Cura Personalis

Cura Personalis is a Latin phrase that translates as “care for the entire person.” The expression is a hallmark of Ignatian spirituality and describes the Jesuit ideal of encouraging the fullest possible development of all people.

Nurses provide this holistic care by working with people and environments to maintain or improve health.

**Person:** Recipients of nursing care are integrated bio/psycho/sociocultural/spiritual beings in constant interaction with the environment. This includes individuals, families, groups, and communities. The person is an adaptive system who interacts with the environment to maintain integrity in those physiological, psychological, spiritual and sociocultural dimensions. Adaptation is a positive process which allows the individual to meet basic needs, maximize function, and progress toward self-actualization.

The **physiological dimension** includes processes involved in nutrition/metabolism, activity/exercise, elimination, sleep/rest, sensory/perception, and sexuality/reproduction. The **psychological dimension** relates to cognitive, emotional and developmental processes, self-perception and self-concept, coping and stress tolerance, and learning and decision-making. The **spiritual dimension** involves values and beliefs regarding the meaning and purpose of life as well as the individual’s relationship to a higher being. The **sociocultural dimension** refers to the broader community, cultural, and other groups, the family, health care and other organizations, and support systems for the person. Learned patterns of behavior, cultural values, norms, customs, roles and relationships with others, and health/illness practices are included in this dimension.

**Environment:** All external factors that surround or interact with the person. These factors influence development and behavior, and stimulate the person to make adaptive responses. It may include individuals, families, groups, communities, physical surroundings, settings, milieu, and influences from the social, financial, and political arenas.

**Health:** A dynamic state of being that fluctuates along a continuum from high level wellness to death. These fluctuations occur in response to change in the person and/or in the external environment. The person strives to achieve maximal physiological, psychological, sociocultural, and spiritual integrity.

**Nursing:** A science and an art concerned with assisting individuals who have actual or potential health-related difficulties in adaptation. The goal of nursing is to assist the
person toward maximal physiological, psychological, sociocultural, and spiritual integrity.

Nursing as a discipline includes content and processes related to the role of nurse as designer and provider of care, manager/coordinator of care, educator, politician, consultant, counselor, and researcher. Core concepts for nursing are communication, collaboration, curiosity, competence, care, and cure.

Professional values are the foundation for practice; they guide interactions with patients and families, professional colleagues, and the public. Nurses, guided by their values, demonstrate ethical behaviors in providing safe, compassionate health care. The core professional values are: altruism, autonomy, human dignity, integrity and social justice.

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