Cultural Diversity in Health Sciences

Student’s Name

Institution

Part 1

**Cultural competence model**

Nurses must obtain an in depth skills and experience of cultural practices, beliefs and differences needed to provide nursing services in a cultural diverse environment. This is required to help nurses to avoid premature generalizations. Cultural competence models have been and will continue to play a critical role in ensuring that nursing practice is more efficient and effective (Rivers & Glover, 2018). However, some of the cultural models are Leininger Sunrise Model, Giger and Davidhizar Transcultural Assessment Model, Purnell Model and Campinha-Bacote Model. Each of these models is essential in nursing practices because they provide nurses with skills and competence needed to make the right decision during the nursing delivery process.

**Leininger Sunrise model**

Leininger Sunrise Model is a structured model which represents culture care theory. It describes the relationship which exist between nursing beliefs and principles and anthropological. According to Rivers & Glover (2018), nurses use this model to make cultural assessment or evaluation of patients. It connects the theoretical concepts and with the actual clinical practices at the same time it offers a very systematic approach which is helpful in identifying the behavior, customs and beliefs. It involves several aspects of cultural practices such as social, religious, technological, education, financial, legal and philosophical dimensions.

**Giger and Davidhizar Transcultural Assessment Model**

It emphasizes the need and importance of looking at each person as unique in his or her culture. The model illustrates that there are six dimensions which are common in every culture and therefore, each patient should viewed based on those cultural issues. These dimensions include communication, social organization, space, time, environmental control and biological variation (Albougami, Pounds, & Alotaibi, 2018). Every dimension is utilized to make sure that there is coordination and proper understanding between the nurses and patients. For instance, communication is efficiently applied to eliminate any barrier which could occur and therefore, both verbal and nonverbal communication techniques are applied by nurses and other medical practitioners.

The Leininger Sunrise and Giger Davidhizar assessment models provide much needed information, skills and understanding on how nurses should address the cultural dimension in nursing practice. However, the missing point on the models is the difficulties and how to overcome some of the current challenges in the healthcare practice. Model help nurses to overcome the challenges in culturally diverse environment. However, the training should be adopted to focus on intervention which is still jot properly cultured.

The models provide understanding on how to solve cultural issues in healthcare. They provide trainings on how to work with different culture especially in communication. The Giger and Davidhizar Transcultural Assessment Model help nurses to understand beliefs, social norms, technology and communication. It is therefore, helpful in understanding how to communicate with different people from different cultures. With proper understanding of beliefs, practices, communication and norms of different ethnic communities, nurses can provide nursing based on the traditional aspect of each group. As stated by Albougami, Pounds, & Alotaibi, (2018)), there are some race or communities, which does not accept some of kind of healthcare provision and therefore, with understanding of cultural aspect nurses are guided by the knowledge to seek alternative measures. For instance, Jehova Witness does not culturally do not accept blood transfusion. The models provide nurses with skills and knowledge on how to diagnose every case in nursing practice.

Part II

**Patient center care and cultural competence**

It is the type of care which respects individual preferences. It takes care of a patient’s choice, needs, values and beliefs as well. Cultural competence is regarded as the clear understanding of the cultural background of a patient. Patient center care is critical important for cultural competence. In order to provide health care services to patient’s nurses must be culturally competence on patient’s culture. Patient center care offers a brief idea of what a patient belief in and the values of a patient (Baile & Epner, 2012). Cultural competence is the ability of the nurse to understand the cultural beliefs and values of a patient. Patient center care empower patient to become part of his or her healthcare provision while culturally competence empowers nurses and other healthcare practices to understand cultural practice of patients. The two concepts are applied together for the provision of proficient healthcare to patients.

Patient center care improves the outcome of health care provision since it ensures that nurses understand patients well and therefore, medical provision becomes very efficient. It is therefore, improves individual health outcome, patients’ satisfactory scores. It also provide assistant in reduction of overall health cost and improves high staff productivity and morale. Patient center care is needed for efficient and effective provision of healthcare to patients.

A major drawback of the patient center care is the high level of education which is required (Albougami, Pounds, & Alotaibi, 2018). The finances which are required a lot since it needs proper training of nurses on cultural issues and there are several cultures which exist in the country. Setting up a robust infrastructure needed to support patient center care is also difficult due to finances and therefore, major drawbacks are based on the requirements needed to have a proper provision of patient center care in every healthcare facility in the country. However, the best way to improve patient center care is through robust training of nurses on cultural aspect of medical provision. The stakeholders should also increases funding allocation to help in setting up required infrastructure needed to support patient center care for patients.

# References

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