

Vulnerable Populations APA Paper

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“I have neither given nor receive, nor will I tolerate others’ use of unauthorized aid”.

When it comes to nursing, you will have to deal with some things that you never thought you would’ve had to deal with before. You will need to adapt to different lifestyles, new rules, new environments, basically a new life in some cases. You will have to deal with things that people throw at you, things people ask you to do for them, different types of people. The topic that I will be talking about is the mentally ill.

When talking about the mentally ill, they can be seen as a vulnerable population. With vulnerable populations, they most of the time have different needs than others. In nursing, you will have to adapt to different ways all the time. One of the ways that is shown is through Cultural Competence. The National Center for Cultural Competence defined Cultural Competence as “Cultural competence is the ability of an individual to understand and respect values, attitudes, beliefs, and mores that differ across cultures, and to consider and respond appropriately to these differences in planning, implementing, and evaluating health education and promotion programs and interventions” (NCCC, para 18). When it comes to cultural competence in health care, it is an understanding that needs to be effective. There are some cases where cultural differences can affect the health care delivery and the communication. Communication is a huge factor when it comes to health care, so understanding cultural competence is a necessary understanding. Tulane University stated “Differences between healthcare providers and patients can affect communication. This can, in turn, impact both clinicians’ and patients’ decisions regarding treatment... When healthcare providers fail to recognize the differences between them and their patients, they may inadvertently deliver lower-quality care. Cultivating skills that improve cross-cultural communication can play an important role in delivering equitable care (Tulane, 2021, para 5). There are many different factors that can contribute into the health care part and having an understanding of what cultural

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competence can help avoid any mishaps from happening. It allows us to see if there are any boundaries or limitations when it comes to treating the patient.

With the mentally ill in vulnerable populations, those people who are affected are the ones who most of the time will go untreated and underestimated. According to AJMC, they stated "Chronic illnesses are significantly more prevalent among low-income and other disadvantaged populations. Additionally, the impact of these illnesses is more severe among the unemployed, uninsured, and less educated" (AJMC, 2006, para. 9). They are more prevalent due to these people not having the ability to get treatment like other people can. These people are left struggling most of the time and must deal with their mental illnesses by themselves. When it comes to mental health, if people are struggling, most of the time they will not open up until they are with someone they completely trust. With this being said, in vulnerable populations, they may see getting help as a barrier due to them not having the same amount of insurance coverage, support systems, or confidence as other populations might have. These people may be afraid that they are not going to be treated due to possible discrimination of how little they have. In health care, you will see and help people who are struggling with mental health. In those moments, you need to do anything you can to help them and make sure that they are safe. With that as being their health care provider, those patients are coming to you for help and are expecting you to be able to help them. Understanding culture competence will allow you to give them the best possible care that you can because you understand how to help them in those moments. There will be a better understanding of the whole situation itself and if there are any barriers when it will come to the treatment time. If I were to have a patient who was struggling with mental illness ask me to help end their life I would do everything I can to do the opposite. They came to receive help and to get better and that will be my primary goal for them. When it comes to mental illness, the people who are struggling sometimes feel as if they can only hold on for so long and then are done. When they get to that point, they are going to

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need all the support and encouragement that is possible due to how rough it is to battle a mental illness. If needed, I would stay with the patient for as long as needed to show them that they do not need to end their life. When responding to the patient, I would make sure to explain to them that they are going to fight for however long that's needed and that they have a support system. I would simply do everything in my power to help that patient even in the hardest times.

Overall, when in health care, you need to understand what culture competence means. When knowing and understanding this, you will be able to provide that patient with the best possible treatment that you can provide for them. This makes you aware of what possible boundaries the patient might have and just make the care that you're providing as good as possible. Even when it comes to the mentally ill in vulnerable populations, they still deserve the health care that others have. With effects of mental health, these people need to be treated as soon as possible or else it can be a downward spiral.

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