813.18664.7c

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