Philosophy of Nursing

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**Introduction**

The main purpose of the paper is to explain the four meta-paradigms of nursing through personal reflection. In addition, the paper contains the addition in meta-paradigms of nursing by relating it to my own philosophy in nursing. In other words, it will explain the aspects that should be included or excluded in the paradigms with the help of my personal nursing philosophy.

**The Four Meta-paradigm of Nursing**

The person himself is the first meta-paradigm of nursing. Every person is different based on his experiences, thoughts, beliefs, and the environment. As a nurse, it is important to understand their personality and needs and it is not possible without knowing about their family and social background, age, emotional state, and mental capacity (McEwen & Wills, 2014). For me, person’s experiences shape the pattern of behavior of the person which helps nurses to develop the priorities to improve the quality of patient’s life.

The environment is the second meta-paradigm that consist of environmental conditions (both internal and external) and environmental factors. In other words, the socio-economic outlook of the patient explains his environment (McEwen & Wills, 2014). According to me, a person's own perception of life somehow develops an environment around him. The surrounding at home and condition in hospital shapes the environment for the patient.

 Health is the third meta-paradigm which includes physical, psychological, and social well-being. It also includes a balanced lifestyle to avoid illness and complications (McEwen & Wills, 2014). According to me, health is the element that develops the relationship between patient and nurse. The willingness of the patient for better living standard makes him more cautious about health.

 Nursing the last meta-paradigm which explains the guidance to the people for self-care and support them to achieve a healthy life. People who cannot take care of themselves they put their trust in nurses. Therefore, according to me, nursing is the service to increase the living standard of life (McEwen & Wills, 2014).

**My Additions and Deletions to the Meta-paradigm**

 The concept that I would like to delete from the four meta-paradigms is the environment. This is because the elements included in the environment is somehow related to the other three meta-paradigms. For instance, family and social background are crucial to identify the person. In addition, nurses know about the factors that are useful or harmful for the patient which is also included in the environment as the external condition. Therefore, there is no need to discuss these factors separately (Jones, 2011).

 The concept that according to me should be added in Meta-paradigm is the human genome. Gene is one of the crucial element that has a correlation with the environment and the health of the patient. Therefore, it should be studied in separate meta-paradigm. It will be useful to determine the reaction of the patient on certain therapies. It will also be beneficial for rapid improvement by providing care based on human genome information. In addition, the human genome is significant to prevent disease even before getting diagnosis.

**Conclusion**

 After analyzing the four meta-paradigms I can conclude that three meta-paradigms of nursing including person, health and nursing are important for the nursing field. It does not mean that the environment is not essential however it can be discussed in other meta-paradigms. According to me, the most important meta-paradigm is the person because the action, behavior, and perception of the person help nurses to decide the better care for him. Every patient is different from the other patient because of his personality. Therefore, nurses can ensure health by understanding the patient. In addition, the human genome is an essential aspect that should be considered in the meta-paradigms of nursing for rapid improvement in patient health.

**References**

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