Transcultural Nursing Care

By Mary Knutson, RN
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Objectives:

► To gain cultural knowledge, evidenced by correctly identifying examples of culturally congruent nursing care

► To utilize cultural knowledge by identifying at least one culturally congruent nursing intervention for the case studies presented
Why Is Cultural Knowledge Important to Nurses?

- Migration of people worldwide is increasing
- Communication and health technology bring diverse cultures closer
- Increased cultural conflict, clashes, and lawsuits
  - Health consumers expect their cultural beliefs, values, and rights to be respected
- Complementary “alternative” medicines and folk practices are often used
- Promotes peace, harmony and healthy living
Cultural Phenomena
(By Giger and Davidhizer, 1995)

公认的环境控制
- 健康/疾病/灵性信仰
- 健康传统/民间医学

生物变异
- 身体和遗传差异

社会组织
- 家庭和社会群体（宗教/族裔）

沟通

空间（个人空间/距离）

时间导向
Transcultural Nursing Research:

► Promotes cultural knowledge for current practices and future generations of nurses in a global world

► Discovers folk beliefs, values, and healing practices influencing health and well-being

► Assists people of various cultures through birth, illness, death or disability

► Makes culturally congruent care possible

  ▪ If care values, expressions, or patterns are known and used by the nurse
Example of Dominant Care Values: Mexican American

Cultural Values (from research):

- Extended family/interdependence with kin
- Patriarchal (male-dominant culture)
- Exact time less valued
- High respect for authority and the elderly
- Religion valued (many Roman Catholics)
- Native foods for well-being
- Traditional folk-care healers used
- Belief in hot-cold theory
Mexican Americans:

Culture Care Meanings and Action Modes

- Family love, aid, and involvement with extended family
- Respect for authority
- Protective male care
- Mother as care decision maker
- Use of folk-care practices
- Healing with foods
- Touching
- Acceptance of God’s will
Conducting Assessment:

► Incorporate cultural assessment into admission process and as needed
► Use your knowledge about the culture (cultural awareness)
► Remember that a patient may be traditional or non-traditional
► Conduct a holistic assessment, including discovery of folk practices
► Utilize an interpreter when needed
  ▪ Avoid using children to interpret
► Refer to Leininger’s Sunrise Model “Enabler”
Leininger’s Sunrise Model:

- **Culture Care (Worldview)**
- **Cultural & Social Structure Dimensions**
  - **Kinship & Social Factors**
  - **Cultural Values & Lifeways**
  - **Political & Legal Factors**
  - **Environmental Context**
  - **Language & Ethnography**
  - **Economic Factors**
  - **Educational Factors**
- **Influences**
  - **Religious & Philosophical Factors**
  - **Technological Factors**

- **Care Expressions Patterns & Practices**
- **Holistic Health (Well-being)**

**Individuals, Families, Groups, Communities, & Institutions in Diverse Health Systems**

- **Generic (Folk) Care**
- **Nursing Care**
- **Professional System(s)**

**Care Decisions & Actions**
- Culture Care Preservation/Maintenance
- Culture Care Accomodation/Negotiation
- Culture Care Repatterning/Restructuring

**Culturally Congruent Care [Health/Well-being]**

**Code: **

( Influencers )
Culturally Congruent Care:

Three modes of nursing care actions and decisions:

- Culture care preservation and/or maintenance
- Culture care accommodation and/or negotiation
- Culture care restructuring and/or repatterning
Culturally Congruent Care Planning:

► Nurses try to mediate between the client’s cultural beliefs and the nurse’s professional goals.
► Use mutually agreed upon interventions

► Include patient and extended family
► Work within the patient’s culture as it is
► Uphold cultural rituals whenever possible
► Avoid cultural imposition to avoid ethical problems, and lawsuits
How to Avoid Cultural Imposition:

► Understand that nursing and medicine are typically Anglo-American cultures
► Don’t use Nursing Diagnoses that “don’t fit” non-Western cultures or under-represented cultures
► Other cultures should not be treated the same as Anglo-Americans
► Learn and reflect on cultural differences
Case Study: What Would Your Intervention Be?

► A Mexican American mother brings her infant to the hospital
► She believes that a “fallen fontanel” occurs by pulling the nipple out of an infant’s mouth too rapidly, or by a fall
► The baby has not fallen, but the mother says he is restless, cries weakly and has poor appetite
► You see the baby’s dry mouth/poor skin turgor
► The folk cure is to restore the fontanel through gravity or pressure on the palate
► What will you do?
Case Study Two: What Would Your Intervention Be?

- A pregnant Mexican American woman has gained 30 pounds before the third trimester
- She believes that “You have to eat everything for your baby. You can’t watch your weight”
- Families demonstrate care by preparing traditional food, and satisfying any cravings of the mother
- They believe the mother’s eating habits are healthy for the fetus
- What patient teaching is needed?
Is This Culturally Congruent Care? Compare Cultures:

- Limit visitors to a postpartum woman to immediate family only (because she is tired)
- Teach mother of newborn how to change placement of charms, beads, or knotted strings when doing umbilical cord care
- Use translated handouts for all patient education
- A patient who refuses to sign consent forms should be assessed for illiteracy, or whether an interpreter is needed
Examples: (Continued)

- Use NANDA Diagnosis for Alterations in Parenting or Dysfunctional Coping because she dramatically expresses her negative emotions, and speaks sharply to her children.
- Allow food preferences/foods from home.
- Discuss modifications to fit prescribed diet.
- Use direct eye contact to increase trust.
- Use first name when speaking to patient.
Examples: (Continued)

- Request that a female patient sign consent forms without her husband being present
- Research interactions folk remedies (herbs, liniments or oils) with prescribed medications
- Discuss with patient and physician if a different medication would be safer with their folk remedies
- Allow flexibility, if possible, for treatment or medication schedule
- Remove a string or medal from patient’s body or gown without asking permission
Evaluate Your Nursing Care:

► Was there open communication between patient and nurse?
► Was the patient able and willing to follow through with the planned interventions?
► Were the patient’s health goals met?
► Were the nurse’s goals met?
► Were the patient and family satisfied with health care?

If “yes”, it was culturally congruent care!
Excellence in Nursing Care:

You reap the benefits of culturally congruent care when you use your Transcultural Nursing knowledge!
References:


This presentation was revised in 2010