

Nursing Metaparadigms, Characteristics, Link between Public and Private Knowledge with my  
Practice

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### **Abstract**

Nursing definition carries a wide range of activities performed by nurses. In this paper, nursing is defined as the autonomous collaboration of nurses who care for patients from diverse backgrounds. Nurses' activities include caring for the sick, preventing illness, caring for the dying and people with disabilities. They are also supposed to promote a secure environment, advocate health policies, and perform research to add to nursing knowledge. In this paper, nursing definition, nursing metaparadigms, nurses' characteristics, the link between public and private knowledge in practice has been addressed. In addition, the contribution of theory into practice, how I synthesize knowledge into practice, and how to contribute to nursing knowledge. Nurses contribute to nursing knowledge in various ways, including mentoring newly employed nurses, educating students, and guiding patients on avoiding injuries and reinfection when set out of the hospitals. In conclusion, nurses play a significant role in acting as a link between public knowledge and private knowledge when caring for the patients.

## **Nursing Metaparadigms, Characteristics, Link between Public and Private Knowledge with my Practice**

Nursing involves autonomous collaboration of nurses in caring for patients from different ages, groups, families, communities, the well, and the sick. Nursing encompasses the sick's care, prevention of illness, care of the dying, and people with disabilities. Different key nursing roles include but are not limited to promoting a secure environment, collaboration, advocacy in health policy, education, and research. Nursing means prevention of illness and injuries; promotion and optimization of health; advocacy in health care for communities, individuals and families; eliminating suffering through diagnosis, treatment, and care for humanity (Canadian Nurses Association, 2015). It is a broad discipline of study that encompasses health care prevention of disease, and care for both mentally and physically sick (Hockenberry & Wilson, 2018). In this paper, it is a requirement that I state my definition of nursing. As I continue with my practice in this profession, I realized that I have my nursing definition. This paper also will touch on metaparadigms and nursing characteristics. The second part will also explain the link between public knowledge and personal knowledge around the nursing practice. The last section of this paper will revolve around how I, as a nurse, contribute to nursing knowledge.

### **Definition**

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optimization of health; advocacy in health care for communities, individuals and families; eliminating suffering through diagnosis, treatment, and care for humanity.

**Through the experience I have had as a nurse, my definition of nursing is the act of employing professional skills to provide quality care to patients and ensure that they trust me. It also encompasses treating all my patients and colleagues with compassion, empathy, dignity, respect, and kindness. I can also define nursing as an integral part of the health care system, which is the point of convergence between preventing illness, promoting human health, taking care of some people with disabilities. Therefore, nursing my encompasses sharing knowledge and caring for the patients through encouragement, kindness, and compassion.**

### **Write paragraph**

**Jean Watson developed a Comprehensive Theory of Human Caring, which considers caring to be a different concept than nursing (Watson et al., 2007). She believed that caring is more profound in nursing when you consider holistic and holistic spiritual and mental health. She argues further that nursing should consist of caring for the patient to provide therapeutic health. Creative factors give guidance to the nurse in providing the process of healing. The caring element in nursing usually distinguishes it from its medical counterpart (Jackson 2017).**

Watson interpreted the nursing metaparadigm as part of human needs' satisfaction. She argues that human needs should be supported regardless of gender, creed, culture, values, or beliefs (Watson et al., 2003). For the healing process to be whole, it must focus on mind, body, and soul. Holism is a concept which ensures that the nurse should take care of the patient every day, and the patient deserves to be treated with respect and dignity. Some other studies that have been done confirm that the theory of nursing is universally applicable.

Health is another paradigm that Watson interpreted to mean more of a physiological response. Watson believed that for complete health to be achieved, the patient must operate in high capacities of these components. She stresses the importance of movement. Patients in critical conditions should be moved to suitable optimal conditions. All patients need to be moved and moving it does not matter their location. Watson goes further and explains that one person may appear in good health while he/she has some illnesses such as mental conditions, (Watson et al., 2003), the nurse should utilize appropriate equipment, devices, and other electronic tools in assessing patient's health; to make sure that they are healthy mentally and physically.

Waters believed that nursing is an essential practice which describes how nurses deal with the patients. This component requires nursing and medicine to contribute to the healing process. Waters may establish a better nurse-patient relationship that leads to a better understanding of the patient, making them feel comfortable and safe. The best example was shown when waters' nurse was very low, and the nursing director decided to apply Waters' thoughts, which improved the patient nurse relationship (Stammell, 2016). Waters agreed that it is essential to get nurses to lead patients to participate in the healing process. She believes that to prevent illness, assessing and evaluating patients is necessary.

Waters believes that the environment plays a vital role in nursing. It may affect the nurse as well as the patient. The patients need to feel that they are comfortable at all times during the time of the healing process for them to heal quickly. The patient's disturbance should be kept at a minimum to allow the patient to relax and reduce stress. Access to nature is an excellent therapeutic stress, and nurses can open the windows to allow natural air circulation in the patient's ward. All these adjustments to the environment may not apply to every patient but may be adjusted to fit a patient's specific needs because these adjustments may enhance the healing process.

## **My Definition**

**My interpretation of the main purpose of nurses is that we can say that each individual is unique regarding beliefs, value systems, and ideologies. This idea, therefore, requires nurses to take high precautions in dealing with each patient. The patient's religion, cultural beliefs, and personal beliefs will exist in the treatment process. For instance, if the patient's privacy is maintained, there will be a better relationship between the patient and the nurse leading to better patient care. Medical records and information records must be kept safe and confidential at all times. If a patient feels like his/her information is being shared without his/her knowledge, he/she will worry, which may negatively impact the healing process.**

**On the part of the health care providers, the patient's physical well-being is commonly the main focus of the healthcare targeted. While treatment should be focused on, health experts should be concerned and motivated regularly to keep the illness in control (Winters, 2017). Other emotional or spiritual issues may still bother the patient, which may need some additional care.**

**Concerning the nursing care providers, a nurse should understand the physiology involving several illnesses. According to Bellino et al. (2019), the nurse should be**

competence and also have empathy. Thus, nurses should have some guidance and counseling skills to enable them to guide patients on not only what they can do to avoid illness but also how to care for themselves at home. Nurses should, therefore, take all the required precautions in dealing with an illness to ensure that the patients get quality care.

The last part of the leading paradigm is the environment. The nurses should create a therapeutic environment to enable patients to relax and to avoid stress. The background should provide a sense of safety, happiness, and relaxation to the patient (Whe, 2016). It is beneficial to provide a secure environment with enough fresh air. Some patients may require their families to be present to uplift their spirit though each patient's needs may be different.

### **Characteristics of a Good Nurse**

As the optimal nurse/manager focuses on the "fit" between the hospital and health organizations to be vigilant in employing nurses with the required skills, education, and suitable attitudes. These qualities may help the hospitals to identify the nurses that may be good for leadership positions (Whe, 2016). However, it is pointed that the core attributes that will enable the nurses in thriving in the challenging healthcare profession to discussed.

**1. Caring:** Most nurses develop this quality during their first few years in their profession, but others are naturally born with it. Nurses who care about the patients' feelings and emotions significantly impact the patients' recovery.

**2. Communication skills:** This characteristic is an essential trait in a nursing career. Nurses usually interact with other nurses and other medical professionals, so they need good communication skills. If they lack this ability, medical errors could be made and may lead to communication breakdown.

**3. Empathy:** This characteristic gives the nurses the ability to feel in the patients' shoes (Gibson, 2017). This quality enables the nurses to humanely treat the patients.

**4. Attention to detail:** Nurses have many pressing work, especially in a busy hospital. From the orders given by the physicians to the general patient care, they need a strong eye to detail to prevent errors from occurring.

**5. Decision-making skills:** Some of the nurses possess the trait naturally. Nurses apply this skill in everyday situations where they interact with the patients daily. Also, nurses make decisions daily which if not carefully handled, may cause a lot of problems.

**6. Studies show people to exhibit a higher physical stamina compared to other professions, besides being consistently stable at all times also continues with a large distance when working.**

**7. Human beings who are naturally humans enjoy their profession and find it satisfying despite the physical and mental exhaustion associated with it. Maintaining a sense of humor during one helps in reducing stress and emotional distress. In addition, a good sense of humor speaks positively to patients and fellow nurses since it is contagious. Therefore, it is common to see patients and nurses experiencing relief almost at showing up persons in stressful situations.**

### **How I Link Public Knowledge to Private Knowledge**

**Public knowledge is the knowledge owned by an area of study accepted and shared in the discipline, while private knowledge is referred to as the knowledge owned by individuals (Wu, 2009). Linking public knowledge to private knowledge involves processes of knowledge-based practice. To apply knowledge of nursing theories, I have to assimilate the procedures and theories learned so that I can utilize them in practice. Secondly, I use public knowledge to**

enhance and improve my practice since effective nursing practice is based on this knowledge. Effective nursing care needs the utilization of knowledge, principles, values, and art to effectively and confidently build on patient care quality (Langford et al., 2019). Achievement of practical nursing practice indicates a successful link between public knowledge and private knowledge.

Moreover, the ultimate purpose of public knowledge in an area of study like nursing is to improve practice by publicly influencing patient/healthcare quality. Linking my private knowledge and skills that I am equipped with to the public knowledge is essential to improve my ultimate quality of care. For instance, a newly employed nursing attending to an older adult ought to use private knowledge and incorporate it with the public knowledge to administer the most appropriate care since he has never done it before. However, in this process, I realize why there is a public knowledge in nursing is composed of facts, information, and practice theories that can be shared, allowing only a specific type of practice. These nursing theories were developed based on the nursing concepts in their initial stages and incorporated to provide a nursing practice framework. In addition to this, Quinlan (2019) asserts that when nurses assist patients, they are putting into practice the learned knowledge, experience, and personal skills.

**Patients knowledge owned as personal skills such as intuition is merged with the public knowledge to come up with the best care.**

### **How Theory Guides my Practice**

**Thinking approaches are idealistic and must be informed by evidence based practice. In practice, making decisions are as much as evidence based practice is enabling nurses to discern and evaluate the most appropriate practice while in healthcare. As nurses, these theories are valuable and useful for knowledge development; they improve practice and assist in making clinical decisions. During patient care evaluation, I incorporate the concepts from nursing theories and determine the appropriate interventions for the situation. For example, a patient who reports a common and acute pathway in the hospital want my to moved to a room within the hospital to provide them with privacy. This will be implementing the comfort theory as it intends to enhance patient/ care of treatment ending behavior.**

**However, the theories offer specific guidelines to individual nurses/practice, with each nurse/practice having its own set of theories providing the structure on which patient intervention is based (Cato et al., 2014). Ultimately, as a nurse, my work is to translate the**

theory concepts into practice and incorporate other scientific concepts in the discipline. Thinking as clinical practice is based on the nursing philosophy and theory, which means that theory knowledge must be incorporated into the evidence knowledge to enable nurses to reflect and analyze the professional way of practice (Stays et al., 2017). The knowledge of theory concepts helps nurses understand the patient's needs and address them accordingly since the knowledge of evidence-based practice could not exclusively describe the whole phenomenon involved in nursing. For instance, the provision of care in a hospital is enhanced by incorporating the theoretical knowledge when making decisions affecting the patient's needs. The theories form the guiding think in my practice, making a general system that guides me on answering down and solving complex issues that I encounter during my work in the provision of care (Thomas, & Quinell, 2009).

### **How I Synthesize this Knowledge in my Practice to do Better**

Thinking theory is the knowledge that needs to be incorporated into practice to guide the approach used in the provision of care. Despite the evidence presented, as a nurse, I utilize the effectiveness of theoretical approach than incorporate my acquired knowledge into practice. Making careful observations and taking notes to form the basis to which theories are practiced.

**Quality care in the provision of care can be enhanced by utilizing the nursing theoretical knowledge—sharing the knowledge with the colleagues to consider the theories and decide the best approach to patient care collectively. For instance, besides coming up with the appropriate care protocols based on the knowledge obtained in theory, teamwork also helps to discuss the appropriate care methods when faced with a complicated situation requiring multidisciplinary collaboration.**

**Having theories provide a guideline on every aspect of patient health and the appropriate intervention which ought to be provided (Hewitt and Dehnen, 2019). Learning with patients, the medical care team, and incorporating the knowledge acquired has contributed significantly to how I evaluate and apply knowledge in my practice to provide better care.**

### **How I can Contribute to Nursing Knowledge**

**My nursing knowledge contribution becomes evident during discharge my duties to patients, since I practice with the utmost nursing knowledge, application of relevant theoretical knowledge and other concepts is required to administer effective care. Besides, a trained nurse can also contribute to the nursing knowledge by writing them in practice and then in teaching.**

**For example, after completing my master of nursing program, I endeavor to be an educator who will contribute to nursing knowledge. I will also share my skills and knowledge with nursing students when precepting and mentoring newly hired nurses. Performing empirical studies and research, taking notes on the daily application of the theories put in practice to keep track of their effectiveness, and writing conclusions that will become essential parts of nursing knowledge. Keeping track of the current developments in the discipline, participating in writing papers and articles to be published, and presenting them in conferences and seminars are some of the ways of contributing to the nursing knowledge. McKinny et al. (2018) asserts that nursing knowledge applied in daily practice is needed to understand how we engage with the patients, but the concepts should be refined through constant improvements in the field to include emerging evidence base. Also, I will effectively contribute to nursing knowledge by endeavoring to verify the current theory of patients' experiences or discover new ways of addressing the emerging issues in the discipline.**

**In conclusion, nursing has got a broad definition that is not limited to only care and maintenance of the patient's health, physical, emotional, social, spiritual, and intellectual aspects. This broadening of the nursing definition has been initiated by applying the four**

**interpersonal/ holistic approach to his definition. Having communication skills with the students and nurses in practice helps them understand how to assist their patients effectively. Having knowledge across a great program in the profession, for instance, it is applied to provide better care and interventions to help patients recover. This knowledge shared to the patient when teaching them how to avoid medications or injury. However, great importance is also attached to the linking of knowledge by one provider to ensure the service offered is the most appropriate and based on evidence. I endeavor to contribute to the nursing knowledge by teaching nursing students, mentoring newly employed nurses, and collaborating with researchers to find solutions to challenges and complex issues in the discipline.**

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