

## N432 Clinical Cultural Report

### Objectives:

- Describe cultural and ethnic characteristics that influence health care
  - a. Cultural and ethnic characteristics that influence health care can include religious beliefs, cultural norms, and at times language can be a barrier to health care. Religious beliefs and cultural standards can influence or change the type of care that is able to be provided. Language differences can become a barrier to patient education and building trusting relationships.
- Identify factors that could affect the interaction of the nurse and the client in terms of culturally different health care values
  - a. Language barriers can affect the interaction of the nurse and client by preventing effective communication regarding care and patient education. Religious beliefs and cultural norms regarding health care may influence the direction of care or may prevent certain treatments or interventions.
- Discuss ways to provide culturally sensitive care in the Maternal/child setting
  - a. Ensure all cultural and/or religious beliefs are respected by conducting a cultural and spiritual assessment upon admission or at the start of care. Ask the patient if there are any reservations to care based on their cultural practices and ask if there is anyway the medical staff can assist in completing cultural/religious practices.

### Assignment

- Choose a cultural background of someone living here in central Illinois to research ex: Immigrants from Mexico or Central America, Amish, Chinese, Asian Indians, Pakistani, Pilipino, African Americans, Africans, Koreans, etc.
  - a. Immigrants from Mexico
- Use your book, the internet, and/or other scholarly resources to research the health beliefs and practices of the culture you choose
- Give a 5-minute oral report on what you found during clinical, providing specific tips for patient care on the Mother/Baby and Labor & Delivery units
  - a. Provide patient with the means to complete any cultural and/or religious practices, as long as they are safe for the medical environment.
  - b. Provide culturally sensitive care by completing cultural and spiritual assessment prior to providing care.
  - c. Involve the family and loved ones in care and support as the patient wishes.
  - d. Ask questions for any practices the caregiver is unsure about; better to ask than to assume
- Submit the written report and bibliography including the references you used for your report in APA format to the Dropbox by the due date specified in the Syllabus and the Weekly lesson plans.

Here are some areas you might explore for your report:

- Religion

- Describe the religious beliefs of the ethnic group/culture you've chosen
  - Most commonly, Mexican immigrants practice Roman Catholicism.
- Identify how these relate to health care, i.e. are male providers OK for female patients?
  - Typically, this religion does not affect health care.
  - Some Roman Catholics do not believe contraception should be used.
  - Male providers are not against the religion, but female providers may be preferred
- Healing beliefs and practices
  - How is pain and suffering viewed by people of this culture?
    - Pain and suffering is sometimes seen as a key part to leading a religious life.
  - Are there any special practices related to labor, delivery, and/or the postpartum period?
    - Mexican women are more likely to choose midwives as providers regarding labor and delivery
    - The post-partum period is seen as a time of rest
      - Cuarentena – 40 day period of rest following delivery; mother is to remain on rest and somewhat secluded-avoid intimacy
- Family life
  - What is the common structure of the family in this culture?
    - Father or grandfather is the head of the household.
    - Men teach their sons the roles and responsibilities of the family.
    - Women teach their daughters the roles and responsibilities of the family.
    - Female family members assist with cooking, cleaning, and caring for the newborn during the postpartum period
  - What is the role of elders? Live with the family? Respected/not respected?
    - In some Mexican families, the elders live with the family
    - The elders are highly respected
- Communication
  - What is the norm for this culture? Are females allowed to speak to strangers, or do their husbands speak for them?
    - Females are allowed to speak for themselves
    - Husbands are the head of the household
  - Verbal and nonverbal communication norms
    - Verbal primary means of communication
    - Non-verbal involves hand gestures and facial expressions
- Diet
  - Describe the significance of food for members of this culture. Are certain foods eaten after the birth of a child?

- Hot vs cold is considered greatly significant in this cultures
- Traditional maternal postpartum diet should only include chicken, burned tortillas, coffee and atole (corn and flour based beverage), nothing of a cold nature is allowed
- Modern medicine involves less restrictions; a varied diet
- How could culturally specific diet requirements impact hospitalization?
  - If the family is planning on the traditional postpartum diet; hospital food may not fit the requirements
  - Patient and family should be advised that home cooked meals can be brought in by family members

Note: You will be making broad generalizations. These may not be applicable to all people from this ethnic or cultural group.

## References

- ATI Nursing Education. (2016). *Content Mastery Series Review Module: RN Maternal Newborn Nursing Edition 10.0*. Assessment Technologies Institute, LLC.
- Flagg, J. S., & Pilliteri, A. (2018). *Maternal & Child Health Nursing 8th Edition*. Philadelphia, PA: Wolters Kluwer.

Grading rubric (Must achieve 77% i.e.7.7pts to pass)

Criteria	Possible Points	Points Achieved
Accurate description of culture (including local prevalence)	10	
Discuss the core values of the culture you chose	10	
Discuss the implications of these core values on health care including the childbearing experience.	5	
Provide at least three tips/suggestions/interventions your fellow students can use when working with patients of the culture you chose	15	
Must be written in APA format with a bibliography that has at least two references	5	

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**Date: October 20, 2019**

in APA format		
<b>Total grade</b>	<b>50 pts</b>	