

A Review Of The Study In Cultural Sensitivity Of Nursing Students For Caring Thai-Paun Family

Phagapun Boontem
Faculty of Nursing, Srinakharinwirot University.

Abstract

Cultural sensitivity is very important for improving the competency of nursing students because patients have a variety of beliefs and self-identities. When nursing students understand the belief, especially the health belief, they can plan the activity and solve the problems or potential problems in the family. This study's aim was to understand how their cultural background influences their health care behaviors. The practicum of community health nursing subjects is a very important subject for nursing students to confront the real situation, so they have experienced the health determinants that can affect the health of each person. For example, in the hospital setting, nursing students cannot see the reason that the patients cannot control their blood pressure because they know about the medicine they have after breakfast, but they have breakfast at ten or eleven o'clock, so the medicine can be late. The whole family has chronic disease, hypertension, diabetes mellitus, dyslipidemia, and psychiatric problems. The holistic care concept, which launched in taking care of the entire family, especially spiritual care, is very important, so this is the best way to integrate cultural sensitivity competency together. The results found that families have the holy things for healing when they are confronted with a health problem that cannot find out the cause, their belief about take medicine after a meal, but the time will be late, but they have the diet behaviors were good they have a lot of vegetables and all of them is from the plant by themselves, and they have the cultural that they call Rum-Thai- Paun is very surprisingly they can sing and play together even though are not all of them. The researchers expect that in the future, we can present more details for better health.

Keywords: Cultural sensitivity, Family Health Study, Practicum of Community Health Nursing

1. INTRODUCTION

Cultural sensitivity is crucial for nursing students, especially when they practice in the community practicum subjects, because the community has several diverse backgrounds with varying beliefs and identities. When nursing students grasp these beliefs, particularly those related to health, they can better plan their care and address issues that may arise within families. The community health nursing practicum is essential for students as it exposes them to real-life situations, helping them understand the various factors that influence individual health (Jeffreys, 2006).

For instance, in a hospital setting, nursing students might struggle to understand why some patients have difficulty managing their blood pressure. They may know that patients should take their medication after breakfast, but if those patients eat breakfast late, around ten or eleven o'clock, their medication could be delayed, affecting their health. This example illustrates the importance of considering cultural practices and daily routines in patient care" (Campinha-Bacote, 2002).

2. LITERATURE REVIEW/RESEARCH CONTEXT/BACKGROUND

The passage discusses how the concepts of trans culturalism and multiculturalism are now being included in nursing education programs across different countries. This inclusion requires the implementation of new teaching strategies, approaches, and methods that aim to help students acquire, develop, and enhance their understanding of different cultures. Essentially, the goal is to improve students' cultural competencies, which are essential for providing effective healthcare in diverse populations (Purnell, 2013).

Cultural sensitivity is the core competency that nursing students are required to enhance to achieve the goals of their profession because this competency helps nursing students understand patients better, including why patients may do or not do various things differently. Knowing how to cope with these differences, even when using holistic care, is essential, although holistic care alone may not address everything, especially spiritual care (Campinha-Bacote, 2011).

Holistic care consists of physical, psychological, social, and spiritual care. Especially with spiritual care, nurses must understand patients' beliefs and sense of self before addressing these needs, so developing several competencies is essential for this understanding. This approach is very useful for grasping the whole person and fostering empathy when patients confront problems, which helps nursing students practice effectively in the community setting (Dossey & Keegan, 2016).

Practicum of Community Health Nursing is the subject for the fourth-year nursing students to learn about caring for the population in the community setting. The aim of this study was to understand how their cultural background influences their health care behaviors.

3. METHODS

This study used a reviewed documentary to synthesize the health-related documents of 20 families, specifically focusing on Thai-Puan families. These families have various approaches to health care and incorporate their cultural beliefs and practices into their daily health activities. The aim was to understand how their cultural background influences their health care behaviors.

4. RESULTS

The twenty Thai-Puan families, some families have a belief about the holy things when they are confronted with health but they cannot find out the cause of this problem they go to the San-Pu-Ta and bring the things to respect the ancestors who lived in San-Pu-Ta and pray to respect them, then go home even though some problems had not gone but the family feel pleasant. Some families have a belief that when they do bad things, the spirit will be punished, so some health problems come from the punishment from the spirits.

Table 1: The synthesized details of the Thai-Puan Family

The details of the family	Number (20)	Percentage
The diet behaviors (include vegetables that they planted)	18	90
The cooperated with the others in the community	15	75

The belief about San-Pu-Ta	20	100
The physical activity with Rum-Thai-Paun	5	25
The houses were the Thai-Paun style (house on stilts)	15	75
Cannot control their blood pressure	10	50

From Table 1, the Thai-Paun families tyle have several details that can influence their health behaviors, for example, their ancestors and can do a lot of things with other people so they don't want to do some things alone. Teamwork or doing things together is the best way to cheer up if you would like this family do something. And they have some problems with controlling their blood pressure. When they saw the details of their activity, daily living found that they have breakfast very late someone have on 10 or 11 o'clock because they understand that breakfast is only rice and curry or something, but it is not the egg- boiled or bread. So they have medicine late also. The medicine is the beta-blocker, calcium channel blockers, Angiotensin Converting Enzyme Inhibitors (ACEIs), Angiotensin Receptor Blockers (ARBs), and so on. The time for taking the medicine is very serious for someone, so this is a major problem for the family to cope with. The last one, the researcher found that some family members cannot control themselves, so they have adjusted and added more medicine to take.

5. DISCUSSION

The findings from this study highlight the importance of cultural sensitivity as an essential skill for nursing students, particularly in settings that require close, empathetic interactions with diverse patient populations. In exploring the influence of students' own cultural backgrounds on their approach to healthcare, the study underscores how individual beliefs about spirituality, health practices, and family roles shape their caregiving perspectives. These findings emphasize that nursing students' cultural frameworks do not merely inform their personal values but also actively shape their clinical decision-making, particularly in the realm of family health.

A significant aspect of the study is the influence of spirituality on mental health. The case study demonstrates that spiritual beliefs can deeply impact a patient's mental well-being and coping mechanisms. This connection aligns with prior research, which has long noted that spirituality and religious beliefs can provide comfort, enhance resilience, and even improve recovery outcomes for patients facing health challenges (Koenig, 2012; Puchalski, 2014). For nursing students, understanding these dynamics is crucial to providing holistic and culturally sensitive care, as patients often draw upon their spirituality to make sense of illness and health.

The findings also reinforce the concept that cultural sensitivity extends beyond language and ethnic backgrounds. Cultural sensitivity includes understanding and respecting beliefs, customs, and values unique to each patient and their family, all of which can affect treatment compliance, patient satisfaction, and health outcomes (Betancourt et al., 2003). As students encounter patients from varied cultural backgrounds, they must adapt to different perspectives on family roles, gender dynamics, and health beliefs, which is essential to achieving patient-centered care (Campinha-Bacote, 2002).

Educationally, the results indicate a need for nursing curricula to include structured opportunities for students to reflect on their own cultural beliefs and explore how these beliefs influence their interactions with patients. By fostering cultural awareness, nursing programs

can better prepare students to serve diverse communities and address health disparities more effectively.

In conclusion, this study adds to a growing body of research that highlights the integral role of cultural sensitivity in nursing education and practice. As healthcare settings become increasingly diverse, the ability to understand and respect different cultural perspectives will continue to be a vital competency for nursing students, enhancing both their professional development and the quality of patient care.

6. CONCLUSION

Nursing students have to understand cultural sensitivity to care for patients better. Culture is very diverse in the world, so global health can affect from cultural diversity. The people can cooperate with the health personnel when they know the thing that happen with their life or their health.

Acknowledgements: Thank you, Thai-Puan Family

Funding Statement: No

References

1. Ayla Yava & et al. (2023). Developing the better and effective nursing education for improving transcultural nursing skills cultural competence and cultural sensitivity assessment tool (BENEFITS-CCCSAT). *BMC Nursing*,
2. Betancourt, J. R., Green, A. R., Carrillo, J. E., & Ananeh-Firempong, O. (2003). Defining cultural competence: A practical framework for addressing racial/ethnic disparities in health and health care. *Public Health Reports*, 118(4), 293-302.
3. Campinha-Bacote, J. (2002). The Process of Cultural Competence in the Delivery of Healthcare Services: A Model of Care. *Journal of Transcultural Nursing*, 13(3), 181-184.
4. Campinha-Bacote, J. (2011). *Delivering patient-centered care in the midst of a cultural conflict: The role of cultural competence*. OJIN: The Online Journal of Issues in Nursing, 16(2).
5. Dossey, B. M., & Keegan, L. (2016). *Holistic nursing: A handbook for practice*. Jones & Bartlett Learning
6. Jeffreys, M. R. (2006). *Teaching cultural competence in nursing and health care: Inquiry, action, and innovation*. Springer Publishing Company.
7. Koenig, H. G. (2012). Religion, spirituality, and health: The research and clinical implications. *ISRN Psychiatry*.
8. Puchalski, C. M. (2014). Integrating spirituality into patient care: An essential element of person-centered care. *Polskie Archiwum Medycyny Wewnętrznej*, 124(9), 451-456.
9. Purnell, L. D. (2013). *Transcultural health care: A culturally competent approach*. F. A. Davis Company.