

COURSE OUTLINE **Culturally Diverse Older Adults**

Course Description

NR 227. Culturally Diverse Older Adult. 1 hour credit. Prerequisites: NR 105 with a C or better, or RN/ LPN, or prior approval of instructor. This course will enable the student to recognize the relationship between cultural diversity and the healthcare of older adults. The student will develop an understanding of the underlying impact that various cultures have on the health status of older adults, including access/barriers to healthcare services. The student will apply the knowledge he/she gains about various cultural factors of older adults in order to provide optimal nursing care for this population. Butler Community College is approved as a provider of continuing education by the Kansas State Board of Nursing. This course may be taken for continuing education credit in lieu of college credit hours.

Course Relevance

In order to provide culturally sensitive care, nurses need to be aware of the barriers many older adults face while accessing health care. Cultural norms and biases impact older adults' willingness to participate in recommended healthcare options and treatment compliance. Difficulties with language and communication, as well as a lack of knowledge related to older adults' cultural biases, contribute to the frustration and isolation frequently encountered by older adults. Race and ethnicity are correlated with increasing disparities in accessing healthcare services in the United States.

Required Materials

Ebersole, P., Hess, P., & Luggen, A.S. (2004). *Toward healthy aging: Human needs and nursing response* (6th ed.). St. Louis, MO: Mosby.

Learning Outcomes

The intention is for the student to be able to

1. Identify the impact of culturally sensitive nursing care has on older adults
2. Describe various culturally diverse characteristics of older adults and the correlation to accessing healthcare services
3. Identify specific methods to assess unique cultural needs of older adults and formulate a plan of care to meet those needs

Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course

Through the student's involvement in this course, he/she will develop his/her ability in the following PACT skill areas:

1. Valuing Diversity
 - The student will expand his/her awareness related to the cultural diversity of older adults and will provide evidence on what he/she has learned through various activities throughout this course.
2. Critical Thinking
 - The student will develop critical and analytical skills through written assignments and other activities conducted in this course.

Secondary skills (developed but not documented);

Health Management
 Internet Use
 Computer Literacy
 Teamwork

Major Summative Assessment Task(s)

These learning outcomes and the primary Learning PACT skills will be demonstrated by

2. Analyzing and discussing personal cultural biases and stereotypes related to older adults
3. Analyzing case studies involving culturally sensitive issues related to older adults including barriers to accessing healthcare services

Course Content

- I. Themes – Key recurring concepts that run throughout this course:
 - A. Providing culturally competent care is an essential component in caring for older adults
 - B. Transcultural nursing is widely recognized as an important aspect of professional practice
 - C. “Gerontologic Explosion”
 - D. Disparities in the health care services provided to older minority adults
 - E. Inability to access and effectively utilize health care services contribute to the health care disparities experienced by older adults
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. Personal cultural biases and stereotypes self-assessment
 - B. Existing cultural barriers to health care services experienced by older adults
- III. Concepts – Key concepts that must be understood to address the issues:
 - A. Three types of health care belief systems
 - B. Knowledge of different cultural norms and beliefs
 - C. Cultural specific principles related to health care
 - D. Personal culture self assessment
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
 - A. Discuss how culturally competent nursing positively impacts health care
 - B. outcomes of older adults
 1. Explain cultural concepts
 2. Discuss importance of cultural study
 3. National standards promoting cultural competence in health care

4. Principles of culturally sensitive care
5. Explore personal cultural self-assessment/cultural rooting exercise
6. Review cultural terminology
- B. Describe the three types of health belief systems related to culture
 1. Biomedical/scientific/Western
 2. Personalistic or magicoreligious
 3. Naturalistic or holistic
- C. Review concepts related to linguistic competence
 1. Use of interpreters
 2. Evidenced based protocol: Interpreter facilitation for individuals with limited English proficiency
- D. Explore barriers related to older adults receiving adequate care
 1. Difficulties with language and communication
 2. Feelings of isolation
 3. Encounters with providers lacking knowledge of older adults' cultural norms and bias
 4. Challenges related to the socio-economic status of older adults
- E. Discuss cultural factors influencing psychosocial function
 1. Cultural influences on beliefs about the cause of mental disorders
 2. Cultural influences on the manifestations of mental illness
 3. Cultural influences on stress and coping
- F. Describe cultural influences on expressions of nonverbal communication
 1. Perception of personal space
 2. Touch
 3. Touch between men and women
 4. Hand shaking
 5. Eye contact
 6. Facial expressions
- G. Discuss the unique cultural health care norms for various older adult cohorts
 1. Asian/Pacific Island Americans
 2. Chinese
 3. Japanese
 4. African (Black) Americans
 5. Hispanic Americans
 6. Jewish Americans
 7. Vietnamese
 8. Elderly Prisoners
- H. Explore the relationship between culture and health care practices
 1. Nursing assessment of older minority adults
 2. Nursing Interventions
 3. Cultural status examination
 4. Ethnicity and long term care

Learning Units

- I. Concepts of cultural diversity among older adults

- II. Three health belief systems related to culture
- III. Linguistic competence among older adults
- IV. Barriers related to cultural diversity and healthcare among older adults
- V. Cultural factors influencing psychosocial functioning in older adults
- VI. Cultural influences on expressions of nonverbal communication in older adults
- VII. Culture specific health care norms among older adults
- VIII. Culture and health care practices

Learning Activities

Independent study of materials supported by additional materials as required by the instructor as well as discussion of case studies, examination of professional journals, collaboration and interactive participation among class members and instructor.

Grade Determination

The student will be graded on completion of assessment tasks, class participation and discussion, as well as other methods of evaluation determined at the discretion of the instructor.