

Vulnerable Populations

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“Cultural competence is about our will and actions to build understanding between people, to be respectful and open to different cultural perspectives, strengthen cultural security and work towards equality in opportunity” (“Make It Our Business”, 2017).

Culture competence is important for noticing our own biases toward religions or races that are not our own and being able to overcome those biases. This is important for delivering the same care and the best care to all people without being prejudiced towards certain people. Culture competence can be improved by spending more time with religions or races that are not our own and learning about them while actively listening and trying to understand any ways that are different than our own. We can learn about our biases by becoming aware of our thoughts when we think about or care for cultures that are different from our own.

Many people in America are prejudiced toward Muslims and there are many Muslims that are Americans or come to America for a greater life. Many of these Muslims may have to encounter the healthcare system where they may experience prejudice. Some Muslims may use alternative healing methods in place of conventional medicine that the healthcare system may not agree with, but it's important to integrate these healing methods to help them feel comfortable if these methods do not detour their healing. Al Kowi has been used in Muslim cultures to help heal headaches, mental illness, jaundice, and eye problems when conventional medicine has failed (NT Contributor, 2015).

I feel biased toward people that abuse anyone. I understand there are many factors that may have produced trauma for them to feel the urge to abuse other people, but I feel that we all have choices and I think that's their choice if they act on that urge. I would still be an

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advocate for getting them help or treatment, so they do not abuse anyone, but it would be very difficult for me to have compassion for them. I understand I need to work on this, but I also believe these people need to understand what they did was wrong, and someone has trauma because of them.

Many patients I believe feel as if they would be better off ending their life and they may ask me one day. I think this depends on the situation. If the patient has no family, are terminally ill, are in chronic pain, are probably going to die soon, and there's nothing the healthcare system can do for them, I believe they should have that right to end their life. If any of those criteria are not true, I think the patient should think more thoroughly of their decision. If the patient is suicidal, but has a long life ahead of them, I know there are many ways to help that person, so I think I should be there to listen to them and help them get the help they deserve and need.

Conclusion

Culture competence is important to move the nursing profession to a more important part of the healthcare system. Nurses are there to advocate for the patient and give them compassionate, evidence-based care. I don't believe nurses are doing their job correctly by being biased towards certain people. This is why it's so important for nurses to be aware of their biases and work towards being an unconscious, culturally competent nurse.

References

Make It Our Business. (2017, June 22). *What does it mean to be culturally competent?*

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