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Breaking the cultural and language barriers

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Introduction: We live in a global society. According to the US Census, 76.9% of the US population are White, 13.3% Black, 5.7% Asian, and 17.8% Hispanic. In keeping with this population shift, the health care professionals must be skilled in cross-cultural interactions in order to ensure the patients' well-being.

Statement of the Problem: The anti-immigrant sociopolitical context is a social determinant of health that affects mostly communities of color, both immigrants and nonimmigrants. Therefore, public health has a moral obligation to prevent health disparities. The nurses are responsible for responding appropriately to patients' cultural expectations and needs.

The purpose of this presentation: The furtherance of cultural awareness and appreciation of diversity. On the examples of cultural barriers from my personal experience, I promote culturally sensitivity and consciousness in regarding foreign people as less credible. My audience acknowledged that learning different perspectives enhances recognition of unique cultural identity.

Methodology: In 2016, I fostered awareness of diversity in my "Breaking the Cultural and Language Barriers" presentation at the 32nd American Multicultural Student Leadership Conference. In 2017, I presented "Breaking the Cultural and Language Barriers" storyboard at the Institute for Healthcare Improvement's (IHI's) National Forum on Quality Improvement in Health Care. Currently, I am presenting "My Struggle with Understanding of American Idioms" Power Points at Gundersen Health System.

Findings: It is imperative for health organizations to bridge barriers to safe and culturally sensitive care. Nurses can deliver enhanced care if they understand their patients' diverse backgrounds. Creating a diverse and inclusive workforce, where all individuals receive positive regard, promotes superior patients' outcomes.

Conclusion & Significance: Welcoming, caring, and the friendly working atmosphere is the essence of inclusive strategy. Gundersen Health System's teams strive to eliminate prejudice and acknowledge diverse worldviews. Our Inclusive Nursing Culture promotes fairness and empowerment for individuals with different cultural backgrounds.

Biography

Irina An is an immigrant from Uzbekistan, who arrived in the US in 2003. Her life was distinctly divided into two parts: Before and After arrival in this wonderful country. It was challenging to get adapted to a new country where everything was different: culture, language, traditions. Having a zero knowledge of English, she started her journey from the alphabet and underwent all "developmental" stages in reading and writing in English. Her determination and internal motivation were the keys to her success. Currently, she is a results-oriented RN with a competency to provide culturally sensitive care. Notable Achievements include Premier Status in the American Nurses Association and Wisconsin Nurses Association; Membership in Phi Theta Kappa International Honor Society for high academic achievements; Minn-Wi-Kota Region Phi Theta Kappa Honorable Mention Creative Writing for personal Essay "Honesty, White Lie, and Hope"; Nomination as a Talented Charge Nurse.

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