

Introduction

The establishment of a nursing philosophy plays a crucial role in nursing practice and career growth. Even though all nurses study the same principles, theories, and regulations, each person shares specific beliefs and attitudes toward the environment, which provokes the promotion of unique approaches to care and treatment. The author of four nursing meta paradigms, Fawcett, admits that today, the awareness of paradigms contributes to an intellectual recognition of nursing fundamentals and the reduction of burnout (as cited in Deliktas et al., 2019). In addition, such external factors as interactions with patients and colleagues and classroom experience define the skills of nurses. Finally, many nursing theories reflect the way of how care is offered. A personal nursing philosophy is an opportunity to combine theoretical and practical aspects, consider individual interests and beliefs, and understand the uniqueness of nursing practice through the prism of the existing concepts. In this paper, the evaluation of meta paradigms and the theory of human caring by Jean Watson will be developed to prove the importance of holistic care, communication, and research in nursing practice.

Personal Philosophy and Nursing Metaparadigms

To introduce a strong and effective nursing philosophy that corresponds to my personal beliefs and knowledge, I should think about what nursing means to me and how I understand the concepts in nursing meta paradigms. There are four well-known categories, including person, health, environment, and nursing, with specific characteristics and purposes (Branch et al., 2016). The human factor refers to people in a particular society or culture (Deliktas et al., 2019). My nursing philosophy reveals a person as an individual (and a family) who needs care, support, and information to comprehend what happens around. The environment paradigm covers social, economic, and other factors that influence human health (Deliktas et al., 2019). I believe that an understanding of the



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