

Encyclopedia of nursing

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Being a nurse is a rewarding job. I work hard at everything I do and believe that anything worth doing is worth doing well. I am a highly motivated and empathetic person. There are so many aspects of nursing that are important to me and which I will address in this reflection.

I believe people need an empathetic caregiver when they are ill and that I am very good at doing this. That is the core and focus of nursing. A question all nurses must ask themselves is how would a patient or a patient's family member feel when they enter a hospital? What are some of the fears and anxiety surrounding this experience? How could you as a nurse assist persons in this experience? What would the nurse use to promote better coping skills? These questions form the core of nursing in my opinion. All of this can sometimes be difficult for nurses. In the workaday environment of a hospital, practitioners too often “glaze over” or become somewhat automatic. Everyday routine can sometimes numb them to their surroundings, making it difficult to connect with patients that require special attention. It is not hard to imagine the situation: nurses are human just like the rest of us—the fact that there is terrible suffering and pain all around them is something they will eventually adapt to after a certain amount of time. Patients who come in to a hospital have many fears and anxieties about their experience: just how sick are they? What do all these new confusing words mean? How will their problem affect the quality of their lives? It can be very difficult to cope. For nurses who have seen it all before it can be difficult for them to be patient and supportive. It is the same basic

biological principle as hypostatis. This model argues that it is vital to be mindful and keep in mind the various prejudices and fears all humans harbour—and try to use these feelings to help shape positive relationships with patients under care. The nurse and patient need to come up with what some call a “ shared story.” This is my vision for nursing. This focus on a shared story is very important. The relationship between the patient and the practitioner in a very real sense a developing narrative. In order to live out my philosophy of nursing, everyday I must remember this, that a nurse and his or her patient must form a shared story.

Those people and professionals who work at a hospital form a family. In this family everyone must pull their weight in caring for patients and making patients feel comfortable. The environment must be a comfortable one without interpersonal conflict. It must also be consistent. It is the job of everyone working at a hospital, but especially nurses to ensure that this is the case. This must be remembered and kept in mind at all times. It is also important for nurses to consider their own well-being and the well-being of their own families when performing their duties. A stressed-out nurse is less likely to do a good job. When things are working out well, a nurse feels comfortable about their work.

Being a nurse is a great honour. It involves keeping a lot of balls in the air at the same time. Most importantly it involves being mindful of the people around you and caring about their outcomes.

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