

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?

Mental health support, help to access affordable healthcare for herself and kids, nutritional support/education, language assistance.

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

Maria has language barriers making it difficult to communicate in the healthcare world which decreases her quality and access of care. She also has financial limitations and is not able to afford healthcare services or other necessities for a healthy lifestyle for 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 referring to some type of community health center or a clinic that offers dynamic payment plan fees. Along with a healthcare professional that speaks her language to help her navigate the healthcare system.

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

To provide culturally competent care I would utilize the use of interpreters, give respect for her cultural values/beliefs, provide her health education materials in her language.