

Week 2 - Conceptual Framework, History of Nursing, & Nursing Theory's Connection to Nurse
Education

Student's Name

Institutional Affiliation

Date

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Nursing theories and philosophies are foundational to guiding care and establishing standards in nursing practice. These theories offer unique perspectives on what nursing is and means to theorists, influencing how care is delivered and perceived. At Bryan College of Health Sciences School of Nursing, the conceptual framework supports curriculum development and reflects core beliefs about nursing. This paper aims to reflect on the fundamental beliefs of the nursing program, explore personal nursing beliefs, and examine the perspectives of notable nursing theorists.

Reflection on Nursing Theorists and Philosophy

One nursing theorist whose work significantly influences modern nursing is Jean Watson. Watson's Theory of Human Caring emphasizes the humanistic aspects of nursing combined with scientific knowledge. Central to her theory are the concepts of care and love as essential components of nursing. Watson conceptualizes nursing as a practice that goes beyond mere medical treatment to encompass holistic care, addressing the physical, emotional, and spiritual needs of patients (Durgun Ozan et al., 2020). Watson's unique contribution lies in her focus on the caring relationship between nurse and patient, advocating for practices that promote empathy, compassion, and respect.

Developing my personal nursing philosophy involves a commitment to providing person-centered care, emphasizing the individuality of each patient. My beliefs are rooted in the importance of holistic care that respects and addresses the diverse needs of patients. Communication plays a crucial role in my philosophy, as it is essential for building trust, understanding patient needs, and delivering effective care (Wei et al., 2020). Overcoming barriers to practicing my philosophy involves strategies such as mindfulness and self-care to maintain resilience during challenging shifts. By staying committed to my core beliefs and continuously seeking to improve my communication skills, I can ensure that my nursing practice remains patient-focused and compassionate, even in the face of difficulties.

Conclusion

In summary, this reflection highlights the significance of understanding nursing theories and developing a personal nursing philosophy that aligns with core values of holistic and compassionate care. Jean Watson's Theory of Human Caring serves as an inspiration for integrating empathy and scientific knowledge in nursing practice. The insights gained from this exploration will guide my approach to patient care, ensuring it is both effective and human-centered.

References

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- Wei, H., Corbett, R. W., Ray, J., & Wei, T. L. (2020). A culture of caring: The essence of healthcare interprofessional collaboration. *Journal of Interprofessional Care*, 34(3), 324–331. <https://doi.org/10.1080/13561820.2019.1641476>

Peer Response

Hello Peter,

I enjoyed reading your post on Florence Nightingale's Environmental Theory. Nightingale's focus on the significance of a clean and well-ventilated environment complements Jean Watson's emphasis on a caring, supportive environment. Both theories underscore the importance of surroundings in patient care, though they differ in approach. Nightingale's theory prioritizes physical cleanliness, while Watson's centers on the emotional and spiritual aspects of care. My nursing philosophy, which emphasizes transpersonal caring relationships, contrasts with your focus on hygiene and physical health. These differences highlight the diverse approaches within nursing that can collectively enhance patient care. Integrating both perspectives, I plan to maintain a clean environment while also fostering caring relationships, ensuring a comprehensive approach to patient well-being.

Best regards,