

Cultural Implications

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

**Abstract**

The nursing career is full of decisions that you have to make based upon your own beliefs and values. This is something that I have never really thought about until now. Some decisions may be easier than others but there's always going to be those decisions that you really need to think about before you make them. As a nurse, I know that I am going to have to take care of other people from different cultures, some of those clients may even be from a vulnerable population as well, but I can't let their culture get in the way of them receiving the best care. I hope to be culturally competent so every client that I have will be taken care of in the best interest of their culture. There is only one thing that I can think of that would ever become a problem between my client and I, but I will find an alternative for that situation if it ever comes up.

### **Cultural Implications**

### **Cultural Competence**

Cultural competence is defined as “a set of congruent behaviors, attitudes, and policies that come together in a system, agency, or among professionals and enable that system, agency or those professionals to work effectively in cross-cultural situations” (NHMRC, 2006, p. 7) As a nurse, being culturally competent would help me grow into a better and stronger nurse. I would be able to take care of many other cultures, outside of my own, by knowing how to effectively communicate, understand, and interact with them and still be able to give them effective care that is the same as giving care to someone from my own culture. Regardless of the situation, as a nurse I have to make decisions for myself as to how I would take care of someone who is doing something or did something that I don't agree with. In situations where I question my clients beliefs I am going to have to ask myself, am I able to contribute quality health care to them or is it something that I just absolutely cannot get myself to do? If I was in a situation that I was not able to care for a client in an effective way due to a conflict between our culture and/or our beliefs then I would just remove myself from the situation in order to ensure that the client would be able to be taken care of with the best of care. If I removed myself from a situation then I would make sure that I found a replacement and the appropriate care was being provided even though I didn't agree with it. If I were to ever come across a culture that I knew nothing about then I would either research it until I understood or found someone that does understand that culture to take my place as the nurse for that client. According to Flowers (2004), “Lack of cultural awareness and failure to provide culturally competent care can greatly increase the stresses experienced by critically ill patients and can result in inadequate care provided by healthcare professionals” (Flowers, D. L. (2004, August 1)). I know that there may be conflicts

between my own beliefs and the beliefs of others but I will not be able to provide best and effective care to someone if I don't agree with that situation.

### **Vulnerable Populations**

A vulnerable population would be the unborn, especially now since there are many new laws being signed that enables mothers to abort their baby up to full term. This population has no way of protecting themselves in these situations because they aren't even born yet. As a nurse if I was asked to help with an abortion I would have to refuse and have someone else help in that situation. I wouldn't be able to do so because as a mother myself I wouldn't be mentally able to kill someone's baby regardless of the situation. As a young mom myself, I don't understand how someone would be able to just get rid of something because they regret the decision that they made. I also believe that just because my culture doesn't agree with it doesn't mean that others can't do it because it is their body and their right, but I, personally, would not be able to assist in the situation because I don't think I would mentally be able to because I believe that it is not right regardless of the situation. I believe that if you make the decision to participate in the action that could potentially result in you having a child then you should deal with that result as opposed to just getting rid of it. I also understand that there is a medical side to someone getting an abortion as in the baby is not going to make it after it is born and reasons like that but with my beliefs an abortion is an abortion.

**Reference Page**

Flowers, D. L. (2004, August 1). Culturally Competent Nursing Care. Retrieved September 30, 2019, from <http://ccn.aacnjournals.org/content/24/4/48.full.pdf.html>.

NHMRC (2006). Cultural competence in health: A guide for Policy, partnerships and participation. Canberra, ACT: National Health and Medical Research Council