

MY CORE PRINCIPLES

The five principles the I have chosen for the core of my vision of caring are Knowing, Patience, Advocacy, Veracity, and Beneficence. I ordered them with Knowing first because Knowing and critical thinking are connected. And critical thinking is the cornerstone of nursing. Second, the principle of Patience because it balances the principle of Knowing and gives it a human touch. Third, the principle of Advocacy because nurses are the front line and represent our patients. Fourth, the principle of Veracity because it is truth connected to respect. For a person to make rational choices, they must have the information relevant to that decision. Then lastly, the principle of Beneficence because it embraces all other principles in the spirit of doing good.

- 1) The principle of Knowing is an essential aspect of my caring practice at work. As much as I depend on rote knowledge and critical thinking to make the best decisions regarding my patient's health, I depend on Mayeroff's Knowing to be able to relate to and connect with my patients and their families. The principle of Knowing also allows me to have an informed practice. As a Case Manager in the Emergency Department (E.D.), I need to listen and respond to what my patients say (explicit knowing), and what they don't say or can't articulate but know to be true (implicit knowing). I also need to pay attention to what I know to be true from experiences (direct knowing) and need to apply that experience to what I have already learned (indirect knowing). The biggest challenge I envision related to this principle is time. In the E.D., I have a limited amount of time to make the necessary connections and decisions.
- 2) The principle of Patience is an essential aspect of my caring practice at work. Patience is defined as having the quality of being able to bear many things—even if provoked or placed in difficult circumstances — and doing so without losing one's temper, complaining, or becoming upset. I depend on the principle of Patience for several reasons: to be an example to my colleagues, to think with a clear head, and stay in touch with others as well as who I am as a person. As a case manager, the principle of Patience is not only necessary to make the best decisions but convey a sense of calmness to my patients and families who are in a compromised position. I am a naturally tolerant person, so maybe my biggest challenge in being patient is setting boundaries.
- 3) The principle of Advocacy is fundamental to my caring practice at work. Whether it be pleading the cause of another, watching out for my patient's best interest, or defending a patient's rights in a general way, I am an advocate. Advocacy is vital in my role as an E.D. case manager. I am there, albeit in the background, from the onset of treatment and influence the trajectory of care. As a case manager, I follow every Kaiser patient that walks through the E.D. door. From the simple, a patient with a hand laceration, to the complicated, a patient with a brain bleed, I am responsible for keeping a watchful eye on their care. It is my role to contact the physician or nurse when there is a gap between ideal and actual care. The biggest challenge that I face is to touch and review every patient's chart every shift in real time, especially on a busy Friday night.

- 4) The principle of Veracity means more than the simple truth. It is truth or fact related to accuracy, a devotion to the truth as in truthfulness, a power of conveying or perceiving the truth, and something true. Veracity is a truth with layers, and my goal is to have great comfort with those layers. Moreover, possessing this comfort with truth can be powerful. I once worked with a physician who possessed this skill and his ability to deliver the truth and comfort at the same time was amazing — even in the worst of circumstances. Truth is also a necessary journey in self-discovery and allows us to be transparent. Transparency as well is vital to my caring practice. To make sound decisions, I depend on truth, and my patients depend on truth for the same. As a case manager, my challenge is to master all layers of the truth so that I can be transparent and comfortable.
- 5) The principle of Beneficence is doing the right thing with the right mindset and for the right reason. As defined by Webster, Beneficence is the quality or state of doing or producing good. When it comes to patient care, the principle of doing good is not as much an ingredient, as the finished product. Whether it be performing a necessary heroic act or honoring a patient's wishes at their last breath, Beneficence is about doing good or right as defined by the patient. It is the outcome of all other principles that we embrace as nurses. In my role as a case manager, I need to be interested and in tune with patient wishes, which ultimately guides patient care. My challenge is to stay mindful of my patient's wishes without imposing my views or judgments.