

# ural\_competence\_in\_nursing\_and\_health\_care.edited\_1.edited.docx

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**Discussion**

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### **Discussion**

1. Suppose medical care and research are geared towards the majority; the advantages are that healthcare becomes accessible to many people who need it, and most citizens become healthy and contribute to the socio-economic development of their nations. On the downside, many resources are required to ensure that medical care and research address the needs of the majority who cannot afford such services.
2. Henderson et al. (2018) posit that cultural proficiency in a healthcare setting refers to capacity of medics and establishments to effectually administer medical services that address the public, ethnic, and verbal requests of clients. As per Henderson et al. (2018), understanding cultural differences is essential for nurses because it allows them to communicate better with different clients and helps nurses grow and evolve while also integrating pertinent society's norms.
3. According to Verdon et al. (2016), the significant advantages of culturally diverse personnel are that they learn from each other and address the needs of patients from different backgrounds. Communication barriers, social division, and civic detachment are some of the most visible drawbacks of ethnic differences in healthcare. It must be mentioned that these are not reasons to reject variations but rather considerations to consider as the practice moves toward a more diversified future.
4. One of my recent experiences involved seeing a specialist. This specialist could not converse well in English because he was not a native speaker. He is from Cuba and was forced to have a translator to tell him everything I was saying. Even though the translator did a good job, it was difficult for me to express myself to the specialist since translations are never entirely successful.

5. Understanding cultural diversity and cultural competence have helped me build the confidence needed in the profession. It has aided me in communicating, understanding, and interacting with colleagues and patients from different ethnic backgrounds. In addition to that, I am developing my communication skills to enable me to interact better with different cultures and ensure a positive attitude when dealing with clients from varying cultures.

### References

- Henderson, S., Horne, M., Hills, R., & Kendall, E. (2018). Cultural competence in healthcare in the community: A concept analysis. *Health & Social Care in the Community*, 26(4), 590-603.
- Verdon, S., Wong, S., & McLeod, S. (2016). Shared knowledge and mutual respect: Enhancing culturally competent practice through collaboration with families and communities. *Child Language Teaching and Therapy*, 32(2), 205-221.

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