Essentials of Psychiatric Nursing 3rd edition Boyd Solutions Manual

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Suggested Answers to Assignments, Chapter 2, Cultural Communities and Spiritual Considerations Related to Mental Health Care

Written Assignments	Learning Objective
1. Students' answers should include the following: • Spirituality develops over time and is a dynamic, conscious process. • Five attributes: meaning, belief, connecting, self-transcendence, value. • Religiousness is the participation in a community of people who gather around common ways of worshipping. • Religious beliefs often define an individual's relationship with a family and community.	3
2. Students' answers should include the following: • Spirituality can be a source of strength and support. • Perception of well-being and health in persons with severe mental illness has been positively associated with religion and spirituality. • Compassion and gratitude had a positive influence on the recovery process.	4

Group Assignments	Learning Objective
1. Students' answers should include the following: • Identify traditional and/or commonly held beliefs within the group's selected cultural or cross-cultural group, including underrepresented population groups.	2
2. Students' answers should include the following: • Christianity, Islam, Hinduism, Buddhism, Judaism, or other religions in the United States. • Explain commonly held or traditional beliefs among the groups.	5

Clinical Assignment	Learning Objective
1. Students' answers should include the following: • Learn about the patient's cultural background and identity. • Recognize the nurse's own culture. • Engage in cultural humility. • Conduct a thorough social and cultural assessment. • Demonstrate genuine interest in and respect for the person. • Do not assume that all people within a racial or ethnic group are the same.	1

Web Assignment	Learning Objective
1. Students' answers should include the following: Summarize the nursing journal article regarding the importance of incorporating cultural competence when caring for various patient populations. • Suggestions include: ○ https://www.stkate.edu/academics/healthcare-degrees/cultural-competence-in-nursing ○ https://www.wgu.edu/blog/cultural-competence-nursing2110.html ○ https://everynurse.org/7-steps-culturally-sensitive-nurse/	1

Suggested Answers to Case Study, Chapter 2, Cultural Communities and Spiritual Considerations Related to Mental Health Care

a. The RN can best demonstrate cultural competence to K.M. by asking what cultural and spiritual or religious beliefs they practice and exploring how these can be incorporated in the plan of care to assist K.M. at this time of need. The RN can also explore how K.M. feels about mental health treatment.

b. Because of traditional beliefs in Asian cultures regarding mental illness, particularly the tradition in some cultures of denying or disguising mental illness and therefore experiencing embarrassment over treatment, a priority goal during the orientation phase of the therapeutic relationship would be to establish a trusting rapport with K.M. Other goals would be to engage them in developing the plan of care, encouraging them to express their feelings, and having them return for a follow-up appointment.

Case Study, Chapter 2, Cultural Communities and Spiritual Considerations Related to Mental Health Care

A 47-year-old Filipino person, K.M., is referred to an outpatient mental health clinic by Social Services for evaluation of depression. During the intake interview, the patient reports that this is their first contact with mental health providers. K.M. tells the nurse that their 23-year-old daughter died 8 months ago from a drug overdose after having been addicted to heroin for many years. The daughter had never received drug treatment because K.M. was embarrassed and did not wish to attract unwanted attention to her daughter's problem. Now K.M. is attempting to raise their daughter's three young children (ages 6 years old, 3 years old, and 18 months old). K.M. has been very stressed with the additional financial burden because they have been on long-term disability due to an injury to their back at her job as a CNA at a nursing home several years ago.

Presently, K.M. admits to feelings of helplessness and powerlessness regarding the future because the disability checks are not enough to buy food for themselves and the three children and also cover the rent. K.M. is being threatened with eviction from their one-bedroom apartment. K.M. also reports low energy, fatigue, weakness, poor memory, and poor sleep. They tell the nurse that they attend church regularly and that their faith is important to them. Family supports are minimal because most of K.M.'s family is in the Philippines. (Learning Objectives 1, 2, and 4)

a. In what way can the RN best demonstrate cultural competence to this patient?

b. Given what you know about common and traditional beliefs in Asian cultures regarding mental illness, what might be a priority goal during the orientation phase of the therapeutic relationship?

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Suggested Answers to Discussion Topics, Chapter 2, Cultural Communities and Spiritual Considerations Related to Mental Health Care

Suggested Answers for Discussion Topics	Learning Objective
1. Students' answers should include the following: • Some cultures view mental illness as a condition for which the ill person must be punished and ostracized from society, but other cultures are more tolerant and believe that family and community members are key to the care and treatment of people with mental illnesses. • Provide information about cultural traditions and common beliefs about mental illness in underrepresented groups, including Latinx Americans; Black and African Americans; Asian Americans, Polynesian Americans, and Pacific Islanders; Native Americans; and Arab Americans. • Explain that cultural competence occurs when the health care professional strives to achieve the ability to work within the cultural context of the patient, family, and/or community.	1
2. Students' answers should include the following: • Cultural beliefs and practices about mental	2

Suggested Answers for Discussion Topics	Learning Objective
illness can define and shape the experience of being mentally ill and influence the willingness to seek care. • Explain that Black and African American people with mental illness may experience the stress of double stigma—not only from the stigma of mental illness but also from longtime racial discrimination. • Mention that in some Native American tribes, mental illness is viewed as a supernatural possession in which the person is out of balance with nature.	
3. Students' answers should include the following: • Perception of well-being and health in persons with severe mental illness has been positively associated with spirituality and religiousness. • Religious beliefs often define a person's relationship within a family and community. • Examples of spiritual interventions include meditation; guided imagery; and, when appropriate, prayer to connect with inner sources of solace and hope.	4