

## **Personal Reflection Essay**

### **The Heart of Care: Filipino Values in Nursing**

In the practice of nursing, cultural values play a significant role in shaping compassionate and effective care. Among the Filipino values discussed in class, pakikipagkapwa-tao (shared humanity) and utang na loob (debt of gratitude) resonate most deeply with my personal values and vision for professional practice.

A hypothetical scenario that illustrates the importance of these values involves caring for an elderly Filipino patient with limited mobility and no immediate family support. Guided by pakikipagkapwa-tao, I would ensure that the patient is not treated merely as a clinical case, but as a human being deserving of empathy, dignity, and connection. This would involve active listening, emotional support, and treating the patient as I would a loved one. Such compassionate interaction fosters trust and emotional well-being, which are crucial to recovery.

The value of utang na loob would also shape my behavior as a nurse. I regard the opportunity to care for others as both a privilege and a responsibility. In recognizing the trust that patients and their families place in healthcare professionals, I feel a deep sense of gratitude and obligation to provide the best care possible. This value would push me to go beyond what is expected, striving for excellence in every aspect of patient care.

In conclusion, embodying these values will allow me to offer culturally sensitive, person-centered care. By honoring the core of Filipino identity, I can build stronger therapeutic relationships and contribute meaningfully to the holistic healing of patients.