

It is a Small, Small World

Student's Name

Institutional Affiliation

### Week 3 Discussion: It is a Small, Small World

I have often encountered patients from diverse cultural backgrounds in my nursing practice, each bringing unique perspectives and expectations to their healthcare experience. One particular incident where cultural sensitivity played a critical role in eliciting a comprehensive health history.

While working in a community clinic, I was assigned to care for a middle-aged woman of Middle Eastern descent who spoke limited English. Understanding the potential cultural nuances, I first ensured that a professional interpreter was present to facilitate clear and accurate communication. Recognizing the importance of respectful language, I greeted her using formal titles and expressed a genuine interest in understanding her cultural background and health beliefs.

During the health assessment, I was mindful of maintaining appropriate physical distance, as I was aware that personal space is highly valued in her culture. I also noticed non-verbal cues, such as body language and facial expressions, to gauge her comfort level and adjust my approach accordingly. Additionally, I asked open-ended questions that allowed her to share her health concerns and experiences in her own words, which helped build rapport and trust.

My culturally sensitive approach had several positive impacts on her care. Firstly, it fostered a sense of trust and comfort, encouraging her to share more detailed and accurate information about her health history. This, in turn, enabled me to develop a more comprehensive and tailored care plan that addressed her specific needs and concerns. Furthermore, I established a solid nurse-patient relationship that facilitated ongoing communication and collaboration by respecting her cultural values and beliefs.

The positive impact of cultural sensitivity extended beyond patient care to collegial efficacy. My approach set a precedent for other staff members, promoting a more inclusive and respectful work environment. It highlighted the importance of cultural competence in healthcare, encouraging my colleagues to adopt similar practices in their interactions with patients from diverse backgrounds. This collective effort improved the quality of care provided and enhanced team cohesion and effectiveness.

In summary, expressing social and cultural sensitivity in nursing practice is essential for eliciting a competent health history and providing high-quality patient care. Nurses can build trust, improve patient outcomes, and foster a more inclusive healthcare environment by using respectful language, understanding cultural norms, and maintaining appropriate physical distance.

### **Peer Response**

Respond to at least two of your colleagues in one of the following ways:

Expand upon their Discussion.

Suggest an alternative to their viewpoint.

Ask a clarifying question about a colleague's proposed technique or strategy.

#### **Response 01**

Hey Max, nice post! Your experience with the Middle Eastern patient highlights the importance of cultural competence. I recall a similar situation with a Southeast Asian patient where understanding dietary restrictions was crucial. Have you considered using cultural liaison services for deeper engagement? Incorporating cultural competence training for the entire team can further enhance patient care. Your insights are invaluable for improving our collective practices. Thank you for sharing your thoughtful approach and outcomes.

#### **Response 02**

Responding to peers is vital to the NURS 3020 Module Three discussion posts. We need to provide at least two peer responses. I have provided one example post. You can write your peer responses keeping the above points in mind.