Background

Although the term "philosophy of nursing" is often used in Japan, it does not have a clear definition. Thus, we conducted a concept analysis of "philosophy of nursing" prior to carrying out the present study.

The concept analysis was performed on Japanese documents using Rodgers' approach. As a result of the analysis, we defined "philosophy of nursing" as the values, which are the action guidelines for nursing professionals, obtained by nurses from self-insight into nursing through interacting with patients and thinking about their own nursing practice. Additionally, we believe that through enhancing nursing philosophy, professional identity as a nurse is established and the quality of nursing is improved.

Purpose

The purpose of this study is to clarify how a "philosophy of nursing" is fostered in Japanese nursing students.

Result

Japanese Nursing students entered college with «aspirations and expectations for the nursing job», and experienced facing patients in clinical practice while feeling «bewildered by the learning experience» in the process of studying academic disciplines unknown to them.

In clinical practice, the students thought about reaching out and connecting with patients, emphasizing individuality, bringing out abilities in patients, and supporting families. Furthermore, the students underwent the process of repeating «finding learning tasks» by «thinking about nursing» and «reflecting on their own words and actions» and in turn «realizing valuable aspects of nursing».

Discussion & Conclusion

As with the results of the concept analysis of "philosophy of nursing", the students reflected not only on nursing but also on themselves by interactions with patients in clinical practice. The process of fostering nursing students' philosophy of nursing was accompanied by their own inner growth.