Nursing Metaparadigms and Culturally Proficient Nursing Care

Name:

Institution:

Nursing Metaparadigms and Culturally Proficient Nursing Care

Nursing as a profession is directly linked to the idea of caring for other humans. It is a practice that demands compassion as a way of ensuring sensitivity to people’s needs, particularly those ailing from various conditions. Cultural diversity in the contemporary context is one aspect that determines the way nurses and other professionals adapt to the needs of the work environment. This necessitates the knowledge of the nursing metaparadigms as a prerequisite for cultural proficiency in nursing care.

The nursing metaparadigms comprise of four aspects that are critical to the operations of a nurse and the interactions with patients. These factors include nursing as a profession, person and in this case the patient, health, and environment (Francis, 2017). These factors are critical in the day to day working of a nursing professional as they determine the relationships with patients and the satisfactory provision of care. In alignment with nursing, care is a key attribute that determines the way a nurse handles a specific patient. The notion of care is directly linked to the attributes of a nurse as one who should be compassionate to patients irrespective of their cultural backgrounds. While a nurse is expected to be available in the recovery process of a patient, preserving the dignity of a patient in case of death is another prerequisite. Respecting the beliefs of the family and caretakers of the patient entails an aspect of preserving such dignity while at the same tie

The metaparadigm of the patient places demands on a nurse to offer care in a professional manner while guided by the professional ethics, morals and values (Adams, 2016). This has the implication that a nurse has to follow specific principles that define nursing care rather than delving into the attributes of a patient to offer such care. This metaparadigm enables cultural sensitivity among nurses by ensuring that the nurse tries to understand the needs of the patient in the best way possible while respecting the beliefs and values of such an individual.

The environment is an aspect that considers the internal and external factors that can either enhance healing or escalate an illness. The nurse is one of the factors that can enhance the self-healing process of a patient by showing care while guided by the notions of trust, love, empathy, and kindness, which are listed under the ten caritas rules of nursing. These guidelines promote the provision of care to patients without discriminating against race, gender, or cultural background. The role of the nurse is to promote the well-being of the patient by extending care and hope for wellness (Nikfarid, Hekmat, Vedad & Rajabi, 2018).

The metaparadigm of health has a critical impact on the nursing profession and cultural proficiency. Today’s workplaces are faced with the challenge of embracing cultural diversity and the healthcare environment is no exception. This has the implication that nursing care has to embrace cultural diversity in the provision of health services as this is an inevitable phenomenon. Worth consideration is that health encompasses the wellbeing of the mind, body, and soul, which are the key aspects of the wholeness of a human being (Nikfarid, et al., 2018). For minority groups that have been marginalized in the provision of care, the nurse should consider other ways of addressing the needs of such individuals as per the aspects that define the well-being of individuals.

References

Adams, L. Y. (2016). The conundrum of caring in nursing. *International Journal of Caring Sciences, 9*(1), 1-8.

Francis, I. (2017). Nursing informatics and the metaparadigms of nursing. *Online Journal of Nursing Informatics, 2*(1), 1-7.

Nikfarid, L., Hekmat, N., Vedad,A., & Rajabi, A. (2018). The main nursing metaparadigm concepts in human caring theory and Persian mysticism: A comparative study. *Journal of Medical Ethics and History of Medicine, 11*(6), 1-9.