Transcultural Nursing Care
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
► Use of complementary “alternative” medicines and folk practices
► Promoting peace, harmony and healthy living
Cultural Phenomena
(By Giger and Davidhizer, 1995)

►► Environmental Control
  ▪ Beliefs of health/illness/spirituality
  ▪ Health traditions/folk medicine
►► Biological variations
  ▪ Physical and genetic differences
►► Social organization
  ▪ Family and social groups (religious/ethnic)
►► Communication
►► Space (personal space/distance)
►► Time orientation
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: 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
  - Environmental Context Language & Ethnohistory
  - Political & Legal Factors
  - Economic Factors
- Influences
- Care Expressions Patterns & Practices
- Holistic Health (Well-being)

Indicators:
- Individuals, Families, Groups, Communities, & Institutions in Diverse Health Systems
- Generic (Folk) Care
- Nursing Care
- Professional System(s)

Influencers:
- Care Decisions & Actions
  - Culture Care Preservation/Maintenance
  - Culture Care Accommodation/Negotiation
  - Culture Care Repatterning/Restructuring
- Culturally Congruent Care [Health/Well-being]
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?
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
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:


