

Type: Essay

Subject: nursing practice in a multicultural society

Subject area: Nursing

Education Level: Undergraduate

Length: 1 pages

Referencing style: APA

Preferred English: US English

Spacing Option: Single

Title: Culturally Competent Care for African Americans

Instructions: based on the readings, viewing on following material: abbott, l. s. (2015). evaluation of nursing interventions designed to impact knowledge, behaviors, and health outcomes for rural african-americans: an integrative review. *public health nursing*, 32(5), 408-420. doi:10.1111/phn.[removed]; larrystephenrobb. (2011, november 16). african americans' distrust in the health care system: past and present [video file]. retrieved from african americans' distrust in the health care system: past and present; mpuentes05. (2013, december 5). health disparities in african american populations [video file]. retrieved from health disparities in african american populations, and your own experience, what strategies would you recommend encouraging culturally competent care of african americans? should be at least 500 words, formatted and cited in current apa style with support from at least 2 academic sources.

Culturally Competent Care for African Americans

Name

Professor

Institutional Affiliation

Due Date

Culturally Competent Care for African Americans

Africans and other minority groups have long faced health disparities which have since destroyed the reputation of healthcare systems across the world. these minority groups gave proved susceptible to diseases and premature deaths which shows healthcare disparity. for example, from data, black people alone have a higher level of chronic diseases such as cancer, hypertension, diabetes, and CVD among others. Other biased policies are the healthcare insurance covers. While this injustice is continued to minority groups, these groups most of them come from low socioeconomic status hence it is important for every healthcare system needs to make policies that can help them improve insurance coverage and basic access to healthcare (Abbott, 2015). Therefore, there is a need for both nurses and caregivers to continue providing culturally competent care such as to discourage and greatly

minimize the persistent healthcare disparity facing minority groups within the healthcare systems. This paper, therefore, discusses strategies that can encourage culturally competent care for African Americans.

While these health disparities reduce the trust and reputation of health facilities, it is important to come up with facilities that can reduce or minimize this health disparity. The first strategy is that nurses need to recognize diversity and the aspects of culture. Therefore, the healthcare staff needs to be culturally aware and not judge based on biases, prejudice, and attitudes toward individuals from diverse ethnic backgrounds (Abbott, 2015). As such, nurses and caregivers must understand these cultures and not stereotype especially African American population. It is without a doubt that racism affects care delivery in healthcare systems which has affected healthcare systems. Therefore, developing awareness of one's existence, environment, sensations, and thoughts without undue influence will increase acceptance, respect for cultural differences, and adapting care within the client's culture.

It is also important for healthcare facilities and staff not to make assumptions about cultures they are not familiar with. This will lead to a total breakdown of trust and rapport between nurses and their patients while reducing treatment and the most basic virtue; acceptance. Therefore, if nurses and caregivers are unsure about clients' cultures, it is important that they simply ask and learn. Most minority groups have diverse cultures which can be great if the entirety of the healthcare system listens and learns the various cultures and how to fully maximize treatment in line with these cultures (Abbott, 2015). It is also important when asking about this culture, the body language communicates openness such that the clients do not mistake the intent. While nurses' and caregivers' primary responsibility is to offer care and improve the quality of patients, it is also a responsibility for them to learn from what they are being told by these nurses. This can be done objectively and subjectively.

Through this, we can learn about other cultures as a strategy to encourage culturally competent care for African Americans.

Nurses and caregivers build trust with their clients regardless of their cultures. Treating minority groups with the highest level of trust will make African Americans for instance to be more open about their cultures. Additionally, while building trust and rapport, nurses should be able to overcome language barriers by facilitating translators or exploring translation technology (Lee et al., 2014). All of these can be used to educate African American patients about medical practices such that their medical conditions improve. Lastly, all these can be achieved when nurses and caregivers practice active listening.

References

- Abbott, L. S. (2015). Evaluation of Nursing Interventions Designed to Impact Knowledge, Behaviors, and Health Outcomes for Rural African-Americans: An Integrative Review. *Public Health Nursing, 32*(5), 408-420.
- Lee, Y. M., Cintron, A., & Kocher, S. (2014). Factors related to risky sexual behaviors and effective STI/HIV and pregnancy intervention programs for African American adolescents. *Public Health Nursing, 31*(5), 414-427.