

## 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 needs food security, therapy for her mental health and assistance in attending her appointments. She needs to take her children to a provider or a walk in clinic for a checkup.**

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

**Maria has a language and financial barrier that is restricting her from obtaining adequate healthcare. She doesn't speak English fluently and that already causes her trouble trying to navigate healthcare services. She will have trouble having to understand teaching from a healthcare provider or schedule appointments with a language barrier. Her financial barrier is having her struggle affording healthy food and probably afford proper insurance to see a good doctor.**

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

**I would recommend referring Maria to a local community health center that offers free services for low-income individuals. These centers often provide primary care, pediatric care, mental health support, and access to nutrition programs such as WIC or food pantries. I would also connect her with a bilingual case manager or community health worker who can help her access resources and serve as a translator and advocate.**

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

**I would first take time to understand Maria's cultural background, values, and beliefs, especially regarding health and wellness. I would use a medical interpreter to ensure clear communication. I would also build a trusting relationship by showing empathy, and respect to her experiences as an immigrant and single mother. I would also educate myself on health disparities affecting immigrant communities to better advocate for Maria and her family.**