

**Chapter 5**

Cultural Implications

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**Objectives**

- Explain the importance of culturally relevant care in psychiatric mental health nursing practice.
- Discuss potential problems in applying Western psychological theory to patients of other cultures.
- Compare and contrast Western nursing beliefs, values, and practices with the beliefs, values, and practices of patients from diverse cultures.

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**Minority Status, Race, Ethnicity, and Culture**

- **Minority status**
  - Subset of people who think of themselves \_\_\_\_\_
- **Race**
  - Can be defined: \_\_\_\_\_
- **Ethnicity**
  - 1
  - 2

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### Measuring Race and Ethnicity in the United States

- U.S. Census Bureau
  - Combined race-ethnicity categorization system
  - Influences their thinking and behavior
- Purpose
  - Racial-ethnic descriptions \_\_\_\_\_  
\_\_\_\_\_
  - The census helps to identify \_\_\_\_\_  
\_\_\_\_\_

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### Demographic Shifts in the United States

- In 2043, the U.S. population is projected for the first time to become: \_\_\_\_\_  
\_\_\_\_\_
- No one group will make up: \_\_\_\_\_  
\_\_\_\_\_
- However, non-Hispanic whites will: \_\_\_\_\_  
\_\_\_\_\_

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### Western Tradition

- Identity found in \_\_\_\_\_
- Values
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Mind and body: \_\_\_\_\_
- Disease has a \_\_\_\_\_, and treatment is aimed at the \_\_\_\_\_.
- Time \_\_\_\_\_
- Success is obtained: \_\_\_\_\_

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### Eastern Tradition

- \_\_\_\_\_ basis for identity
- \_\_\_\_\_ one entity
- Time is \_\_\_\_\_ and \_\_\_\_\_
- Born into a \_\_\_\_\_; duty to comply \_\_\_\_\_
- Disease caused by \_\_\_\_\_

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### Indigenous Culture

- Places significance on place of humans in \_\_\_\_\_
- Basis of identity is \_\_\_\_\_
- Person is an entity only \_\_\_\_\_
- Disease—lack of \_\_\_\_\_

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### Case Study: Discussion

Mr. H lives with his daughter, who has become concerned about his memory. "Sometimes he says he's going out to garden, but then he just disappears."

"Yesterday I was frantic. Then a neighbor brought him home from the shops nearly half a mile away. When I said, 'Dad, where were you trying to go?' he said, 'I don't know. Did I get there?'"



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### Audience Response Questions

Although his daughter has been here almost 15 years, Mr. H is a fairly new immigrant. He speaks some English and is highly educated. Although you've had no time to ask many questions, he is clearly of a more Eastern tradition. Which attitude would you expect him to share?

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_

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### Objectives

- Perform culturally sensitive assessments that include risk factors and barriers to quality mental health care that culturally diverse patients frequently encounter.
- Develop culturally appropriate nursing care plans for patients of diverse cultures.

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### Nonverbal Communication

	U.S.	Other
● Eye contact	_____	_____
● Personal space	_____	_____
● Touch	_____	_____
● Facial expressions	_____	_____
● Gestures	_____	_____

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### Impact of Culture on Mental Health

- Enculturation
- Deviance from cultural expectations can be defined as illness by other members of the group
- Ethnocentrism
- Cultural imposition

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### Norms of Etiquette

- Promptness
- Formal
- Recognition
- Touch
- Shoes in home
- How much clothing
- Food
- Small talk
- Communication
- Tone of voice
- Taboo topics

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### Cultural Barriers to Quality Mental Health Services

- \_\_\_\_\_ barriers
- Stigma of mental illness
- Misdiagnosis
- Cultural concepts of distress
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Genetic variations in pharmacodynamics

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### Populations at Risk of Mental Illness and Inadequate Care

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Mr. H is most definitely an immigrant, brought here by his daughter just 2 years ago expressly so she and her partner could take care of him.

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### Cultural Constructs

- Five constructs
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_

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### Cultural Competence Awareness

1. Cultural awareness
  - Examine \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ of own culture
  - Recognize that during a cultural encounter, three cultures are intersecting
    - Culture of the \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_

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## Cultural Competence Knowledge

2. Cultural knowledge

- Learn by \_\_\_\_\_
- Forge \_\_\_\_\_ with diverse cultural groups
- Learn by studying
- Learning cultural differences helps nurse
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

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## Cultural Competence Encounters

3. Cultural encounters

- Deter nurses from stereotyping
- Help nurses gain confidence in \_\_\_\_\_
- Help nurses avoid or reduce \_\_\_\_\_

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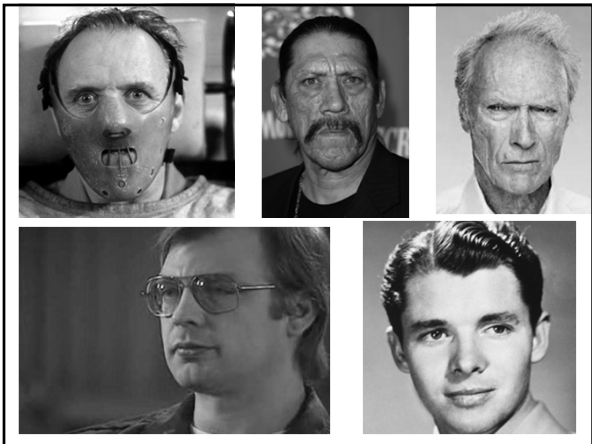
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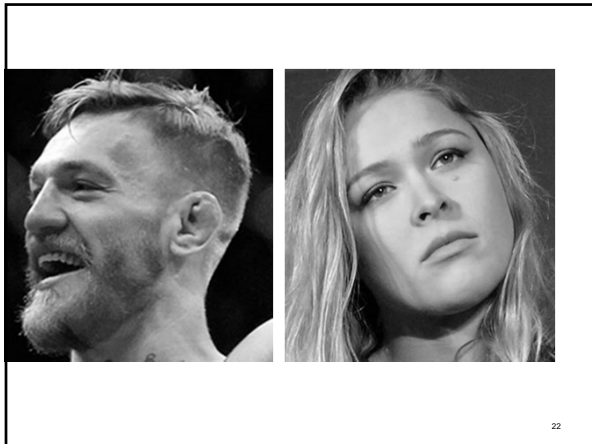
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**Cultural Competence Skills**

4. Cultural skill

- > Ability to perform a cultural assessment in a sensitive way
  - \_\_\_\_\_
  - \_\_\_\_\_
- > Goal
  - A mutually agreeable therapeutic plan
    - > \_\_\_\_\_
    - > \_\_\_\_\_

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### Case Study: Discussion

- Mr. H is admitted to your unit. In your assessment you identify some cultural patterns that may support or interfere with his health and recovery process.
- What can you do?



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### Cultural Competence Desire

#### 5. Cultural desire

- Genuine concern for \_\_\_\_\_
- Willingness to listen until \_\_\_\_\_
- \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_

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### Audience Response Questions

Which worldview would the nurse anticipate from a client who says, “It is important to save enough money to take care of yourself in your old age. We should not rely on anyone else to take care of us.”

- A. Eastern (balance)
- B. Western (science)
- C. Indigenous (harmony)

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### Audience Response Questions

Which term refers to individuals' belief that their cultural values and practices are correct and superior to those of others?

- A. Assimilation
- B. Enculturation
- C. Ethnocentrism
- D. Somatization

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