

Personal Nursing Philosophy

My decision to become a nurse comes from a genuine desire to care for people during some of the most vulnerable moments of their lives. I believe nursing is more than clinical tasks, it is about building trust, showing compassion, advocating for others, and treating every person with dignity and respect. Every individual deserves safe, equitable and person-centred care that recognises their unique experiences, culture, values, and aspirations.

My Psychology studies deepened my understanding of human behaviour, mental wellbeing, and empathy. Clinical placements across medical, surgical, mental health, child health, and community settings have further shaped my practice, reinforcing the importance of clinical reasoning, evidence-based care, and genuine human connection. I aspire to provide holistic care that considers physical, psychological, emotional, social and cultural wellbeing, viewing each person as a whole rather than a diagnosis. Building therapeutic relationships through active listening, honesty, and respect allows patients and their whānau to feel heard, valued, and empowered.

I am guided by Jean Watson's Theory of Human Caring, which emphasises authentic, compassionate relationships, and recognises that healing involves emotional, spiritual, and psychological dimensions as well as physical care. I am committed to lifelong learning, reflective practice, professional accountability, and I value collaborative multidisciplinary teamwork.

As a nurse in Aotearoa New Zealand, Te Tiriti o Waitangi is fundamental to my practice and to achieving health equity for Māori. I am committed to enacting Kawa Whakaruruhau through the five principles:

- **Partnership** - Working alongside Māori patients and whānau as equals, recognising them as experts in their own lives and supporting shared decision-making.
- **Active Protection** - Delivering culturally safe care, reflecting on my own biases, and advocating to protect Māori health interests and address inequities.
- **Participation** - Ensuring care is inclusive and accessible so that Māori can fully participate in planning and decisions about their health.
- **Options** - Respecting Māori preferences and supporting access to both kaupapa Māori and mainstream services.
- **Tino Rangatiratanga** - Upholding the right of Māori to self-determination over their health and wellbeing, and advocating for informed choice and autonomy.

These principles align with the Nursing Council of New Zealand competencies and remind me that culturally safe practice requires ongoing humility, reflection, and a willingness to learn.

Ultimately, I aspire to be a registered nurse who demonstrates compassion, integrity, and professionalism in every interaction. I want patients and their whānau to feel respected, supported and empowered. Nursing is both a privilege and a lifelong commitment, and I am dedicated to making a meaningful difference through partnership, respect, advocacy, and excellence in practice.