

# Sample essay on the philosophy and science of nursing

[Profession](#)



**ASSIGN  
BUSTER**

Philosophy of nursing denotes nurses' thoughts and what they believe in, with respect to their profession, and this provides the basis for their activities (Watson, 2008). Philosophy of nurses embodies the ethical values that nurses subscribe to as basic and basis of their belief in theory. This concept stems for the works of ancient nursing theorists such as Florence Nightingale, as well as Virginia Anderson. According to Nightingale, nursing is a call from God. In line with this, the sick must be given quality civilized care irrespective their situation in life. Nightingale saw sanitations, fresh air, cleanliness, socialization and comfort are essential for healing to take place (Watson, 2005).

Florence Nightingale's works have played a significant role in shaping my perception of nursing philosophy. In my philosophy of professional nursing practice, I believe that the patient can be an individual, family or community (population) with unique needs. These needs are influenced by various factors such as spiritual, linguistic, educational, developmental, economic, social and ethical factors. Additionally, the patient, be it an individual, family and community is entitled to privacy and confidentiality, dignity and respect in caring, as well as healing environment. The patient has the right to be fully informed, involved and educated in all decisions appertaining to their health.

Nursing is both a professional practice and discipline of knowledge that is grounding in the concept of caring (University Health Systems, 2014). In the nursing profession, caring is not only intentional, but also mutual human process whereby the nurse addresses the concerns of patients in order to enhance the patients' well-being. Nursing takes center stage in nursing

situations: collectively created experiences in which nurses provide care to patients to enhance the patients' well-being. People in the co-created experience refers to families, populations or individuals. In this case, the patient is unique, as well as irreducible, and he or she is dynamically interconnected not only with others, but also the environment in the provision of care. Caring in this line is a human nature: therefore, humans ought to choose values that give meaning to life (Watson, 2008a).

Consequently, patients are nurtured in their wholeness, as well as well-being via caring relationships. Watson, (2008b) contends that beliefs about learning and the environment must be embedded in this conception of a person, nursing knowledge, and nature of nursing.

Furthermore, nurses are pivotal to the attainment of healthcare that is not only safe, but efficient and effective. Nurses establish a solid relationship between the family, patient and support system as they employ the nursing process to execute patient-centered goals (St. Mary's Health Systems, 2014). Philosophy is concerned with the underpinnings of problems, reason, logic, values, knowledge and mind. In my nursing theory, I believe that nurses ought to be guided mind an open mind, freedom of expression, and must be empowered through continuous knowledge (St. Mary's Health Systems, 2014). More so, patents must be taken into account during the planning of healthcare strategies that concern them. I believe that nurses need to be clinically competent, as well as possess caring behaviors that are championed by ethical principles.

I also believe that nursing leadership is a significant factor to the nursing practice. Nurses are leaders; they have to show leadership at not only the

bedside and in the clinic, but also in management, education and the entire community. Nurses with leadership skills execute their duties with clarity of vision and purpose, focusing on what matters the most, which is caring and establishing a healing relationship when needed.

With respect to the world view of nursing, nursing education is a continuous process that takes place during the nurses' career path, and it involves mentorship and the utilization of research findings (Watson, 2012). In essence, nursing research defines and develops new evidence-based nursing knowledge. On a wider scale, nursing identifies best practices with multidisciplinary teams and physicians in pursuit of the highest patient safety and quality care and optimal patient outcome. In line with this, nursing drives the reengineering and application of nursing knowledge (Watson, 2011). This world view has widened my scope of nursing profession and practice. It has helped me realize the significance of nursing education as a continuous process and the level of interaction between physicians and other teams involved in the provision of care to patients.

In summary, this paper has noted that philosophy of nursing denotes nurses' thoughts and what they believe in, with respect to their profession, and this provides the basis for their activities. Besides, philosophy of nurses embodies the ethical values that nurses subscribe to as basic and basis of their belief in theory. This concept stems for the works of ancient nursing theorists such as Florence Nightingale, as well as Virginia Anderson. Nightingale's philosophical view of nursing has influenced my current perception of the profession nursing. In my philosophy of professional nursing practice, I believe that the patient can be an individual, family or

community (population) with unique needs. These needs are influenced by various factors such as spiritual, linguistic, educational, developmental, economic, social and ethical factors. Additionally, the patient, be it an individual, family and community is entitled to privacy and confidentiality, dignity and respect in in caring, as well as healing environment. The patient has the right to be fully informed, involved and educated in all decisions appertaining to their health.

## References

- St. Mary's Health Systems (2014). Philosophy of Nursing. Retrieved on 27 May 2014 <http://www.stmarys.org/philosophy-of-nursing>.
- Watson, J. (2012). Nursing: Human Science and Human Care. A Theory of Nursing (1985). East Norwick, CT: Appleton-Century-Crofts.  
Reprinted/republished (1988). New York: National League for Nursing.
- Watson, J (2011). Postmodern Nursing and Beyond (1999). Edinburgh, Scotland: Churchill-Livingstone. Reprinted/republished New York: Elsevier.
- Watson, J. (2008a). Nursing. The Philosophy and Science of Caring. Revised & Updated Edition. Boulder: University Press of Colorado.
- Watson, J. (2008b). Assessing and Measuring Caring in Nursing and Health Science. (ed.) (2002). New York: Springer (AJN Book of Year award).
- Watson, J. (2005). Caring Science as Sacred Science (2005). Philadelphia: F. A. Davis (AJN Book of Year award).