

Transcultural Health Care: It is much more than you may think

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Abstract

The populations that nurses work with are more diverse than ever before. As nurse,s we must create a care paradigm that is respectful, non-judgmental, and sets our patients up to feel heard, valued, and safe. Culturally competent care not only encompasses race, ethnicity, language, religion, and cultural identity, it also must take into account age, sexual orientation, and gender identity.

Our population is aging rapidly, and nurses as well as other health care workers can negatively impact outcomes by treating our patients in an ageist manner. What is ageism? What are the ramifications of ageism in healthcare? We also know that the nurses as a group are getting older and ageism in the workplace can also have negative consequences.

We will also be looking at how to appropriately ensure that our interactions with the LGBTQ community is such that the environment we create encourages this group to continue to seek out healthcare. The LGBTQ community suffers from higher incidence of depression as well as other health related issues, in part due to a reluctance to seek care. There are also lesser known members of this community who may be further marginalized and pushed away from seeking care through inappropriate interaction and spaces that are not set up to accommodate gender preferences and gender identity.

To navigate these waters, we must first examine our own thoughts, biases, and potential barriers to providing culturally competent care. When considering the major tenant of several nursing theories, the art and science of nursing is to create a space that allows patients to thrive and achieve their best health based on their wants, needs, and expectations. The concept of transcultural health care is global in scale and nurses can provide beneficial leadership and guidance in the healthcare space to ensure we achieve this very relevant need.

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