**Tips – Personal Philosophy of Nursing and Values paper**

**Terms:** Before I start, I want to help you write with precision. Students often misuse the terms “metaparadigm” and “philosophy”, “concepts”, and “values”. They have different meanings and should be used correctly. They are not used interchangeably.

* The “metaparadigm of nursing” refers generally to the world of nursing. The metaparadigm, or world of nursing, has 4 basic “concepts” – **nursing**, **person**, **health**, and **environment.**
* A “philosophy of nursing” is a description of the fundamental nature of nursing. You are going to discuss YOUR personal philosophy by explaining what each metaparadigm concept (**nursing**, **person**, **health**, and **environment**) means to you personally. Sometimes the term “patient” is used instead of “person”.
* In a professional context, a “value” is a belief/principle that guides your practice and how you interact in the professional setting. Examples of values include respect, caring, etc.

Once you get the terms straight, then move on to constructing your paper.

* Read guidelines in the syllabus
* Review sample paper in the "Student Resources – Sample Assignments" module
* Review the first paper you wrote and use my feedback to make improvements in this paper.
* Paraphrase, cite, and reference as needed.

**Page 1** – title page

**Pages 2 – 6** contain content (**do not exceed 5 pages total for the content of the paper – nothing over 5 pages of content will be graded**). I have given some guidance on the amount of page space each section should cover – they are only approximations to help you stay within the page limit…so you can adjust as needed.   
  
The title is repeated at the top of page 2. For long sections, use multiple paragraphs.   
  
For each section; paraphrase, cite, and reference only information that you take from a source (e.g., ANA Code of Ethics). You do not need to cite your own ideas – because they came from your own mind.

Use of third person is preferred – this section is headed as Personal Philosophy so it is unnecessary and redundant to constantly refer to yourself (“I think the environment should…”, “I believe…”, “in my practice…”, “In my opinion…”). Just state your beliefs without repetitively referring to yourself (The environment should promote health by…).

Start with an introduction **(½ page, no heading) -** Give a general introduction to philosophy and value, their relevance in the nursing profession. Paraphrase, cite, and reference as needed. End with a purpose statement (*The purpose of this paper is to…?*).

**Personal Philosophy of Nursing** **(1.5 pages) -** Describe your personal perspective about **nursing, person, health,** and **environment**. Give a specific clinical example(s) to show how each element your philosophy is demonstrated in your practice. Outside sources are not necessary to discuss your own personal beliefs.

**Values Clarification (1.5 pages) -** Use the values clarification exercise (Friberg, p.155) to select identify your top 3 values of importance to you. Describe how they influence how you interact with clients in the healthcare setting. Cite/reference the values clarification exercise. Other outside sources are not necessary when discussing your own values and interactions.

**Provisions and Impact (1 page) -** Read the ANA’s “Code of Ethics” and discuss at least 2 provisions that you could improve or further incorporate in your practice. Explain the impact of these changes on your practice. Cite/reference specific provisions being discussed.

**Conclusion (½ page) -** Bring logical closure to the ideas

**Page 7** (or more) – References. Use professional/appropriate sources only. Use at least 3 sources.