

Diverse and Culturally- Specific Approaches to Healthcare



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Introduction



- The U.S is increasing culturally at an unprecedented rate.
- Each cultural background has its own cultural characteristics(Choi et al., 2019).
- Some racial groups have unique health challenges specific to that group
- In clinical nursing practice, most of the registered nurses are from racial backgrounds.

Comparison of African-American and Mexican-American Cultures



Similarities

- Both cultures celebrate their history, holidays, and traditions.
- Both cultures value family (Larimer et al., 2017).
- Both cultures have values that every family usually adheres.
- Care is usually provided by members of the family

Differences



African-American

- Care is usually provided by extended family
- Elders are respected, obeyed, and usually regarded as sources of wisdom.
- Families usually seek support from their community (Pinto & Ortiz, 2018).
- Families are usually very private
- African-Americans usually face increased disease incidence.

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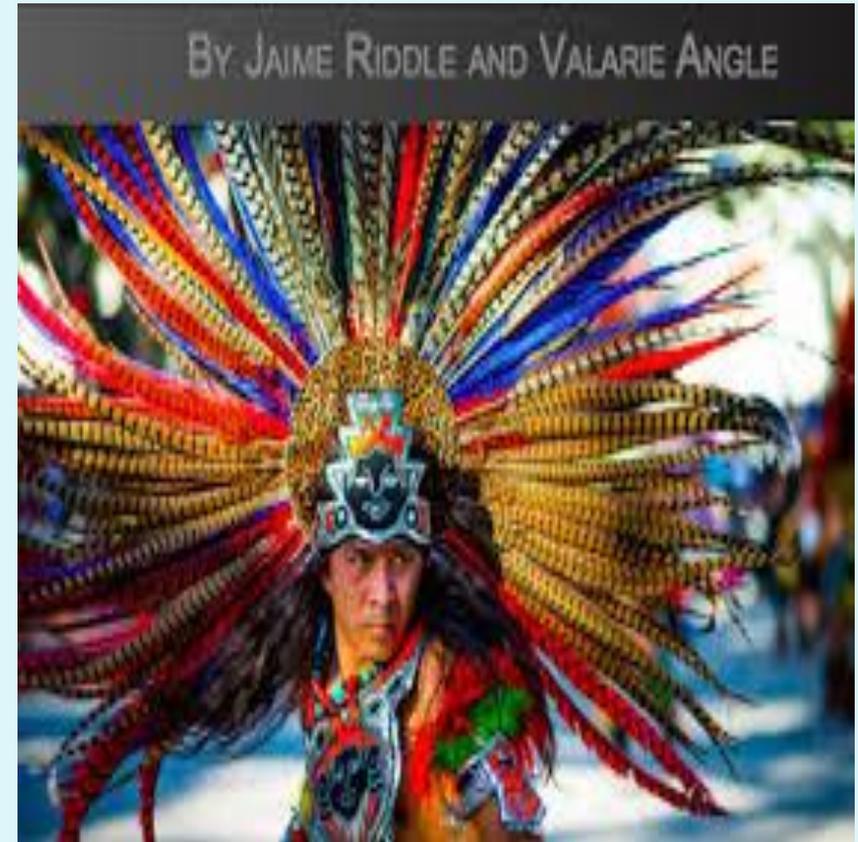
Mexican American

- The family unit is usually important in this community
- Care is usually provided by the extended family (Pinto & Ortiz, 2018).
- Adult children and grandchildren usually assist the elderly family members.
- Doctors are usually respected and viewed as authority figures.



Historical, Socioeconomic, Political, Educational, and Topographica Aspects of Mexican American

- It has complicated relationships with colonial powers (Pinto & Ortiz, 2018).
- This drive towards a proud and self-conscious identity.
- They usually refer themselves as Mestizo
- This community is sharply divided by income and educational level.
- Most of them are in the lowest socioeconomic class.



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- This community regard the central government to have legislative powers.
- The presidency has control over the legislative branch (Purnell & Paulanka, 2013).
- Their schools usually focus on teaching boys industrial skills and girls.

Interdisciplinary Interventions for Hereditary, Genetic, and Endemic Diseases, and High-risk Health Behaviours Within Mexican-American

- The family plays an integral role in delivering healthcare.
- Great emphasis is usually placed on religious beliefs in maintaining health (Purnell & Paulanka, 2013).
- The community is at high risk of experiencing chronic conditions such as cancer.
- Home interventions are usually considered useful healthcare regimen for families in this culture



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- Diet and exercise is usually considered as one of the intervention in this culture (Purnell & Paulanka, 2013).
- It help reduce the prevalence of chronic disorders.
- Interprofessional collaboration is another crucial intervention
- This helps assist in decreasing health disparities in this culture.



The Influences of Mexican American Value Systems on Childbearing and Bereavement Practices



- Families have strong bonds and have when it comes to about childbearing.
- Childbearing offers a unique framework for women to assume maternal duties.
- This can make them adapt existing measures of prenatal expectations.
- This community adheres to familism values that emphasize attachment.

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- The Mexican-American community is dominated by Catholicism
- Mourning starts by opening a casket service where a rosary is recited
- Family members and friends are given the opportunity to pay their respects to the deceased (Ribar et al., 2020).



Sources of Strength, Spirituality, and Magico-religious Beliefs Connected with Health and Health Care



- This community usually considers their churches as a source of strength.
- The church provides activities and supports in place for them at every stage of the life cycle
- The church provides a survival mechanism central to their resilience (Recto & Champion, 2020).
- This provides an opportunity for healthcare providers to examine patients' spirituality and determine their health

Healthcare Practices



- In this community fever is treated using cold water that is compressed over the head.
- Cough is treated using herbal teas, honey and lemon (Recto & Champion, 2020).
- Diarrhea is usually treated using rice water and herbal teas.
- Vomiting is usually treated using herbal teas.

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- Conjunctivitis is usually treated using chamomile drops or wash for the eyes
- Minor wounds is usually treated using covering with bandage and cleaning with lemon juice (Recto & Champion, 2020).
- Minor burns is usually treated using aloe vera, raw onions, or apply toothpaste.

Cultural Issues



- Learning how to speak this language is a cultural issue that usually affect many care providers. (Ribar et al., 2020).
- Sometimes it is difficult for the members of this community to speak about their language.
- Poverty has also created a burden that manifest in dealing with learning this culture.

Conclusion



- Hispanic and Latin Americans usually come from diverse backgrounds
- Mexican American families are usually large and extended.
- Each member of the family play a critical role in the family
- Cultural competence is useful when learning about this culture.

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