

WELCOME TO THE MUSEUM!





*HOP IN
LET'S GO!
(Click Here)*

CULTURE

1

2

**CAM
THERAPIES**

SPIRITUALITY

3

UNIT 11 MUSEUM

**Choose A Floor
To Explore!**

Culture Museum

MUSEUM RULES

1. NO RUNNING
2. DO NOT TOUCH ART
3. NO FOOD, DRINK, OR GUM
4. TURN OFF FLASH

ROOM ONE

ROOM TWO

ROOM THREE

ROOM FOUR

ROOM FIVE

Elevator

EXIT

Culture Basics

*Understanding
Culture*

*Barriers to
Cultural Care*

*Health
Disparities*

**RETURN TO
MUSEUM**



Understanding Culture

RETURN TO
ROOM

Concepts

What is Culture?

Culturally congruent care

Cultural competence

Cultural specific vs. Cultural
Universals

How We Develop Our World View

CULTURE: Shared experiences and commonalities that have developed and continue to evolve in relation to changing social and political contexts based on multiple social group memberships (Warrier, 2005).

SOCIALIZATION through family, friends, community, peers, schooling, media, work, religious institutions, government, legal system, health care system, etc.



WORLD VIEW

Copyright © 2017 Bayview Health Services for Patients and Cultural Competency

Cultural Assessment

Communication

Language

Biologic Variations

Time

Nutritional needs

Socioeconomic Status

ARTIFACT

1



ARTIFACT 1

Cultural Universal vs. Cultural Specific

RETURN TO
ROOM



Christian Wedding



Hindu Wedding



Barriers to Cultural Care

RETURN TO
ROOM



Terms to Know

- Ethnocentrism
- Generalization vs. Stereotypes
- Prejudice
- Discrimination
- Unconscious/Implicit Bias
- Intersectionality

ARTIFACT

ARTIFACT 2

A Focus on Implicit Bias



RETURN TO
ROOM



Health Disparities

RETURN TO
ROOM

Definition

A particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage

Types of Health Disparities

Poor health status

Increased risk of disease

Poor health outcomes

Limited access to health care

Concepts to Know

- Social Determinants of Health
- Poor & uninsured receive worse care
- Black & Hispanic have worst access
- Marginalized groups
- Intersectionality

Prominent North
American Cultures

*American
Indian*

*Black Culture
In America*

*Hispanic/
Latino*

This Exhibit Sponsored By: SFASU ABSN

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MUSEUM



American Indian

RETURN TO
ROOM

Things to Know

- 558 Tribes in U.S.
- Value family, tradition, tribe, & spiritual beliefs
- Respects elders & after life



Common Diseases

Heart disease

Cirrhosis

Diabetes

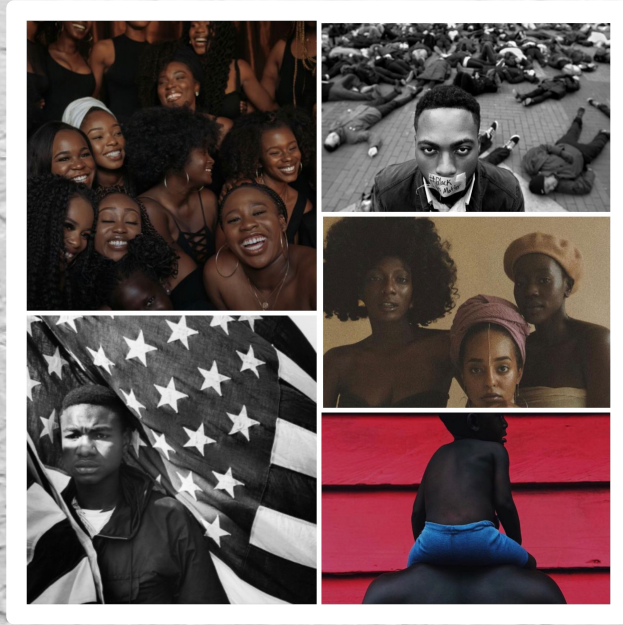
Cultural Care

- Health exists when person is in harmony with nature
- Illness – An imbalance between person and natural forces
- Poor mental health = Result of bad spirits
- May use medicine man/women with/without western medicine
- Illness is prevented and healed by rituals and prayer
- May keep body parts after surgery for burial
- Remain stoic in pain
- Avoid touching
- Poorest cancer survival rates



Black Culture in America

RETURN TO
ROOM



Things to Know

- Direct eye contact when talking
- Less eye contact when listening
- Touch can be used for greetings
- Present-minded

Cultural Care

Hair care
View on family
Religion and Illness
Lack of trust in healthcare system

Common Diseases

Sickle Cell Anemia

Hypertension

Kidney Disease

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Hispanic/Latino

RETURN TO
ROOM

Things to Know

- Present-minded: Relaxed concept of time & self-care is not priority
- Patriarchal family
- Older family members role in health
- Emphasis on proper titles
- High-value is placed on children
- Main religion - Catholicism
- Homosexuality is not commonly tolerated



Common Causes of Death

Diabetes

Cardiovascular Disease

Homicides

Cultural Care

- Modesty is important
- Strong belief in prayer
- Health = Luck or reward
- Illness = punishment
- Diet - Corn, rice, beans, meat, veggies
- Reliance on home remedies

Prominent Asianic
Cultures

Chinese

*Pacific
Islander*

Japanese

RETURN TO
MUSEUM



Chinese

RETURN TO
ROOM

Things to Know

- Most populated country in the world
- 2016: Family can have 2 children
- Family is more important than the individual
- Patriarchal family
- Religions - Buddhism, Taoism, Islam, Christianity



Cultural Care

- Modesty is important
- Physical contact is not common
- Direct eye contact is avoided
- 93% of population is lactose intolerant
- Diet - Seafood, rice, veggies
- Illness = Imbalance in yin & yang
- Ask before touching head
- Reliance on TCM - Past-minded

Common Diseases

COPD

TB

Malaria

Cancer

Heart disease

ARTIFACT

3

ARTIFACT 3

Cupping



RETURN TO
ROOM



Pacific Islander

RETURN TO
ROOM

Things to Know

- Includes: Hawaiian, New Zealand, Polynesian Islands
- Main religion - Catholicism
- Ceremonial tattooing is common
- Extended family has heavy influence
- Respect for elders is important
- Oldest male is decision maker & spokesman

Cultural Care

- Health – State of physical and spiritual harmony
- Will not disagree with provider's instructions but may not follow them.
- Stoic when in pain
- Formal distance is a sign of respect
- Death is not discussed

ARTIFACT

4

Common Causes of Death

Diabetes

Cardiovascular Disease

HIV

ARTIFACT 4

Ta Moko

RETURN TO
ROOM





Topic 3

Japanese

RETURN TO
ROOM

Things to Know

- 3rd largest economy with high standard of living
- Homosexuality is accepted
- Religions - Buddhism, Shintoism

Cultural Care

- Diet - Seafood, rice, noodles, fruit, veggies
- Preventative care is valued
- Pain medication is often refused
- Mental illness holds stigma



**Prominent World
Cultures**

*South
America*

Europe

*Middle
East*

**RETURN TO
MUSEUM**



South America

RETURN TO
ROOM

Things to Know

- Languages - Portuguese, Spanish, & English.
- Women declared equals in 1988
- Family - Large & very close
- Elderly age in place
- Main religion - Catholicism (75%)



Common Causes of Death

Heart disease

Violence

Cultural Care

- Physical contact is common
- Weight gain is a sign of wealth
- Pain is treated readily with medication



Europe

RETURN TO
ROOM

Things to Know

- Language - Based on country of origin
- Limited physical contact
- Direct eye contact expected
- Nuclear family
- Men and women are equals
- Homosexuality is accepted
- Elderly age with other elderly
- Emphasis on the self
- Religion - Christianity (60%), Jewish, No faith practice (25%)

Cultural Care

- Diet - Meat, fats, bread, potatoes
- Mental health treatment is accepted
- Pain - Stoic, hesitant to voice, but will accept treatment

Common Causes of Death

Cardiovascular Disease

Cancer



Middle East

RETURN TO
ROOM

Things to Know

- Patriarchal family
- Family is more important than the self
- Arranged marriage is common
- Elderly age in place
- Main religion - Islam
- Prayer occurs 5 times daily
- Ritual washing is common

Cultural Care

- Modesty is important
- Same sex speaks with same sex
- Seek permission to speak with females
- Blend modern and traditional care practices
- Acupuncture is common for pain relief
- Diet - Unleavened bread, rice, lamb, goat, chicken, chickpeas
- Fasting is important - Ramadan
- Stigma on mental illness

Common Diseases

Cardiovascular Disease

Diabetes

Renal disease

Eye diseases

ARTIFACT

5



ARTIFACT 5

Clothing & Modesty



Burqa

Niqab

Hijab

RETURN TO
ROOM

Continental Culture

India

Africa

Russia

RETURN TO
MUSEUM



India

RETURN TO
ROOM

Things to Know

- 2nd most populated country
- Languages – Hindi & English
- Religions – Hinduism & Sikhism
- Patriarchal family
- Elderly are held in high respect
- Extended family lives together
- Homosexuality not accepted
- Arranged marriage is common

Common Diseases

Cardiovascular Disease

TB

HIV

Suicide



Cultural Care

- Diet - Veggies, rice, beans, soy (many are vegetarians)
- Black pepper is thought to be good for health
- Reliance on Ayurveda
- Emphasis on herbal remedies
- Mental illness carries stigma



Africa

RETURN TO
ROOM

Things to Know

- Languages - Native & English
- Religions - Islam (50%), Christianity (40%)
- Patriarchal family
- Political instability & corruption



Cultural Care

- Life expectancy - 50 years
- Pain is expressed openly
- Reliance on faith healing
- Illness may be seen as God's will
- Diet - Spicy foods, beans, rice, veggies
- Pork not common (Islam)
- Pain - Stoic, hesitant to voice, but will accept treatment

Common Diseases

AIDS

TB

Sickle Cell Anemia



Russia

RETURN TO
ROOM

Things to Know

- Language - Russian
- Religions - Slavic culture & Orthodox Christianity
- Communist until 1991
- Dominant family member is head of family
- Smiling is considered fake
- Political instability & corruption

Cultural Care

- Pain medication is accepted
- Diet - Poultry, pork, fish, cabbage, potatoes, breads
- Reliance on mustard plasters & natural remedies

Common Causes of Death

Cardiovascular disease

Alcohol/Drug poisoning

Violence

Colon Cancer



CAM Therapies Museum

MUSEUM RULES

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ROOM ONE

ROOM TWO

**ROOM
THREE**



ROOM FOUR

ROOM FIVE

Elevator

EXIT

Understanding CAM

*Terms to
Know*

*Holistic Health
Beliefs*

*Reasons for
Seeking CAM*

**RETURN TO
MUSEUM**

Terms to Know

(Click a Term to Learn Its Meaning)

RETURN TO
ROOM

**Allopathic
Therapies**

**Alternative
Therapies**

**Complementary
Therapies**

**Integrative
Therapies**

**Whole Medical
System**

Terms to Know

(Click a Term to Learn Its Meaning)

RETURN TO
ROOM

Traditional medical care

**Alternative
Therapies**

**Complementary
Therapies**

**Integrative
Therapies**

**Whole Medical
System**

Terms to Know

(Click a Term to Learn Its Meaning)

RETURN TO
ROOM

**Allopathic
Therapies**

**Alternative
Therapies**

Treatments that fall beyond
traditional medicine but work
alongside them

**Integrative
Therapies**

**Whole Medical
System**

Terms to Know

(Click a Term to Learn Its Meaning)

RETURN TO
ROOM

**Allopathic
Therapies**

Opting for a
non-mainstream treatment
in place of conventional
medicine

**Complementary
Therapies**

**Integrative
Therapies**

**Whole Medical
System**

Terms to Know

(Click a Term to Learn Its Meaning)

RETURN TO
ROOM

**Allopathic
Therapies**

**Alternative
Therapies**

**Complementary
Therapies**

Complementary or
alternative healthcare that
is coordinated with
allopathic healthcare
provider.

**Whole Medical
System**

Terms to Know

(Click a Term to Learn Its Meaning)

RETURN TO
ROOM

**Allopathic
Therapies**

**Alternative
Therapies**

**Complementary
Therapies**

**Integrative
Therapies**

Based on different
philosophies and life
systems

Holistic Health Beliefs

RETURN TO
ROOM

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CLICK
TO
EXPLORE

Holistic Health Beliefs

RETURN TO
ROOM

People are unique

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CLICK
TO
EXPLORE

Holistic Health Beliefs

RETURN TO
ROOM

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People are in
constant interaction
with their
environment.

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CLICK
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EXPLORE

Holistic Health Beliefs

RETURN TO
ROOM

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Disease has
multiple contributing
factors

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CLICK
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EXPLORE

Holistic Health Beliefs

RETURN TO
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Social support,
health practices,
family, personality, &
culture help form
health beliefs

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Holistic Health Beliefs

RETURN TO
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All healing is
self-healing

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EXPLORE

Holistic Health Beliefs

RETURN TO
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Hope, faith, & will to live are important to maintaining health and recovery from illness

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CLICK
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EXPLORE

Holistic Health Beliefs

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Expectations of
treatment's
effectiveness is part
of the healing
process

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Holistic Health Beliefs

RETURN TO
ROOM

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Each person is
interconnected to
others, nature , and
the whole world

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Holistic Health Beliefs

RETURN TO
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Health is when there
is balance,
integration, and
harmony in life

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Holistic Health Beliefs

RETURN TO
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Health resources
are best used when
focused on health
promotion & disease
prevention

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Holistic Health Beliefs

RETURN TO
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Illness is an
opportunity for
growth and has
meaning

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Holistic Health Beliefs

RETURN TO
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Illness is a shift in a person's balance in any dimension or with the environment

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Reasons for Seeking CAM Therapies

1

Desire for more natural treatment

2

Lack of satisfaction with biomedical treatment

3

Desire for more active role in treatment

4

Belief that combining treatments will yield better results

5

Increased exposure in research journals

**RETURN TO
ROOM**

**Mind-Body
Interventions**

*Relaxation
Therapy*

*Meditation/
Breathing*

*Guided
Imagery*

Biofeedback

**RETURN TO
MUSEUM**



Relaxation Therapy

RETURN TO
ROOM

Produces relaxation
response

Types

- Progressive relaxation
- Passive relaxation

Clinical Applications

- Lowers blood pressure
- Decreases tension
- Reduces symptom distress

Limitations

- Increased sensitivity to muscle tension
- Requires energy



Meditation/Breathing

RETURN TO
ROOM



Clinical Applications

- Lowers blood pressure and reduces hypertensive risk
- Reduces relapse in alcohol treatment programs
- Lessens depression, anxiety and distress
- Improves mood

Limitations

- Adverse hypertension
- Potentiate drug effects



Guided Imagery

RETURN TO
ROOM

Clinical Applications

- Relieve pain
- Decrease nightmares
- Improve sleep

Limitations

- Anxiety & fear
- Airway constriction



Artifact 6
Click the Image for a 15 minute
guided imagery experience

Artifact 6

Guided Imagery



RETURN TO
ROOM



Biofeedback

RETURN TO
ROOM

Biofeedback Therapy



Measurement of Brain's Electrical Activity and Physiological



Clinical Applications

- Stroke recovery
- Smoking cessation
- ADHD
- Epilepsy
- Headache disorders
- GI Distress
- UTI

Limitations

Difficult emotions may surface

**Whole Medicine
Systems**

*Traditional
Chinese
Medicine*

*Traditional
Native American Healing*

Ayurveda

**RETURN TO
MUSEUM**



Traditional Chinese Medicine

RETURN TO
ROOM

A whole system of medicine which views health as “life in balance” and encourages health promotion

Therapeutic modalities:

- Acupuncture
- Chinese herbs
- Cupping
- Tai Chi
- Qi gong
- Lifestyle modifications
- Dietary changes

Clinical Applications

- Fibromyalgia
- Menopause

Limitations

- Not currently regulated
- Safety concerns



Traditional Native American Healing

Things to Know

Tribes have individual practices
Sweating & purging
Dancing, song, & prayer
Herbs
Shaman to guide healing spirits



**RETURN TO
ROOM**

Artifact 7
*Click the Image for an emic
perspective on sweat lodges*

Artifact 7

Sweat Lodges



RETURN TO
ROOM



Ayurveda

RETURN TO
ROOM

- One of the world's oldest holistic healing systems
- Several branches

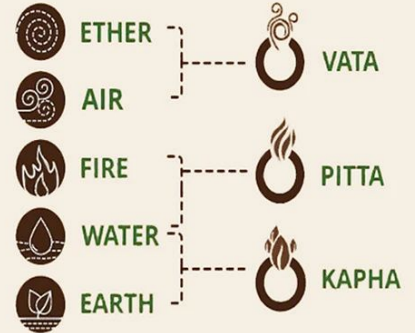
Balancing Doshas

- Dietary & lifestyle changes
- Herbal remedies
- Purgatives
- Massage
- Meditation
- Exercise



आयुर्वेद

the science of life



**Manipulation
Therapy**

*Chiropractic
Care*

Massage

**RETURN TO
MUSEUM**



Chiropractic Care

RETURN TO
ROOM

Clinical Applications

- Vertebral subluxation
- Low back pain
- Osteoarthritis joint pain
- Pediatric asthma
- Headaches
- Dysmenorrhea
- Vertigo
- Tinnitus
- Visual disorders



Limitations

- Contraindications
- Risk for injury



Massage

RETURN TO
ROOM

What it is: Manipulation of soft tissues

Improves circulation
Improves muscle tone
Provides relaxation



CAM Therapies

*Biologic-based
Therapy*

*Therapeutic
Touch*

Acupuncture

*End of Life
Care*

**RETURN TO
MUSEUM**



Biological-based Therapy: Herbal Therapy

Clinical Applications

A number of herbs are safe and effective for a variety of conditions

Limitations

- “Natural” does not equal “safe.”
- Interactions



ARTIFACT

8

RETURN TO
ROOM



Energy Therapy: Therapeutic Touch

RETURN TO
ROOM



Clinical Applications

- Treatment of pain in adults and children
- Dementia
- Trauma
- Anxiety

Limitations

- Very few complications or side effects
- Contraindicated in people who are sensitive to human interaction and touch.
- Some patients may be sensitive to energy repatterning



Energy Therapy: Acupuncture

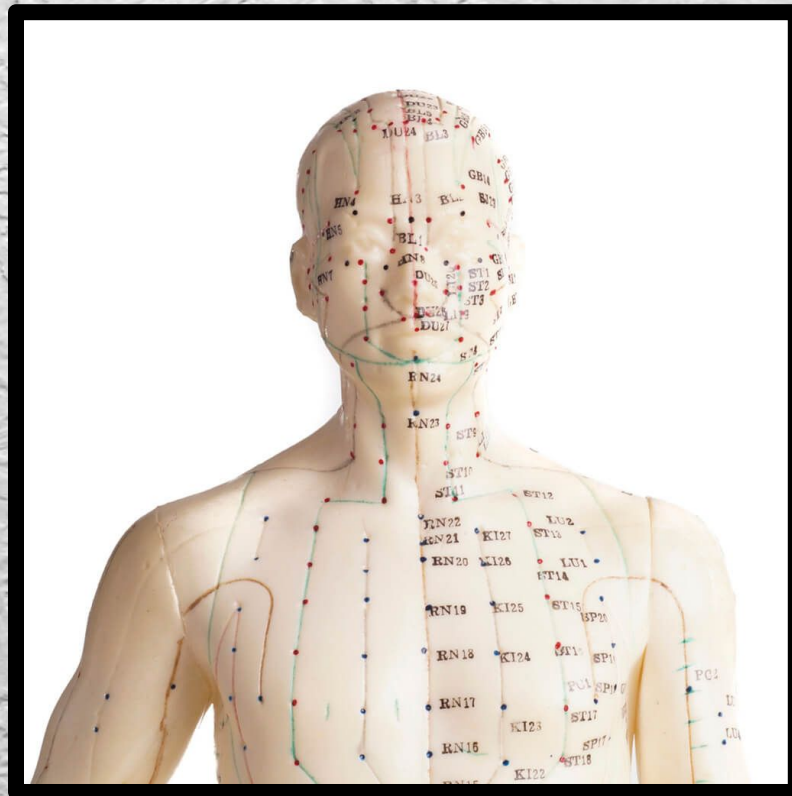
RETURN TO
ROOM

Clinical Applications

- Treatment of pain
- Hot flashes
- Headaches
- Sinusitis
- GI disorders

Limitations

- Needle complications rarely occur
- Contraindicated for bleeding disorders and skin infections
- Use with caution in immunocompromised patients





CAM & End of Life Care

RETURN TO
ROOM

The goal of complementary and alternative medicine (CAM) in professional nursing practice and palliative care aims to reduce suffering and enhance patient comfort, promoting dimensions of healing in the face of life-limiting illness



Spirituality Museum

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ROOM ONE

ROOM TWO

ROOM THREE

ROOM FOUR

ROOM FIVE

Elevator

EXIT

Understanding Spirituality

*Terms to
Know*

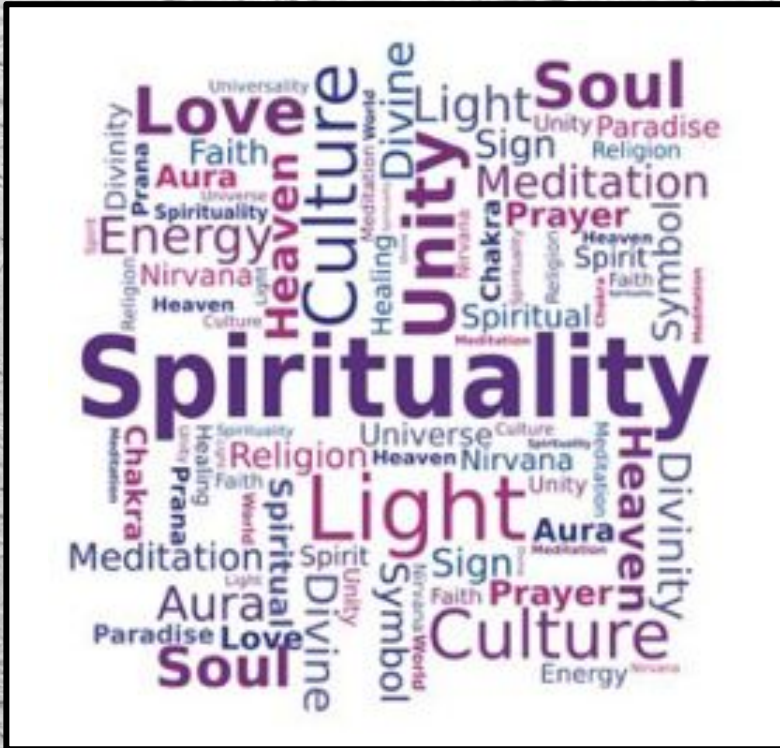
*Atheism
vs.
Agnostic*

RETURN TO
MUSEUM



Terms to Know

RETURN TO
ROOM



Terms

- Spirituality
- Self-transcendence
- Connectedness
- Faith
- Hope
- Inner strength & peace
- Meaning & purpose
- Religion



Atheism vs. Agnostic

RETURN TO
ROOM

Atheist

Believes that God or higher powers do not exist

Agnostic

Believe that there is no known ultimate reality

Spiritual Health

Spiritual Health

**RETURN TO
MUSEUM**



Spiritual Health

RETURN TO
ROOM

Spiritual Health

Balance

Maturation

Growth

Spiritual distress

Acute illness

Chronic illness

Terminal illness

Near-death experience

Nursing Process

Assessment

RETURN TO
MUSEUM



Assessment

RETURN TO
ROOM

Spiritual Assessment Tools

FICA

- F - Faith or belief
- I - Importance and influence
- C - Community
- A - Address (interventions to address)

SWB Scale

- 20 questions that address a patient's relationship with GOD, sense of purpose, and life satisfaction
- More in-depth, comprehensive
- Time consuming

Areas to Assess

- Faith/belief
- Life and self-responsibility
- Connectedness
- Life satisfaction
- Culture
- Fellowship and community
- Ritual and practice
- Vocation

Nursing Process

Diagnosis & Planning

RETURN TO
MUSEUM



Nursing Diagnosis & Planning

RETURN TO
ROOM

Nursing Diagnoses

- Spiritual Distress
- Impaired Religiosity
- Readiness for Enhanced Religiosity
- Moral Distress
- Decisional Conflict
- Hopelessness
- Powerlessness

Planning

- Goals should include spiritual concerns
- Collaborate with patient and family on choice of interventions
- Consult with religious leaders
- Have knowledge of available services in the community
- Support the patient's autonomy to make choices
- Promote self-determination
- Eliminate barriers to care

Nursing Process

Implementation

RETURN TO
MUSEUM



Implementation

RETURN TO
ROOM

Health Promotion

Establishing presence

Supporting a Healing Relationship

Acute Care

Support Systems

Diet Therapies

Supporting Rituals

Restorative & Continuing care

Prayer

Meditation

Supporting grief work

ARTIFACT

9

Artifact 9

Diet Therapies

Religion	Dietary Practices
Hinduism	Some sects are vegetarians. The belief is not to kill <i>any</i> living creature.
Buddhism	Some are vegetarians and do not use alcohol. Many fast on Holy Days.
Islam	Consumption of pork and alcohol is prohibited. Followers fast during the month of Ramadan.
Judaism	Some observe the kosher dietary restrictions (e.g., avoid pork and shellfish, do not prepare and eat milk and meat at same time).
Christianity	Some Baptists, Evangelicals, and Pentecostals discourage use of alcohol and caffeine. Some Roman Catholics fast on Ash Wednesday and Good Friday. Some do not eat meat on Fridays during Lent.
Jehovah's Witnesses	Members avoid food prepared with or containing blood.
Mormonism	Members abstain from alcohol and caffeine.
Russian Orthodox Church	Followers observe fast days and a "no-meat" rule on Wednesdays and Fridays. During Lent all animal products, including dairy products and butter, are forbidden.
Native Americans	Individual tribal beliefs influence food practices.

RETURN TO
ROOM

Thanks

— FOR —

VISITING