

Vulnerable Populations

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“Cultural competency means being aware of your own cultural beliefs and values and how these may be different from other cultures—including being able to learn about and honor the different cultures of those you work with” (National Technical Assistance and Evaluation Center for Systems of Care, 5). Cultural competence is essential in nursing care as nurses should not discriminate towards anyone according to their values and beliefs. Nurses should put their own beliefs and values to the side when providing care for their patients. Nurses should also base their care off of the patient’s beliefs and values if the nurse is able to safely do that.

Pregnant women are very vulnerable people in this world. They are growing a whole human inside their body. Pregnant people have to eat more food because they are supplying nutrients for themselves and their child. Their immune systems are weakened, most of them are very stressed out, and are lacking proper sleep and rest. Along with physical vulnerability, many pregnant women are emotionally vulnerable as well. The many hormones you make while pregnant can take a toll on your emotions. This can cause pregnant women to have a mix of highs and lows with their emotions.

While a person is pregnant they will have many needs: prenatal care, education on pregnancy, adequate nutrition, adequate physical activity, and social well-being/emotional support. Prenatal care is very important as it will ensure the moth and the baby’s health throughout the whole pregnancy. Education on pregnancy is needed so that the parents know what to expect and what is normal. Adequate nutrition is a must because without proper nutrition for the mother and baby, the baby may suffer a multitude of problems. Physical activity while child bearing is important because it may decrease the mother’s chances for different complications. Social well-being is important to keep the mother’s mental health in good spirits.

Emotional support throughout a pregnancy/delivery is essential as it is a traumatic experience to go through without someone to help.

Many people in society judge pregnant women. In the workplace, if a woman is pregnant, she is less likely to get hired and/or promoted (Skorinko et al., 2020). Employers often see a conflict may arise with childcare and the pregnancy leave with an expecting mother. Also, many pregnant women who are in hischool/college/grad school experience bias as many people in society believe that women should wait to have children until they are done with schooling. Many people also judge people who are pregnant pre-marriage as society and many religions do not think a woman should get married before she is married.

Pregnant women are also judged by their weight gain with pregnancy (Skorinko et al., 2020). Many women experience humiliation with their pregnancy weight gain, even though it is normal. The thing that society doesn't see is the fact that many women already have self-image problems with their weight pre-pregnancy. Once they are pregnant, and start gaining weight their self-image gets worse. Also, every pregnant mother is different as one mother may gain 40 pounds with a pregnancy while a different mother gains 100.

With all of the judgement that pregnant women receive, it is very likely for them to feel depressed. Expecting mothers who may be experiencing depression could also be experiencing suicidal thoughts. With pregnancy and suicidal thoughts, it is not just the woman's life that could potentially be in danger, but also the baby's. If this patient wanted me to assist them with ending their life I would tell them that they have plenty of options to explore. I would educate them on how to get help with these feelings and ideations that they are having. I would make sure that they did not feel alone in this season of their life. I would also ask about a support person if they

have one. Lastly, I would stay with them until I know that these feelings are gone, or I can get someone that will help more than I can.

In conclusion, cultural competency is essential in the career of nursing. Nurses should take the patient's beliefs into consideration when planning care for the person. This includes pregnant women. Pregnant women normally have beliefs and values about their pregnancy/delivery that they will expect nurses and doctors to go off of. Pregnant women also have different needs than the average person throughout their pregnancy. Lastly, pregnant women experience a multitude of judgement throughout their 40 weeks of pregnancy.

References

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