Mental Health and APRN Role

Name

Institution

Mental Health and role of APRN

Advanced Practitioner Nurses are responsible for enhancing patients’ wellbeing in variety of settings including nursing homes, medical offices and hospitals. These roles include nurse practitioners, nurse anesthetics, certified nurse midwives, and clinical nurse specialists. This paper will specifically focus on the personal attributes of nurses that affect the patients’ outcomes regarding their mental and emotional wellbeing. Needless to say, humans are the product of their genetics and environment; both of these factors determine their thinking patterns, perceptions, feelings, emotions, orientations, outlooks, attitudes, behaviors, decision making, coping skills, intelligence and personality in general (Cohn, 2015). Hence, an individual belonging to a certain culture possesses certain beliefs that control his actions and attitudes towards other individuals both in personal and professional settings. For instance, under the influence of culture, if an APRN believes that men are emotionally stronger than women and are less likely to experience emotional and behavioral problems because their coping skills are more refined and rational than women, she is expected to have biased approach in the clinical setting. For example, she may give less serious consideration and limited time to the male patients as compared to the females. This biased belief affects her field practice and associated patient outcomes gravely, despite utmost professional competence, knowledge and practice (GGT, 2014). This is how nurses’ beliefs and cultural values put substantial impact on the wellbeing of patients in psychological, emotional and social terms. Moreover, nurses belonging to different culture need to synchronize their beliefs with that of patients so that effective rapport could be established and patients’ outcomes could be improvised. The need of the hour is to devise specialized training programs for nurses so that the effects of cultural values and belief systems could be minimized in the clinical setting.

References

Cohn, D. (2015). Future immigration will change the face of America by 2065. http://www.pewresearch.org/fact-tank/2015/10/05/future-immigration-will-change-the-face-of-america-by-2065/

Cultural Competence in Health Care: Is It Important for People with Chronic Conditions? (2014). GGT. https://hpi.georgetown.edu/agingsociety/pubhtml/cultural/cultural.html