Personal Reflective Philosophy

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After reading more on Philosophy, I have learned that Philosophy is, “The basis for developing theory and advancing knowledge (McEwen & Willis, 2019, pg. 7).” Although, I understand now how that could be true in nursing, I always considered Philosophy to be a concentration of study all on its own.

According to McEwen & Willis (2019, pg.7), “In the period of modern science, three philosophies of science (paradigms or worldviews) dominate: Rationalism, Empiricism, and Human science/phenomenology. Rationalism and Empiricism are considered *received view* and Human science/phenomenology is considered *perceived view*.”

“Empiricism is founded on the belief that what is experienced is what exists, and its knowledge base requires that these experiences be verified through scientific methodology. *Received knowledge* denotes that individuals learn by being told or receiving knowledge (McEwen & Willis, 2019, pg.8).” I feel that Research would fall under an example of Empiricism since it uses observation, mathematical formulas, verification, and biased-free science as its foundation.

“Human science/phenomenology or *perceived view,* centers on descriptions that are derived from collectively lived experiences, interrelatedness, human interpretation, and learned reality, as opposed to artificially invented (laboratory-based) reality (McEwen & Willis, 2019, pg. 9).” An example of perceived view for me would be Evidence-Based practice.

Therefore, I feel that I identify closely with the *perceived view*, which is human science/phenomenology.

The four concepts in nursing’s metaparadigm are environment, person, health and nursing. According to Smith (2020, pg.5), “Fawcett described the metaparadigm as a way to distinguish nursing from other disciplines. Nursing is the study of the interrelationship among these four concepts.”

Environment is the first part of the metaparadigm. Environment includes everything around a person that influences his or her illness as well as recovery. Environment includes culture, living conditions, physical and mental state, religion, personal relationships, and finances. Environment plays a large part in a person’s well-being and holistic health.

Person is the second part of the metaparadigm. Person refers to the actual patient along with social connections of the patient, including friends, family and any support system. These types of connections provide a positive healing mentality for the patient and stimulates feelings like hope, and strength.

Health is the third part of the metaparadigm. Health can be defined as a person’s well-being and access to healthcare. A person’s health includes physical, mental, spiritual and emotional health. Understanding the individual patient’s health is key to providing optimal well-being for the patient.

The fourth and final part of the metaparadigm is Nursing. Nursing is a specialty field of medicine in which an individual acquires medical knowledge, critical thinking skills, leadership skills, communication skills, teaching skills, and be proficient in technology. Nurses show compassion and empathy for their patients and provide excellent care for them while forming a connection/relationship with the patient. This type of skill set within nursing is vital for the patient’s recovery.

Do I see my view changing in the future as I evolve in my career? I don’t think I will. My view on treating patient’s in a holistic manner is solid at this time. I also think that healthcare itself has taken a turn towards this view of thinking with the treatment of patients. I hope I always look at my patient and use this metaparadigm to be able to treat them as a person, not a disease.

References

McEwen, M., & Willis, E.M. (2019). Theoretical basis for nursing (5th ed.). Philadelphia: Wolters Kluwer.

Smith, M.C. (2020). Nursing theories and nursing practice (5th ed.). Philadelphia: F.A. Davis Company.