

## **Vulnerable Populations Paper**

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**Cultural Competence**

Cultural competence is not specifically defined in a certain way and can be interpreted in many different ways. We need to make sure that we are aware of the different beliefs, values, and behaviors that patients will have. These are all important and different in each culture. “These social determinants of health (SDH) include, but are not limited to, education, housing quality, and access to healthy foods. It has been proposed that racial and ethnic minorities have unfavorable SDH that contributes to their lack of access to healthcare” (Nair, L., & Adetayo, O., 2019). It is important that we recognize that every culture is different and does not think in the same way. In healthcare there is so much diversity and we must make sure that everyone feels comfortable. Cultural competence means that we should not discriminate because of someone's race or beliefs.

Cultural competence is a very important part of nursing. “Cultural competence is one of the principal foundations of clinical nursing. It has not yet been clearly defined and analyzed and there are different views regarding this issue” (Sharifi, N., Adib-Hajbaghery, M., & Najafi, M., 2019). One of the reasons that this is such an important aspect in nursing is because we need to make sure that every patient that is in our care is receiving the best possible care. “Findings indicated that cultural competence is the ability to provide effective, safe, and quality care to patients from different cultures” (Nair, L., & Adetayo, O., 2019). This means that we should be treating every patient equally. We should not be giving someone less care than another person because of their race, gender, or different beliefs.

### **Vulnerable Population**

The vulnerable population that I chose is children, specifically young children. I chose this topic because I am really interested in working with young children after nursing school. I believe that all children should receive the best possible care and when they are young, many

times they don't understand what is happening. This is why they are a vulnerable population and are an easy target. Some of the individual needs that children have is safety, food, shelter, clothes, social interaction and so many more. This is why I think that they are very vulnerable people because they need someone to be able to provide these things for them. They are not able to live on their own and take care of themselves without having an adult. "Neighborhoods demonstrating less child developmental vulnerability than that predicted by income have greater ethnic and ethnic-immigrant homogeneity than neighborhoods with child developmental vulnerability concordant with income" (McRae, D., Muhajarine, N., Janus, M., Duku, E., Brownell, M., Forer, B., & Guhn, M., 2020). This was the outcome of a study that was done in Canada, and it explained how children with parents that have a lower income are more likely to be vulnerable than those with a higher income. This is due to the possible risks of them being malnourished, little hygiene, social interactions, and the ability to provide food or clothing.

In my opinion I feel that some people take their frustration out on the kids when sometimes they are really mad at the parents. I believe that no matter the circumstances, all children should be able to receive the proper care that they need. I feel as if some people are biased towards children that are in foster care and do not treat them as equal as some who are in better situations. I believe that this is just going to make it harder for the child and can impact them in a negative way. Another reason why kids could be targeted is because of their race. This is another reason I believe is extremely unfair to them because they were not able to choose that and it's not something that should impact the way that they are given care. I also feel like children are at a higher risk of infections and diseases at a young age due to their immune systems being lower and not able to fight off as much as adults. Overall, all of these reasons are

why we should fight for children to receive the proper care and be taken care of to the best of our abilities.

I feel like we should still give care to all humans whether they are homeless or not. I specifically chose this because if a child is homeless, then they are going to be going through so much at a young age. These children already have to deal with way more issues than most children do. When a child is homeless, it is not their fault. I truly believe that it is the parents responsibility to make sure that they can provide for their child. That child should not have to worry if they were going to be able to eat that day. I know some people have financial issues where this is a struggle and they try their best, but I think that some people out there will put themselves first over their child. I still think that if there's a sickness or a need for care, these families should have somewhere they can go to receive care and take some of the weight off of their shoulders.

## **References**

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