Metacognitive Journal

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**Question**

What do you, as nurses, think about the need for a national health care plan?

**Purpose of Thinking**

 The purpose of my thinking about the need for a national health care plan is to desire that all Americans can has access to the care they need.

**Points of View**

 My points of view are the facts that health care costs are rising out of control and millions of Americans are uninsured and underinsured. One of the big benefits of working for a corporation that is not self -owned today is the ability to receive good health care benefits. However, I, as an employee, and my employer both are consumers of health care. We both struggle to pay rising health bills. The working poor simply have no or limited options for providing health care for themselves and their families. Elder people are burdened with costs because the government insurance plan for them, Medicare, does not provide coverage for drugs.

**Assumptions**

 One of my assumptions is that would a national health care plan for all Americans lower the quality of the care? I am assuming that the use of health care increase dramatically if all Americans have a national health care plan. Therefore, the big tissue of a national health care plan is that where are we going to find enough doctors? Or Americans who need health care will need to wait a long time to see a doctor due to not enough doctors? If that is the case, we delay the patients’ timely diagnosis and treatments.

 Another assumption I have is that will Americans lose freedoms in health care reform? We may lose freedom to choose our doctors? The federal government will set up standard benefits in a national health care plan. We may lose freedom to choose what’s in our plan?

 The last assumption I have is that will we pay higher tax to ensure everyone have health insurance? In order to ensure everyone have health insurance, we need money. Where is all this money coming from? I am assuming that it may come from the taxes. The poor only pay virtually no taxes. Will the rich pay more taxes for healthcare for the poor and their own?

**Ideas**

 The idea I am considering is the fact that I overheard in the radio: 43 million US citizens, one in six, remain without medical insurance. This is an astonishing data. I believe that the number of uninsured and underinsured citizens is growing due to the rising cost of the health care and a serious economic recession America is in.

 Another idea I am considering is the right. I think health care is a right. Everyone on the globe is equally entitled to enjoy the rights. The United States takes a leading role in advocating and promoting human rights. Millions of Americans without health insurance and the rising health care cost crisis in the US are showing evidence of our disregard for human rights. We, as nurses, involve in the care of uninsured and underinsured persons who I think have experienced violations of human rights. We, as nurses, have a responsibility to speak on behalf of those persons.

**Information**

 The information about this topic is from the media, such as: radio, TV. In order to have more knowledge of a national health care plan, I need to search the information about the countries having universal health coverage. I will use the school’s library. I will start my search by choosing an appropriate database. I would ask a reference librarian. He/she can usually recommend the best ones for your topic. Sometimes, I need more information beyond what I find in printed publications. I will need to get relevant information from the internet. A reference librarian also can help me to use a search engine to find more information on the web.

**Interpretation/Inference**

 Millions of Americans do not have medical insurance. And I am assuming that the number of uninsured or underinsured Americans is growing due to the rising costs of health care and a serious economic recession. Having all these situations in my mind, I think we should have a national health plan or at least health care reform to obtain the best coverage possible for millions of Americans without insurance. I would like to pay more taxes to reform the health care system to ensure everyone have health insurance If it is necessary.

**Implications/Consequences**

 I think the implication of my thinking is that I do not have confidence in government. I only see our nation will have a serious discussion on health reform when politicians maneuver for political gains. 7 years have passed since President Clinton’s failure to overhaul the healthcare system. Nothing has been changed on the healthcare system. How do you think that the richest country in the world can not provide the medical insurance to its citizens? When millions of Americans without insurance get sick, they are real consequences. Do they pay the mortgage or the hospital bill? Do they buy foods or save to pay for the medical bill?