

Vulnerable Population APA Paper

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Cultural Competence

According to the nurse journal, "The importance of cultural competence in nursing focuses on health equity through patient-centered care, which requires seeing each patient as a unique person" (Deering, 2024 para.1). Cultural competence provides care to any individual regardless of cultural background. Over the years, the definition of cultural competence has changed; in research, California State University includes "Several nursing theories and models of cultural competence were developed as a conceptual or theoretical framework to guide research to generate new cultural knowledge" (Gillman, 2020, p637). Cultural competence is necessary because it means respecting an individual's values, beliefs, and practices while providing them care. Four components of cultural competence care include awareness, attitude, knowledge, and skills. Nurse Journal states, "Together these components contribute to a high degree of cultural competency, and nurses can integrate them into the care of their patients" (Deering, 2024, para 8).

Vulnerability Population

Those with limited access to health care, such as low-income and homeless individuals, have a difficult time trying to find healthcare services due to having no job with access to insurance. According to Heather, "Homelessness and poverty often go hand-in-hand. Low-income individuals often struggle to find affordable housing, health care, or reliable transportation and can struggle to find and keep a job" (Gillman, 2020 para 8). Being a part of the population can lead to increased health risks, which can include chronic illness, mental illness, and substance abuse. Individuals in this population lack insurance, limited availability of services for their needs, and lack of stable housing. These issues and more issues need to be addressed so that social, mental, and physical needs can be met for this population. Usually, this

group has a hard time getting health care services due to the misuse of controlled drugs that are being provided. According to Continuing Professional Development Webb research states, "Anyone using homelessness services may have a chaotic daily routine, or there may be significant issues within the service's premises that prevent the storage or administration of controlled drugs" (Webb, 2018, p.58).

Bias and Judgement

Trying to identify any prejudices or judgments on my part is an ongoing process that's sometimes triggered by the mention of extreme situations that I know little about. It's very tempting to make assumptions about people who are homeless, who are in financial distress, or who are living in poverty to see them as people solely defined by these circumstances rather than individuals with diverse interests and résumés of their own who might have different strengths. I've often questioned their decisions or doubted their abilities, an awareness that can sabotage empathy. This accountability tempts me to challenge those impulses and cultivate a more empathetic attitude forcefully. When individual stories are put in front of me, it is easier to envision their struggles as someone's circumstances rather than because of who they are. Social justice is a crucial contribution for nurses, especially for people experiencing homelessness, it stresses human rights and equal access to care. Nurses promote public health by raising peoples' awareness of health issues and nutritional resources; they educate and advocate for societal changes to reach historically marginalized groups such as homeless individuals. They support patients with current and future healthcare needs as they access the services needed. Nurses from various practice settings also serve their communities in outreach programs for education and screening, replenishing food pantries, distributing feminine hygiene products and new socks, and making essential supplies available to people living on the streets or in resource-poor

environments like homeless shelters. They contribute to studies on social determinants of health, co-author legislative briefs informing relevant policies promoting health equity, and raise public consciousness about the inhumane living conditions of people who are homeless. Nurses are often now informed that cultural competence, which describes the capability of nurses to be more aware and accepting of consumers' cultural backgrounds, is a very important part of nursing practice. In nursing practice, cultural competence promotes sensitivity and respect for the cultural backgrounds of healthcare consumers. Provide clinical care across the lifespan, acknowledge their own biases, and deliver healthcare services in a culture that recognizes and appreciates the diverse heritage, limited English proficiency, and education needs of others.

Personal feelings

Helping a homeless or less unfortunate individual is an elevated source of meaning because, ultimately, I'm doing something of value for other people who might not have the same access to healthcare. It takes an emotionally intelligent kind of savvy working with homeless populations or low-income populations to provide care. My motivation is a combination of empathetic feelings of care, my sense of responsibility in caring for people who need it, and my sense of myself as someone who is action-oriented or able to take action in meaningful ways. Most of them live in less stable and less resourced circumstances than me, and I feel a commitment to their goals. However, I also feel a degree of humility and sensitivity because every human life is narrated differently, and it's essential to figure out each story without judgment. I think about this added level of difficulty a lot, and my biases constantly require reflection and persistence to mitigate. The process of providing care to this particular group requires thoughtful consideration, both emotionally and clinically. It is, at one level, a professional responsibility. It reinforces my belief that there should be an equilibrium in

healthcare so that individuals with sincere clinical needs can access the consultation. I do believe that everyone deserves respect, clinical care, and support when it comes to receiving healthcare services. I am challenged and rewarded by this process and motivated to develop my skills continually during my journey of helping those in need.

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