

## **NR 439 Week 8 Discussion: Reflection on Transcultural Nursing**

Professor and class,

As we have learned transcultural nursing is a vital aspect of the health care system in which nurses are at the front line of. It is pertinent that all nurses are culturally competent in order to provide optimum individualized, effective, and efficient care for the patient. Nurses need to maintain cultural competency so patient care is as individualized as the U.S.'s health care system is culturally and globally diverse. It's a Nurse's goal to provide holistic care. However, to implement such care, a nurse will need to consider the cultural difference in the care approach. This brings challenges to the nurses and all other health care providers and this, in turn, requires the health care provider to have the knowledge to recognize and appreciate cultural differences; this includes the value, beliefs, and cultural norms within the patient population.

I recall taking care of one patient admitted to our hospital with a diagnosis of exacerbated depression and bipolar disorder. As nurses, we maintain eye contact when communicating with our patients. This patient I took care of was a Native North American female. (Although I'm in southern Texas) I realized that any time I was educating her about her medication, she would refrain from maintaining eye contact and instead turn her head and look away. It is the culture of the Native North American culture that they regard eye contact as improper, their culture demands them to stare at the floor any time they have a conversation with someone, and this shows they are listening carefully to the nurse or whoever they are communicating with.

I also recalled taking care of another woman who was Hispanic and had been diagnosed with schizophrenia and depression. As I did her assessment and educated her about her medication, she also never maintained eye contact and always looked away. Being culturally competent, I have learned that different cultures have different cultural beliefs. However, being a nurse with the knowledge of transcultural nursing/cultural competency, I have gained the knowledge and skills in cross-cultural communication. This proves individualized care is based on cultural practice.

Taking this transcultural class gave me more insight and made me aware of cross-cultural communication, so I think I am better equipped to provide cultural competency care to different patient populations. I have also learned about various cultures and the way of communicating