

Cultural Implications

Joey Runde

Lakeview College of Nursing

### **Cultural Implications**

There is a lot of different cultural diversity within the health care field. Throughout my career, I will come across a lot of different vulnerable populations. I will need to understand how to care for these people and not be biased in any way. When I become a nurse, I will have to deal with a variety of different types of cultures. I will need to know how to act and care for people's problems when they have a different culture that I am not used to. Being able to deal with the different types of vulnerable populations and the different types of cultures for my job will go a long way. It will help me be a better nurse and build excellent relationships with my clients.

### **Vulnerable Populations**

As a nurse, I will be dealing with vulnerable populations every day. So, as a nurse, it is very vital to understand what kind of unique care I should provide to every patient that I see. There are so many different vulnerable populations out there. Some of the vulnerable populations you could come across are the mentally ill, the incarcerated, the unborn, and the people living in poverty. As a nurse, I will need to give fair and unbiased care to any individual that has any of those complications. Nurses need to consider the specific needs of the client when dealing with the different types of population to deliver quality care (Hood, 2018, p. 78). Being biased or not providing the right care to the client can possibly hurt the relationship between the nurse and the client. As a nurse, I need to forget and zone out my opinions about the patients. For example, someone who is living in poverty should receive the same amount of care as someone who has money. A bad relationship between the nurse and the client could cause bad client care. It is important to make sure that these types of people get the best care to help prevent anything that

could harm them. Giving them special needs and the right care can also help them from becoming emotionally ill. Once I begin working as a nurse, I will need to be mentally prepared and understand that I will be working with a variety of vulnerabilities in clients. When I do this, I will be able to provide my best care and build a healthy relationship with my client.

### **Cultural Competence**

Culture is a vast subject when it comes to the health field. There are a ton of different types of cultures that will be seen throughout my nursing career. Cultural competence is a contributed responsibility among individual nurses, indigenous leaders, and organizations (Canadian Nurse Association, 2018, p. 2). Being able to deliver the right care to an individual is very important. Not being able to deliver the right care could lead to a lack of trust in your client. A client will not respond back or be as interactive with the nurse if they do not agree with the care that is given to them. An example of this would be if a nurse is staring at a patient in his or her eyes and that client does not agree with being looked at in the eye (Hood, 2018, p. 281). That interaction could lead to the patient getting mad and not telling the nurse everything they need to know.

Having an understanding of what care needs to be given for each culture will go a long way in being a nurse. When a nurse develops his or her own personal ways or preferences for how they feel about a client's culture, it can cause damage to the care given to the patient. As nurses, we are committed to respect each client's culture and acknowledge what care could possibly impact the client in need (CNA, 2018, p. 2). Understanding culture competence will make me a better nurse compared to someone who does not develop cultural competence.

As a nurse, I am willing to provide care to anyone, no matter any differences they might have. A nurse needs to develop justice in order to treat people fairly and to provide equal care to everyone (Hood, 2018, p. 79). This takes place for someone who is even homeless. I would be glad to give great care to the homeless and the people living in poverty. Some of those people need the care more than anyone else because they don't have enough money to receive the care. I am willing to provide equal care to someone who is living in poverty versus someone who is not. In my opinion that would be unethical to not provide quality care to any human being. Telling the client that they can't receive the care because they live in poverty is not the moral and ethical thing to do. To me, a homeless person is no different than someone that has a lot of money. In my opinion, they are just another human being, and they should be able to receive the same care as everyone else. My main goal as a nurse is to provide equal care to everyone to help them get healthy.

Through my experiences as a CAN, I have yet to identify or see anyone being biased. As I gain more experience, I am sure I will encounter some biased views. For example, I am sure that one day I will experience a nurse or a client acting biased towards a culture; therefore, it is important that I know how to act and solve that situation during that given time. As a nurse, I will develop my own plan in order to limit the number of bias acts. In order to help me develop and give the best possible care to the clients, I will act as if every patient is myself because I know I would want the best care. No matter what difference or culture they might have, all I want is to make sure my clients receive proper health care.

References

Hood, L. J. (2018). *Leddy & Peppers professional nursing*. (pp. 78,79,281) Philadelphia: Wolters Kluwer.

Canadian Nurse Association. (2018). Promoting cultural competence in nursing. *Canadian nurse*, 114(3), 2.

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