

Vulnerable Population

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Cultural competence is the way that the people and the organization go above and beyond the expectations from the health care services. There are various aspects from the health care service, such as social, cultural, and linguistic that the patients are needing (Health policy institute). With cultural competence, health care can improve significantly. It gives everyone insights on different cultures, diversity, and meeting various kinds of people. Cultural competence is crucial because it can help everything to understand how every person is unique. Every patient's needs and wants are going to be different with patient care because of the environment they were raised in. This plays a significant part in the care that the healthcare team gives to the patient (Healthy policy institute). To help increase the quality of competent care in nursing we can build trust between the care team and the patients (Nevada State). This trust will extend to the families of the patients as well. Having the trust between the patient and provider is essential, because if we don't then the healthcare team won't be able to know what is hurting the patient and give the proper care they deserve. When the patient receives the proper care and the satisfaction is met, then the overall outcome of the treatment improves. This doesn't only apply to the hospitals, but it can apply everywhere and affects our daily lives.

The health care system in the United States can be frustrating at times. The sort of health insurance can vary depending on what health insurance you have. Those who have more health coverage, it means that you can afford more to pay monthly or yearly. Unfortunately, there are people who can't afford to pay for health insurance, which can lead to improper care when they are sick or injured. People who are in these situations can end up dying without the attention of proper care. They need health insurance, because we all should be able to receive treatments when we need it. There are adults and children who have chronic conditions and without insurance the cost to get the medications and the treatments are very expensive. According to

Healthy People 2030, there was a study done and it showed that those who have insurance access and who can afford it, it was found that they are healthier because it is easier to monitor and maintain better health (Healthy People 2030). While Medicare and Medicaid systems are available that help the elderly or the low-income individuals. However, the criteria for those are so strict and there are so many of them that it is sometimes nearly impossible to get those insurances. These types of insurances have so many restrictions on what kind of service they are able to get or what doctors are taking their insurance, etc.

Sometimes it can be challenging to think from other's perspective. I believe that everyone should get some sort of health insurance no matter what. It's like something they should be born with. I have a bias that the insurance companies are not fair. Whenever I hear stories about insurance companies, they always deny things for the weirdest and stupidest reasons. I also judge the amount that hospitals charge patients after they are sent home. It's ridiculous to me how much the bill is for just staying one night. It also frustrates me how the people at the hospital always charge for something that doesn't necessarily need to be done. Like they don't have a good enough reason as to why they do some things, like tests, labs, even procedures. All of these were my thoughts when I was a patient, but now that I work in the healthcare field, I do understand where the hospital can come from now with these bills. However, I won't ever fully understand, but I now see some different points of view. I understand that a hospital is also a business, but I don't think that means that we can just do whatever we want to the patients.

I firmly believe that everyone should get the same health benefits. I do understand that there are different circumstances for each country, so it is difficult to give the same benefits. However, we are talking about our lives here. People are talking about how developed the whole world is going to be, but they don't realize that not many people will be there to see the future

world. I think prioritizing the ones in need comes first before we all start talking about the future. I also see the homeless and the impoverished people out there enduring the extreme weather conditions and can't help but to look at them. Instead of just giving the money, what I do is if I am not in a hurry to do anything and if I see someone struggling, I usually buy some food and hand it to them. That is the least I can do, because it is not their fault that they are in that situation.

Being open to different cultures is very important, especially in this society. We are all about treating everyone equally and I strongly agree with that, because no one wants to feel left out. If I was being taken care of as a patient, I would want the same care that everyone else gets. There could be some language barriers at times, but I think nowadays there are so many ways we can overcome that. Becoming a culturally competent nurse can be hard, because of so many circumstances you must watch out for. However, it is not hard to learn how to be a culturally competent nurse. Not only a nurse, but also a culturally competent person.

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