

## Topic 4 DQ 1

Nov 14-16

**What are the methods a nurse can use to gather cultural information from patients? How does cultural competence relate to better patient care? Discuss the ways in which a nurse demonstrates cultural competency in nursing practice.**

### **Theresa Nwan Responded: Topic 4 DQ # 1**

Cultural competence in nursing practice is absolutely a necessity. Populations are growing and we are become more diverse. The nurse should understand different cultures and their practices and respect these differences in order to provide holistic care to patients in every health care setting. Cultural competence enables the nurse to educate patients effectively and empower them to promote their own health. When caring for patients regardless of race, culture, ethnicity or background, the nurses should suspend personal biases and fully respect patients in spite of differences, this help to provide cultural competency and eliminate outstanding health disparities in patient. Cultural competency means to be aware of differences related to culture, adjusting plans of care accordingly, and remaining sensitive and respectful of choices patients might make based on their culture. Becoming culturally competent is a continual process for health care providers that requires continuous education, self-awareness, and evaluation in order to provide holistic, culturally competent nursing care (Falkner, 2018).

According to Alvernia University (2019), framework for delivering culturally competent nursing services include:

#### **Cultural Knowledge:**

This involves inquiring and obtaining information that is based on different cultural and ethnic groups. Information is obtained through offered sources such as seminars, textbooks, internet resources and journal articles.

#### **Cultural Awareness:**

The nurse should be aware of the patient's cultural and professional background. It is quite helpful to gather information from patients.

#### **Cultural Encounter:**

Nurses are encouraged to directly engage in cross-cultural interaction with patients culturally diverse backgrounds. This is an ongoing process that does not need to be mastered.

#### **Cultural Desire:**