

Health Care System as a Subculture. Gaining Awareness & Culture Shock

471 nurs

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objectives

- After completion of this session the students should be able to
- Define subculture
- Discuss the deferent stage of culture shock
- Discuss stressors which create culture shock during hospitalization

Out lines

- Definition of subculture
- Culture shock
- Stages of culture shock
- Stressors which create culture shock during hospitalization

Subcultures:

It refer to a smaller group within a larger cultural group that has its own particular set of cultural values, beliefs and practices

A subculture is usually composed of people who have a distinct identity and are also related to a larger cultural group

Gaining Awareness

Nurses might be considered a subculture of the health care system because the profession is associated with a certain set of values, behavioral norms and language.

Nurses should remember that the health care system is also a subculture; and it has rules, customs, and its own language.

Culture Shock

The term culture shock covers all feelings and behaviours of people who are moved to unfamiliar place.

Culture Shock results in a Stress Syndrome Caused By:

- 1-Life change.
- 2-Unfamiliarity to language and environment.
- 3-Isolation.
- 4-Insecurity.
- 5-Adjustement.

The Phases of Culture Shock:

1-Phase One:

It is characterized by excitement because people are stimulated by being in a new environment, and is called the honeymoon phase.

2- Phase Two:

Awareness phase and it is accompanied by feelings of:

- Inadequacy,
- Frustration,
- Embarrassment,
- Loneliness,
- Anxiety and withdrawal or anger.

3-Phase Three:

-Culture familiarity.

-Developing a sense of humor to new culture.

Old culture become weaker.

4- Phase Four

A person who returns to the former culture during this phase may experience reverse culture shock.

Stressors which create culture shock during hospitalization

1- Communication:

Hospitals have their own communication system, so the patient must learn a new “language”

2-Mechanical Environment:

A person must be familiar with the new mechanical devices and forms of transportation

3-Customs:

All patients must learn a new life style and also need to be accustomed with the hospital routine e.g. sleeping and awaking time, types of food, hospital wear.

4- Isolation:

Hospitals isolates patients from their families and communities.

5-Attitudes and believes:

Every one in the hospital knows what is going on, **except the patient.**

Some health personnel are acting on the belief that the patient does not have the right to know about himself or his disease process.

