

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 a translator, a doctor for her and her children, and a food assistance program.

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

Two barriers to healthcare that Maria is encountering are communication and financial burdens. Communication is the main issue due to Maria not fluently speaking English, so it is difficult to find a place to go when you don't know anyone to recommend places. Financial burdens are another barrier because she is struggling to pay for food, let alone new medical bills that would come in the mail after seeing a new doctor. These barriers impact her because she is in a new community with children that are often sick and now has to find a way to translate to others on where to find a doctor that can help.

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

One intervention that I would recommend to address Maria's situation is a referral to population health so that she can become part of a food assistance program while receiving help from the doctor that goes and visits low income communities.

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

I would ensure that I am providing culturally competent nursing care to Maria and her family by asking Maria what her and her family's preferences are on admission. Asking Maria directly would ensure that there are no assumptions and clarification on preferences.