

Chapter 16

Cultural Uniqueness: Sensitivity and Competence

Chapter 16

Lesson 16.1

Learning Objectives

- 1) Define in your own words the following terms:
 - Culture
 - Cultural competence
 - Cultural diversity
 - Cultural uniqueness
 - Ethnocentrism
 - Cultural bias
 - Cultural sensitivity
 - Stereotype

Learning Objectives (cont'd)

- 2) Explain in your own words nine basic daily needs of all persons.
- 4) Identify how all persons are unique and similar.
- 5) Explain in your own words the philosophy of individual worth as it applies to health care.

Definition of Culture (p. 193)

- A way of life
- Total of the ever-changing knowledge, ideas, thoughts, beliefs, values, communication, actions, attitudes, traditions, customs, and objects that a group of people possess
- Also includes standards of behavior and sets of rules to live by

Characteristics of Culture (p. 193)

- Enculturation
 - The process of learning your culture
- Worldview
 - Similar ways of seeing and understanding the world, becomes the reality of the group
- Cultural bias
 - A mental leaning that is never proved or questioned by the individual
- Socialization
 - The process by which a person of one culture learns how to function within a larger culture

Cultural Skills for Effective Nursing (p. 193)

- **Cultural competence:** The continuous attempt by LPN/LVNs to gain the knowledge and skills that allow them to effectively provide care for patients of different cultures
- **Cultural sensitivity:** An awareness of different cultures

Cultural Terms (p. 193)

- **Cultural diversity:** The many differences in the elements of culture in groups of people in American and Canadian society
 - Replaces the concept of the melting pot
- **Cultural uniqueness:** Includes the uniqueness and value of each human being who comes for care, regardless of differences
- **Cultural universality:** All persons are unique but have similarities

Danger: Ethnocentrism, Prejudice, and Discrimination (p. 193)

- **Stereotype:** An inaccurate generalization used to describe all members of a specific group without exception
- **Ethnocentrism:** The attitude that one group's way of doing things is better than that of groups with different cultures
- **Cultural bias:** An individual believes that the worth of everything depends on whether it fits the worldview of his/her cultural group

Knowing Yourself (p. 194)

- What makes you unique?
- What roles do you play?
 - Economic status
 - Political
 - Racial or ethnic
 - Social
 - Work

Basic Daily Needs: Another Commonality (p. 195)

- All persons share the same basic daily needs regardless of age, sex, economic status, lifestyle, religion, country of origin, or culture.

Basic Daily Needs: Another Commonality (cont'd) (p. 195-196)

- Personal care and hygiene
 - Clean hair, skin, nails, teeth, and clothing serve two general purposes: protection from illness and promotion of well-being
- Sleep and rest
 - Needed to refresh ourselves
- Nutrition and fluids
 - Needed to stay healthy
- Elimination
 - Primarily accomplished by the kidneys and the large intestine

Basic Daily Needs: Another Commonality (cont'd) (p. 196 -197)

- Body alignment and activity
 - Enhances the functioning of the respiratory, gastrointestinal, and circulatory systems
- Environment
 - Oxygen and safety needs are most important
- Emotional and spiritual support
 - Can influence our bodies positively or negatively
- Diversion and recreation
 - Refresh our bodies and minds
- Mental hygiene
 - Care and hygiene of the brain

Philosophy of Individual Worth as It Applies to Health Care (p. 197-198)

- Includes the uniqueness and value of each human being who comes for care, regardless of differences that may be observed or perceived
- Each individual has the right to live according to his or her personal beliefs and values, as long as they do not interfere with the rights of others

Learning About Cultural Diversity (p. 198)

- Philosophy of individual worth and celebrating our uniqueness
 - Guard against making judgments about people who are culturally different
 - Be open-minded and nonjudgmental

Question 1

The process of learning your culture is known as:

1. cultural competence.
2. cultural diversity.
3. enculturation.
4. ethnocentrism.

Question 2

Which of the following is not a basic daily need?

1. Personal care and hygiene
2. Sleep and rest
3. Body alignment
4. Financial resources

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Lesson 16.2

Learning Objectives

- 3) Describe your culture in the areas of:
 - a) Family
 - b) Religion
 - c) Communication
 - d) Educational background
 - e) Economic level
 - f) Wellness, illness, birth, and death beliefs and practices
- 6) Describe general differences among cultural groups frequently served in your geographical area that may have importance in patient care situations.

Areas of Cultural Diversity (p. 198-199)

- Family Structure
 - Child-rearing practices vary from culture to culture
 - Nuclear family vs. extended family structure
- Food Preferences
 - What they eat, when they eat, and how they eat differ from culture to culture
- Religious Beliefs
 - Personal to the individual
 - Important aspect of culture

Areas of Cultural Diversity (cont'd) (p. 199-201b)

- Concept of Time
 - May follow clock time or live on linear time
- Communication
 - Patient and nurse may speak different languages
 - May give a different view of reality than yours
- Educational Background
 - Adapt your explanations to the patient's level of understanding

Areas of Cultural Diversity (cont'd) (p. 201-202)

- Economic Level
 - Often related to educational background
- Wellness and Illness Beliefs and Practices
 - Good health to one person can be sickness to another
- Pregnancy and Birth Beliefs and Practices
 - Different cultures welcome a new member into the world in different ways
- Terminal Illness and Death Beliefs and Practices
 - Some cultures have special taboos and prohibitions when death occurs

Categories of Major Health Belief Systems (p. 203)

- Biomedicine: The primary belief system in the U.S.
- Personalistic: Found among groups native to the Americas, south of the Sahara, and tribal peoples of Asia
- Naturalistic: Developed from the traditional medical practices of the ancient civilizations of China, India, and Greece

Diversity Profiles of Predominant Cultural Groups in the U.S. (p. 204)

- It is projected that by the year 2050, nearly 50% of Americans may be members of an ethnic minority
 - Hispanic 16%
 - Asian 5%
 - African American 12%
 - American Indian/Alaskan Native 1.4%
 - White population 65%
- Refer to Box 12-5 for profiles of these culturally diverse groups

Question 3

As a nurse in the United States you should realize that our dominant health system is:

1. biomedicine.
2. a personalistic system.
3. a naturalistic system.
4. none of the above.

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Lesson 16.3

Learning Objectives

- 6) Describe general differences among cultural groups frequently served in your geographical area that may have importance in patient care situations. (continued)
- 7) Explain the importance of the following in developing an ability to provide culturally competent care:
 - a) Increasing awareness of your own cultural self
 - b) Obtaining general knowledge about culturally diverse groups
 - c) Gathering data about specific beliefs and health practices of individual patients to be used in care plan development
 - d) Negotiating plans of care for culturally diverse patients

Your Area's Cultural Groups (p. 204-205)

- Hear reports from peers about various cultural groups
- Think beyond traditional cultural groups; include the disabled, elderly, single parents, alternative lifestyle, etc.
- Read about different cultures
- View documentaries on TV
- Attend community events
- Attend graduations, weddings, birth celebrations, and funerals of different cultures when possible
- Attend a church service of a cultural group
- Read novels involving different cultures
- Attend seminars

Care Planning for Culturally Diverse Patients in Your Service Area (p. 207)

- Gather data regarding activities of daily living and personal health beliefs for each patient of a different culture
- Develop a fact sheet for collecting data for each patient
- Use reference guides that present general information about different cultural groups
- Suspect cultural differences when a patient is not following the plan of care, refuses treatment, is a “problem” patient, etc.

Specific Examples of Adapting Plans of Care for Culturally Diverse Patients (p. 207-209)

- Discover the health beliefs of the individual
- Negotiate treatment plans with the patient
- Preserve the beliefs and practices that are helpful to the patient
- Repattern harmful practices

Question 4

Tracey is taking care of an African-American patient. The patient asks if his “Aunt” Bessie can visit him. Which of the following is the best response?

1. “We don’t allow anyone but immediate family.”
2. “Is she really your aunt?”
3. “If we break the rules for you, we have to break the rules for everyone.”
4. “Of course, during regular visiting hours.”

Question 5

Tracey is taking care of a Hispanic woman who has pneumonia. The patient states, “This is God’s will because I missed church last week.” Tracey should:

1. respond by stating, “That is ridiculous.”
2. remember that some Hispanics believe that illness is a punishment from God.
3. respond by stating, “I don’t even go to church.”
4. ask to be assigned another patient.