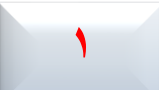

Trans-culture nursing



Why Trans-cultural nursing

1. Trans cultural nursing is an essential aspect to health care today. The ever-increasing multicultural population in all over the world poses a significant challenge to nursing providing individualized and holistic care to their patients.

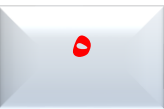


What is the trans-cultural nursing

A humanistic and scientific area of formal study and practice in nursing which is focused upon differences and similarities among cultures with respect to human care, health, and illness based upon the people's cultural values, beliefs, and practices, and to use this knowledge to provide cultural specific or culturally congruent nursing care to people

2. This requires nurses to recognize and appreciate cultural differences in health care values, beliefs, and customs. Nurses must acquire the necessary knowledge and skills in culture competency. Culturally competent nursing care helps ensure patient satisfaction and positive outcomes

3. Because of the escalating multicultural society in all the worlds, trans cultural nursing is a vital constituent of nursing care, mandating that nurses are culturally competent in their daily practice. Culturally competent nurses knowledge of other cultural ways and are skilled in identifying particular culture patterns so that an individualized care plan is formulated that will help meet the established health care goals for the patient



4. Holistic care means planning care to meet patients individual needs. In order to provide holistic care, nurse must also account for cultural differences in their care plans. This helps ensure that nurses provide holistic care because care plans are formulated based on individuals needs and cultures. Thus, nurses must be culturally competent in order to provide optimal care for their patients.

History of trans - cultural nursing

- ❑ In the mid 1950's Dr. Madeleine Leininger became a leader in establishing transcultural nursing as an area of study and practice.
 - ❑ Since then courses and programs have been offered by nurse leaders prepared in transcultural nursing.
 - ❑ The discipline has grown worldwide and is now recognized by nurses as essential to nursing and health care practices
-



-
- ❑ Leininger (1978) introduced the concept of trans cultural nursing and developed the culture care Theory to explain the culture competence
 - ❑ In 1974, the Transcultural Nursing Society was founded as a worldwide organization for nurses interested in advancing transcultural nursing in education and practice.
 - ❑ The Society continues to serve as an important forum to bring nurses together worldwide with common and diverse interests to improve care to people of diverse and similar cultures.



-
- ❑ Transcultural Nursing Society has sponsored annual conventions that cover a variety of contemporary issues and practices in the field of transcultural nursing.
 - ❑ In 1989 the Journal of Transcultural Nursing was first published with substantive theoretical, research and practice dimensions focused on transcultural nursing phenomena.

Mission of Trans-cultural Nursing Society

The mission of TCNS is to enhance the quality of culturally congruent, competent, and equitable care that results in improved health and well being for people worldwide



Vision Trans cultural Nursing Society

The TCNS seeks to provide nurses and other healthcare professionals with the knowledge base necessary to ensure cultural competence in practice, education, research, and administration



Philosophy / Values

Trans-cultural Nursing Society

- ❑ TCN is a theory based humanistic discipline, designed to serve individuals, organizations, communities, and societies.
- ❑ Human care/caring is defined within the context of culture.
- ❑ Culturally competent care can only occur when culture care values are known and serve as the foundation for meaningful care.
- ❑ Advanced educational preparation in TCN enhances the practice of culturally competent care

Goals of TCNS

- ☐ To advance cultural competence for nurses worldwide
- ☐ To advance the scholarship (substantive knowledge) of the discipline
- ☐ To develop strategies for advocating social change for cultural competent care
- ☐ To promote a sound financial non-profit corporation

How nurses can be competent in
diverse culture care

Culture Awareness

- ❑ Culture awareness entails an understanding of how a person's culture may inform their values, behavior, beliefs and basic assumptions
- ❑ culture awareness recognizes that we are all shaped by our cultural background, which influences how we interpret the worlds around us, perceive ourselves and relate to other people

-
- You don't need to be an expert in every culture or have all the answers to be culturally aware; rather , cultural awareness helps you to explore cultural issues with your care recipients more sensitively

Remember

- Be aware of your own cultural influences
- Be aware of judging other people's behavior and beliefs according to the standards of your own culture
- Be aware of making assumptions about culture influences and applying generalizations to individual
- Understand that the behavior and beliefs of people within each culture can vary considerably

•

Cultural Care Assessment

CULTURE HERITAGE

□ Culture is passed from generation to generation and they often relate to religious practices, food, art, language, health and how we relate to family, friends and community. Culture affects our health behaviors in that it influences our perceptions of illness, how we seek out healthcare and our response to treatment

-
1. View all cultures in the context in which they developed. Cultural practices arise out of a need to meet human problems.
 2. Identify the purpose for particular behaviors of a culture.
 3. What is the meaning of the behavior in the cultural context. This needs to be examined in the light of their culture, not the health care professionals culture.
 4. Recognize intra cultural variations. There may be several subgroups within one cultural group or there may be groups that have acculturated to another culture

The major focus of assessment

Is to identify culture care beliefs ,values, patterns, **expressions**, and meanings related to the clients needs for obtaining or maintaining health or to face acute or chronic illness, disabilities, or death.

Cultural expression assumes many form:

1. Language
2. Spirituality
3. Works of art
4. Group customs and traditions
5. Food preferences
6. Response to illness

Cultural expression assumes many form:

- 6. Stress and pain
- 7. Bereavement
- 8. Anger
- 9. Sorrow
- 10 Decision making

Purposes of a culture care assessment:

- ❑ To discover the clients culture care and health patterns and meanings in relation to the clients worldview, life ways, cultural values, beliefs, practices, context, and social structure factors.
- ❑ To obtain holistic culture care information as a sound basis for nursing care decisions and actions.

-
- ❑ To discover specific culture care patterns,....., that can be used to make differential nursing decisions that fit the clients values and life ways and to discover what professional knowledge can be helpful to the client.
 - ❑ To identify potential areas of cultural conflicts, clashes, and neglected areas resulting from emic and etic value differences between clients and professional health personnel
-

-
- ❑ To identify general and specific dominant themes and patterns that need to be known in context for culturally congruent care practices.
 - ❑ To identify comparative cultural care information among clients of different or similar cultures, which can be shared and used in clinical, teaching, and research practices.

-
- ❑ To identify both similarities and differences among clients in providing quality care.
 - ❑ To use theoretical ideas and research approaches to interpret and explain practices for congruent care and new areas of Trans- cultural nursing knowledge for discipline users.

Assessment areas to consider
when trying to provide
culturally sensitive
care

Biophysical

□ Age and Sex-

There may be cultural attitudes toward age. Respect is often given to older individuals. In India, male babies are more valued than female babies.

□ Genetics-

Genetic inheritance may have health implications

Biophysical Cont.

□ Physiologic function;

Attitudes toward the body Approaches to hygiene such as bathing, hair and skin care may vary. In India, it is considered indecent to uncover the shoulders and upper arms. It is considered inappropriate for members of the opposite to show affection in public. It is very common to see same sex affection openly in India among friends.

Psychological

- What is the attitude and belief toward mental illness in the cultural group? In India, there is not a distinction between mental and physical illness. There are very few mental hospitals or psychiatric practices.
-

Psychological ... Cont

□ Authority and Decision making

Clients may agree with a health care provider because of their authority rather than reflecting their motivation toward health promoting activities. How are decisions made within a cultural group? Is there a central authority figure, democratic process or group decision? It is common in India (especially in the villages), to have the father or husband as the decision maker.

Physical

❑ Geographic isolation and physical environments.

Most villages in India have no availability to health care. Not only is distance to health care providers a problem but other problems include; poor roads that flood, access to transportation, assistance with child care, and loss of income from not working. Lack of indoor plumbing and safe water to drink results in many gastro- enteric problems and is one of the causes of mortality in India.

Social

❑ Relationships within society

In India, there is the caste system. They are born into a caste and it determines who they will marry and what they will do for a living. There are four castes. Within castes they have subgroups within which there are social and cultural directives on how to act and live.

Social ... Cont

□ Attitudes toward change

In India, people have little access to the means to change the circumstances in their lives. This leads to attitudes of resignation and acceptance in their future. This is most true in the villages. In the young urban upper caste youth, there is more awareness, resources, and empowerment to bring about change.

Social ... Cont

❑ What is the place and role of the family within the culture?

In India, when a woman marries, she joins her husband's family and becomes a part of a large extended family. She often lives with his family and has many domestic responsibilities. A good image of the family is the primary responsibility of the family members. Respectability is determined by moral virtues of its' members. If she is Muslim, there may be more than one wife.

Social ... Cont

❑ What is their time orientation? (past, present or future).

In India, they are not as concerned with specific time schedules. If they have to go to the doctor, they just go and wait in line.

Social ... Cont

□ Communication:

Language- You may need an interpreter who is familiar with the language and culture. Ask them how they would like to be addressed or titled. This is a sign of respect. Very often, first names are reserved for close friends or family..

Social ... Cont

- Demeanor-(To know what behavior is acceptable in a culture).

In India, men and women do not show affection in public with the opposite sex. It is common for men or women to show affection for each other by holding hands or putting their arms around each other.

Social ... Cont

❑ Beliefs and Values

What emphasis does the culture have on success, material goods, competition, education, and personal achievement? In India, these beliefs are tied to the caste system and many are resigned to their station in life. They have a belief in the doctrine of Karma, or "what you do in this life affects your next life" This belief has power in how they treat other beings.

Social ... Cont

□ Religion

Hinduism is predominant in India and is more than a religion, it is a way of life. They also believe in the "evil eye" and reincarnation

Behavioral

□ Dietary practices

The Muslim population does not eat pork or drink alcohol. They fast during the 30 days of Ramadan and can only eat after sundown during this period.

In the Hinduism population, many are vegetarian and do not eat meat. They feel all life is sacred. In India, they eat with their right hand. The left hand is never to touch food and is considered unclean. The upper caste in India can not eat food prepared by a lower caste member or it is considered unclean.

Behavioral cont

□ Dress

Hindus wear saris, a 6 yard long piece of fabric draped around their body, or a salwar-kameez, a baggy pajama with a loose tunic.

Muslim women wear a burka, a covering of the head, face and hands

Behavioral Cont

□ Conception and Contraception

In India, the wife usually gets pregnant after marriage, and after three children gets sterilized. There are few options to contraception due limited health care resources. Traveling clinics go to villages to perform the sterilization procedures.

Behavioral Cont

□ Birth

Men are not allowed in the labor and delivery areas during birth. They have birth attendants, called midwives or dais in the villages. Almost all women breastfeed their babies.

Behavioral Cont

□ Death and Dying

In India, most Hindus are cremated. The body is bathed and dressed in fresh clothes and sandalwood paste is applied to the corpse. The body is placed on a pyre and faced north or south. The eldest son lights the kindling and walks around the pyre chanting a prayer for the well being of the departed soul. He lights the pyre after touching the mouth of the departed with the kindling. The ashes are put into the holy river or sea. An early funeral is preferred to the departed persons soul because it frees the soul from the body. They believe in reincarnation and that the soul will be reborn in another body.

Health System

- ❑ How do members of the cultural group define health and illness?
 - ❑ How do they view disease causation? Do they recognize folk health practitioners. What preventive practices are seen in the culture? What is the view of the scientific method? How do they view health care practitioners?
-

Other caring rituals important to assess

- ☐ Eating rituals
 - ☐ Daily and nightly ritual care activities
 - ☐ Sleep and rest ritual patterns
 - ☐ Life cycle rituals are especially crucial because they demonstrate patterns of caring for health, as well as illnesses and generic folk life ways
 - ☐ Nurse and hospital rituals
-

Leininger short culturalological assessment guide

- **Phase 1** : Record observation of what you see, hear or experience with clients (includes dress and appearance, body condition features, language, mannerisms and general behavior, attitudes, and cultural features).

 - **Phase 2** : Listen to learn from the client about cultural values, beliefs, and daily (nightly) practices related to care and health in the clients environmental context. Give attention to generic (home or folk) practices and professional nursing practices.
-

-
- ❑ **Phase 3** : identify and document recurrent client patterns and narratives (stories) with client meanings of what has been seen, heard or experienced.
 - ❑ **Phase 4** : Synthesize themes and patterns of care derived from the information obtained in phase 1, 2, 3.
 - ❑ **Phase 5**: Develop a culturally-based client-nurse care plan as co-participants for decisions and actions for culturally congruent care.
-

Cultural care tools

- Several different cultural assessment tools for the clients have been developed
 - One of the most thorough cultural assessments developed to date is based on Parnell's Model of Cultural Competence
-

CULTURAL COMPETENCE

□ cultural competence is the ability to think, feel and act in ways that acknowledge, respect and build upon ethnic, socio cultural, and linguistic diversity"

Culture competence:

- having the ability to understand cultural differences in order to provide quality care to a diversity of people. Culture competent nurses are sensitive to issues related to culture, race, ethnicity, gender, and sexual orientation. Furthermore, culturally competent nurses have achieved efficiency in communication skills, culture assessment, and knowledge acquisition related to health practices of different cultures.
-

Culture competence:

- Culture competence involves nurses continuously striving to provide effective care within the cultural confines of their patients the most comprehensive definition of culture competence in nursing practice is stated as being an ongoing process with a goal of achieving the ability to work effectively with culturally diverse persons, and additionally, to care for these individuals a keen awareness of diversity, a strong knowledge base and skills in trans cultural nursing, and especially a strong personal and professional respect for other from various cultures
-



Being culturally competent

- When you are culturally competent you will be able to meet the needs of your clients in respectful ways and traditions that may be different from your own
 - Being culturally competent is a continuous process in which we are constantly developing and refining our attitudes and behaviors as we relate to others
-

