

Cultural Implications

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## Introduction

As nurses many people from all cultures come to us for help. It is important for all of the nursing career, are professional in helping care for patients no matter what their background may be. The purpose of this paper is understanding cultural competence and how we relate it the different vulnerable populations. It is important to remember that all cultures deserve proper care and respect.

Cultural competence is very important in any career field, but especially in nursing. It is defined as “including knowledge, attitudes, and skills that support caring for people across different languages and cultures” (Murphy). It is necessary for a nurse to be aware of his or her own beliefs and culture before trying to understand their patients’. Being able to understand their own thoughts makes it easier to not have them undone. If the nurses know why they follow the culture they do, and if they believe strongly in it, then they will not have their thoughts undone with the beliefs of the client. This does not mean that the nurse should enforce their beliefs onto the client, but it does make it easier for them to relate to the client. It is also important to show that the nurse has knowledge or wants to learn about the patient’s culture. They also must show understanding to the patient and their culture no matter what it is. Showing understanding can be as simple as not showing frustration when the patient does not speak the same language. The nurse must also show they he or she is respecting of the patient’s culture. Another important part of cultural competence is being able to adapt to the patient’s culture. This could mean allowing them to have the food preferences their culture suggests or even time for them to perform prayers or rituals. Cultural competence is important because as nurses we should care for all cultures. It makes it easier to do this when a nurse tries to understand and adapt to the patient’s way of life and understand why they follow it. If patients

come into the hospital or doctors office seeking care then they will find comfort in knowing that the nurse will help them fulfill what they find important in their culture. Understanding their culture and helping them continue it in the hospital will make them trust the nurses. This can also be important if there are any barrier between the patient and the nurse. If the nurse and the client speak a different language from each other then the nurse having an interpreter there to adapt, might have the patient more comfortable in receiving care.

When it comes to vulnerable populations, there are many types out there. Even if a patient is from a vulnerable population such as a prisoner incarnated, this does not mean they should not receive proper care. When asked the question, if I would want to know the crime of the prisoner to whom I have been assigned to deliver care, my answer would be no. The reason that prisoner is in there is none of my personal business and the crime should not cloud my judgement on whether or not I should give them proper care. The word nonmaleficence means “to do no harm” which is also understood as not placing judgement on patients (School of Medicine). Nurses should follow nonmaleficence when treating all vulnerable populations. Some nurses might find it difficult to not put judgement on those of different cultures or keep their cultures from allowing them healthcare. It could be harder depending on which vulnerable population they come from such as the incarcerated. Taking care of prisoners would be hardest for me because the wrong they have done goes against my beliefs, but if I do wrong by not taking care of them then I am no better than them.

### **Conclusion**

To be a professional nurses it is important to keep cultural competence in mind with

every patient they see. They are in this career to take care of people not judge them. This means to care for them by the way of their culture to make them feel as comfortable as possible. As nurses it is important to care for all people even if they are of a vulnerable population.

## References

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