

N202 Unit VI Part 2

Class Preparation Assignment – Community Health Case Study

Maria's Story

Maria is a 32-year-old immigrant woman who recently moved to your community with her two young children. She is a single mother who works part-time at a local restaurant and struggles to make ends meet. Maria does not speak English fluently and often finds it difficult to navigate healthcare services. She has been experiencing symptoms of depression, including persistent sadness and trouble sleeping. Maria also shares that she has trouble affording healthy food and has not been able to see a doctor for a check-up in over a year. Her children are often sick, and she is concerned about their health but doesn't know where to turn for help.

Questions:

1. What are Maria's current healthcare needs?

Maria's current healthcare needs include mental health support due to her symptoms of depression, primary care access due to her not having a check-up in a year, pediatric care for her two children since they are frequently sick, and nutrition assistance because she struggles to afford healthier food options which could impact her and her children's health.

2. Describe two barriers to healthcare that Maria is encountering and how they may impact her.

Two barriers to healthcare include language barriers and financial constraints. Maria does not speak English fluently, which can make it difficult for her to navigate healthcare services or understand medical instructions. This language barrier can cause delays in seeking care and lead to the mismanagement of health conditions. Since Maria works part-time while caring for her children, she may struggle to afford health insurance or pay for healthcare costs out of pocket. This financial instability limits her access to necessary medical and preventive services for both herself and her children.

3. As a nurse in the community, identify at least one intervention you would recommend to address Maria's situation?

I would recommend connecting Maria with community health resources. These resources can include non-profit clinics and other programs that offer affordable or free services for low-income families. These clinics or programs can provide language interpretation services and offer culturally competent care, helping Maria to access mental health support, pediatric care for her children, and nutritional counseling. Offering support and guidance for enrollment into Medicaid or CHIP, if eligible, could help alleviate financial barriers and allow Maria and her children to access necessary healthcare resources.

4. How would you ensure that you are providing culturally competent nursing care to Maria and her family?

Ryan Clagett

I would ensure providing culturally competent nursing care to Maria and her children by collaborating with interpreters to ensure clear and concise communication regarding her care and education, respecting and educating myself on her cultural values that could impact her care, establishing rapport early and maintaining that rapport due to her immigration status and possible preoccupations with the healthcare system. Additionally, I would advocate for equitable access to healthcare by collaborating with local community outreach programs to address systemic barriers, transportation challenges, and other issues related to care for individuals or their children.