

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?

Needs a HCP for herself and her children who speaks Spanish

Mental health resources

Food resources ie: WIC, food stamps

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

Lack of access d/t no insurance/inefficient funding

Spanish speaking

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

Food assistance program

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

Ensure you are eliminating self-bias

Consider culture

Provide resources in proper language