

NURSING PRACTICE & SKILL

Jewish Patients: Providing Culturally Competent Care to Adolescent Patients with Mental Health Disorders

What Is Providing Culturally Competent Care to Jewish Adolescents with Mental Health Disorders?

- › Mental health disorders (e.g. mood disorders, schizophrenia, anxiety disorders) are common in the United States and internationally, and have been estimated to occur each year in approximately 20% of children in the United States who are 8–15 years of age. (For more information about mental health topics, see the series of related *Evidence-Based Care Sheets* and *Quick Lessons*)
- › The term cultural competence (also known as cultural responsiveness, cultural awareness and cultural sensitivity) refers to a person's ability to interact effectively with persons of cultures different from his/her own. With regard to healthcare, cultural competence is a set of behaviors and attitudes held by clinicians that allows them to communicate effectively with patients of various cultural backgrounds and to plan for and provide care that is appropriate to the culture and the individual
 - *What:* Culturally competent (CC) care of Jewish adolescents with mental health disorders is holistic and incorporates cultural beliefs, attitudes, and traditions when planning and providing care
 - *How:* CC care of Jewish adolescents with mental health disorders is provided based on information from patient/parent interviews, completed written questionnaires, if available, and facility protocols regarding CC care of the Jewish patient. This care includes initiating strategies to reduce anxiety and depression and evaluating for signs and symptoms of an eating disorder. Other CC care for Jewish adolescents with mental health disorders can include encouraging the parents to seek support in the Jewish community, questioning about use of natural and traditional remedies, and arranging for visits by a hospital clergyperson or the family's rabbi. (For more information about Jewish culture and caring for Jewish patients, see the series of related *Nursing Practice & Skills* and the *Evidence-Based Care Sheet: Jewish Patients: Providing Culturally Competent Care*)
 - *Where:* CC care can be provided to Jewish adolescents with mental health disorders in any healthcare setting, including the inpatient and outpatient healthcare setting, and in the home
 - *Who:* CC care can be provided to Jewish adolescents with mental health disorders by any appropriately trained healthcare clinician. These duties cannot be delegated to unlicensed clinical staff members (e.g., nurses' aides). It is appropriate for parents to be present during the provision of CC care to Jewish adolescents with mental health disorders because they can provide important information regarding Jewish cultural beliefs, attitudes, and traditions

What Is the Desired Outcome of Providing Culturally Competent Care to Jewish Adolescents with Mental Health Disorders?

- › The desired outcomes of providing CC care to Jewish adolescents with mental health disorders are that the patient

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- understands what to expect, experiences reduced anxiety related to his or her care, and becomes comfortable participating in and adhering to the individualized CC plan of care
- feels satisfied with the care received and when asked, states that the care provided appropriately incorporated Jewish cultural beliefs, attitudes, and traditions
- accepts the opportunity to receive care for untreated emotional trauma related to the Jewish Holocaust during World War II and other traumatic events in Jewish history, if such untreated emotional trauma is present
- undergoes evaluation for the presence of an eating disorder, if indicated, and agrees to begin appropriate treatment

Why Is Providing Culturally Competent Care to Jewish Adolescents with Mental Health Disorders Important?

- › Providing CC care to Jewish adolescents with mental health disorders is important because it
 - promotes clear communication and effective interaction between patients and the healthcare team
 - allows for planning and delivery of appropriate, individualized, and effective care of Jewish adolescents with mental health disorders
 - provides the opportunity to seek care for untreated emotional trauma related to traumatic events in Jewish history, if such untreated emotional trauma is present
 - allows for referral to appropriate support groups in the Jewish community, if available
 - promotes the detection and initiation of treatment for eating disorders among Jewish adolescents

Facts and Figures