

Personal Belief and Ethics: Staying True to Yourself

Emita Shahbazi

California State University, Stanislaus

### Staying True to Yourself

Nurses are health care providers who have to make ethical decisions on a day-to-day basis. This paper is going to talk about a core belief that I have valued throughout my life. This paper will also illustrate a comparison of the core belief to an ethical concept. I will also discuss how the core belief and ethical concept can be applied to a real life clinical situation. It is important for nurses to have a strong core belief that they can abide by on a daily basis.

### Statement of Core Belief

I believe that it is important to stay true to yourself. Staying true to yourself means that you believe in yourself no matter what. It also means that you will not change your identity in order to be accepted by others. This is not an easy belief to always stand by. It has taken me many years to stand up for myself and to have my own beliefs outside of my own culture. For example, I have grown up in a very judgmental culture. The most difficult part was that everyone else's opinion and thoughts mattered to me. I was around sixteen years old and graduating high school when I realized that it was okay for me to be different from the people around me. I became to understand that there would always be individuals judging me no matter what I wear, what I say, or what I do. In order for me to be my true self I created my own group of friends who came from different cultural backgrounds. It was not until I grew older that I realized that I do not need other people's validation to do what I think is right for myself and for my loved ones. Staying true to yourself is when one can accept the fact that there will always be people judging them. It is up to the individual to decide if they will allow for outside judgment to affect who they truly are.

### Ethical Concept

The ethical concept that I most believe in is autonomy. According to Finkelman (2019), autonomy is when a patient is allowed to make their own decisions about matters that are going to affect them. For example, if a patient is recommended to have a surgery that may aid in curing their cancer they have the option to opt out. The patient may be tired of suffering and going under different types of procedures. The nurse in this situation must inform the patient of all of the pros and cons of the surgery. It is up to the patient to decide whether or not they would like to go through that course of treatment. The nurse must support the patient whether they agree with the patient's decision or not. The nurse is the patient's advocate and must respect the patient's decision in order to provide the best patient centered care (Finkleman, 2019).

### **Core Belief and Ethical Concept Comparison**

The core value of staying true to yourself and autonomy are two concepts that are similar to one another. Staying true to yourself means that you believe in yourself and that you live based off of your own judgment and standards. Autonomy allows for a person to have the freedom to decide on their own based off of their own beliefs (Finkleman, 2019). It is important to stay mindful of others when it comes to both of these two concepts. It is also important to stand your ground and do what is best for yourself in the situation. Staying true to yourself and autonomy both require for one to stick with what they believe in and not allow for other people to influence what they truly stand for.

### **Ethical Application**

There are many situations where staying true to yourself and autonomy can be used in a clinical setting. My previous example of the patient wanting to opt out of surgery versus the

nurse wanting the patient to undergo surgery is a dilemma that is prevalent on a daily basis.

When I become a registered nurse I will be put in situations where my own core beliefs will be tested. I plan on giving my patients the best possible care that I can provide. I may feel pressured by other people to take shortcuts in order to get through my day at my twelve-hour shift. Other nurses may judge me and tell me to take shortcuts in order to get through my tasks quicker. I believe in staying true to myself and autonomy. I want to ensure that I am following both of these core values and honoring my beliefs. Cheating my way throughout the day does not equate with my personal belief of staying true to myself. I would not be staying true to myself if I make careless mistakes that could be easily preventable. I will use my core value of staying true to myself as a reminder of how it is so important to do what is right and what is best for myself and most importantly for my patient's needs. I will have to undergo being judged. At the end of the day I will know that I am providing the best care for my patients.

I have discussed in this paper my ethical belief and compared the core belief of staying true to yourself to the ethical concept of autonomy. I also described a real-life situation where I may encounter a situation that may test my core belief. Ethical decisions are always going to be prevalent at the clinical setting for a nurse. It is important for a nurse to abide by their own core belief while practicing their craft as a nurse

## Reference

Finkelman, A. W. (2019). *Professional nursing concepts: Competencies for quality leadership*.

Burlington, MA: Jones & Bartlett Learning.