Cultural Diversity

Cultural diversity refers to the differences between people based on a shared ideology and valued set of beliefs, norms, customs, and meanings evidenced in a way of life. Culture consists of shared values, beliefs, and behaviors including spirituality, ethnicity, and language of a group of people. The impact of culture as a causative influence on the perceptions, interpretations and behaviors of persons in specific cultural groups is important. Knowledge of the patient’s culture is essential in understanding how culture affects the person’s health related beliefs and behaviors, and the nursing approaches that might be most successful in their care. Cultural diversity is integrated into Mt.SAC Nursing Program curriculum to ensure nursing students to embrace the knowledge and skills related to cultural diversity that can strengthen and broaden health care delivery systems by providing culturally sensitive and competent nursing care.

NURS 1A - The Nursing Process I

Objectives

1. Explain the relationship of religious, cultural and family beliefs in developing lines of resistance to reduce the impact of physiological, psychological, psychosocial and/or cognitive stressors related to the aging process.
2. Discuss the care to be provided to the different cultures in the Elderly population.
3. Demonstrate awareness of diversity among clients and implements modifications appropriate to client beliefs/values, age and culture.
NURS 1B - The Nursing Process II

Objectives

1. Describe how the impact of the variables of culture, ethnicity, spirituality, religious beliefs and/or age may impact on client system communication patterns, time, orientation, food, nutritional/health practices, susceptibility to disease and beliefs about health, illness, sexuality, pain and death.

2. Demonstrates awareness of diversity among clients and implements modifications appropriate to client beliefs/values, age and culture.

3. Utilize assistive aids to maximize communication in non-English speaking clients (i.e. charts, computer devices, and interpreter).

4. Assess and state actual or potential stressors, which may affect assigned clients pain experience, including development, cultural, spiritual stressors.

5. Identify life cycle and cultural influences upon behavioral reactions to hospitalization and illness.

6. Demonstrate awareness of diversity among clients and implement modifications appropriate to client beliefs/values of CAM.

7. Discuss the components of Cultural Care nursing, heritage consistency, and health traditions.

8. Identify methods of cultural/heritage assessment.

9. Differentiate folk healing from biomedical care.

10. Identify factors related to communication with culturally diverse patients and colleagues.

11. Describe examples of the different health views of culturally diverse people.

12. Plan culturally sensitive, appropriate, and competent nursing interventions.

13. Assess and identify factors associated with spiritual distress and manifestations of it.

14. Identify the influence of spiritual and religious beliefs about diet, dress, prayer and meditation, and birth and death on health care.
15. Assess the spiritual needs of clients and plan nursing care to assist clients with spiritual needs.

16. Implement nursing interventions to support clients' spiritual beliefs and religious practices.

17. Identify desired outcomes for evaluating the client's spiritual well-being.

18. Implement appropriate communication techniques for non-English speaking, handicapped and/or aged clients with special communication needs.

19. Incorporate clients' developmental, cultural, psychosocial and sexual needs in planning and implementing nursing preventions.

20. Demonstrate awareness of diversity among clients and implements modifications appropriate to client beliefs/values, age and culture.

21. Implement appropriate communication techniques for non-English speaking, handicapped, and/or aged clients with special communication needs.
NURS 3 – Medical-Surgical Nursing -
Locomotion/Sensation/Integument/Oncology/Immunology

Objectives

1. Identify psychological and cultural factors influencing the client's responses to integument problems.
2. Demonstrate awareness of diversity among clients and implements modifications appropriate to client beliefs/values, age and culture.
3. Implement appropriate communication techniques for non-English speaking, handicapped and/or aged clients with special communication needs.
4. Using the Neuman Model as a conceptual framework, describe the relationship between clients' cultural and ethnic backgrounds, age, sexuality, and their response toward health status.
NURS 4 – Maternity Nursing

Objectives

1. Demonstrate awareness of diversity among clients and implements modifications appropriate to client beliefs/values, age and culture.
2. Teach proper nutrition to female patients based on their age, culture and ethnic practices.
3. Provide nutritional instruction relative to gestation, culture/ethnicity and current status (normal progress without any complications or pre-existing conditions.)
NURS 5 – Psychiatric Nursing

Objectives

1. Identify life cycle developmental tasks which are appropriate to culture, age and sexual variables, dominant concerns for the sole purpose of engaging the psychiatric client in therapeutic activities.
2. Explain the importance of culturally relevant care in psychiatric mental health nursing practice.
3. Discuss potential problems in applying Western psychological theory to patients of other cultures.
4. Compare and contrast Western nursing beliefs, values, and practices with the beliefs, values and practices from diverse cultures.
5. Perform culturally sensitive assessments that include risk factors and barriers to qualify mental health care that culturally diverse clients frequently encounter.
6. Develop culturally appropriate nursing care plans for clients of diverse cultures.
7. Demonstrate awareness of diversity among clients and implements modifications appropriate to client beliefs/values, age and culture.
8. Complete the Reading Assignment:
   a. Varcarolis Chapter 6 Cultural Implications for Psychiatric Mental Health Nursing
NURS 6 – Pediatric Nursing

Objectives

1. Describe the sub-cultural influences on child development.
2. Discuss the population of minority children in the U.S.
3. Identify the impact of culture on health.
4. Identify areas of potential conflict of values and customs for a nurse interacting with different cultural and ethnic groups.
5. Demonstrate awareness of diversity among clients and implements modifications appropriate to client beliefs/values, age and culture.
Objectives

1. Demonstrate awareness of diversity among clients and implements modifications appropriate to client beliefs/values, age and culture.

2. Describe and evaluate the relationship between client's cultural and ethnic backgrounds and their responses toward illness and health using the Neuman Conceptual Framework.

3. Using the Neuman Model as a conceptual framework, describe the relationship between client's cultural and ethnic backgrounds, age and their response toward health status.

4. Describe the roles of family, spiritual, culture, and societal influences in the development of attitudes toward pain and pain relief.

5. Identify one’s own role, beliefs and attitudes regarding pain management.

6. Educate patients and families in a culturally sensitive manner regarding appropriate expectations for pain management, including ensuring informed consent.

7. Identify the role of the client's age and cultural background in his/her response to the surroundings and to the primary, secondary and tertiary preventions that are selected for the client related to age, life-cycle events, and culture.

8. Identify cultural and psychosocial problems in patients with genitourinary disorders.
NURS 8– Medical-Surgical Nursing –
Circulation and Oxygenation

Objectives

1. Demonstrate awareness of diversity among clients and implements modifications appropriate to client beliefs/values, age and culture.
2. Describe and evaluate the variables that adversely affect the maintenance of nutrition, including cultural diversity, and plan and implement secondary prevention techniques aimed at solving nutrition problems.
3. Identify and evaluate the relationship between the client's cultural, ethnic, and life-cycle - geriatric variables and his response toward his health status, using the Neuman Conceptual Framework.
4. Identify cultural and psychosocial factors that influence coping for client.
NURS 10 – Medical-Surgical Nursing –
Integration/Regulation

Objectives

1. Demonstrate skills in communicating with clients with endocrine disorders and provide client teaching, including varying cultural approaches.
2. Recognize manifestations of anxiety/stress and assist clients to identify stressors; act to reduce stressors and anxiety.
3. Identify adverse effects of stress/anxiety and stressors on client status; utilize therapeutic communication principles appropriately.
4. Identify cultural factors that influence coping for the client.
5. State the role of cultural background in genesis of illness for the individual.
6. Demonstrate awareness of diversity among clients and implements modifications appropriate to client beliefs/values, age and culture.
NURS 11 – Preceptorship in Nursing

Objectives

In addition to laboratory objectives from previous courses (which include personal hygiene, human sexuality, cultural diversity, nutrition, pharmacology, legal aspects, social/ethical aspects, management/leadership threads) the laboratory objectives are as follows:

1. Utilizing nursing knowledge, skills and protocols to assure an environment conducive to restoration and maintenance of clients in clinical settings, including medical surgical settings and any areas where clinical objectives can be met, the preceptee will:
   a. Apply theoretical base to clinical practice.
   b. Demonstrate effective interpersonal communication skills.
   c. Demonstrate skills in written communication.
   d. Demonstrate professional accountability.
   e. Demonstrate application of the nursing process.
   f. Demonstrate clinical skills appropriate to entry level practitioner.
   g. Demonstrate increasing skills in decision making, priority setting, problem solving and organization.
   h. Demonstrate leadership skills.
   i. Demonstrate problem solving and skill attainment.
   j. Demonstrate critical thinking.