



## Introduction to Socio\_Cultural Variation in health

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# SOCIO CULTURAL DIMENSIONS



# Objectives

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At the end of this session the student will be able to:

- 1- Identify the socio-cultural dimensions.
- 2- Establish an awareness of socio-culture dimensions during patient care.
- 3- Appraise the importance of socio-cultural dimensions in health care.



# Out lines

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- 1- Appropriate health care practice.
  - 2- Elements of health care assessment.
  - 3- Socio-cultural dimensions:
    - Health care
    - Awareness of cultural differences
    - Ethnic similarity and differences
    - Language barriers
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## SOCIOCULTURAL DIMENSIONS

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Health believes and practices **can be measured in all cultures because** human characteristics are universal. **However,** believes of subcultures may be differ **according to** subcultures. **Subculture is determined** by ethnicity, social class and other factors.

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Appropriate health care practices must be derived from:

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## 1. Ethno science approach:

People who come from varying cultural back grounds have varying health believes. Care providers should plan according to ethnic background. e.g. In etiology of mental disorders there are dramatic ethnic differences.

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# Religious and cultural differences

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2 Health care providers should realize that, all behaviors are socially prescribed ways of dealing with health, pain, and

illness.



Hence factors that interfere with patient assessment & communication are: 

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a) Religion

A religious person often believes that being sick is either a God's punishment or reward.

Health care providers should appreciate the impact of religious sect

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## ) Type of family

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either extended or nuclear.

Thus, the practice determines who the most prominent person in the family is

Parent or grand parent to be referred to.....

c) Cures and fears

Faith

Ethnic group definitions of illness.

d) Professional's role

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An effective health care provider is really able to:

listen actively to what the client trying to say by:

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Being empathetic

Meaningful communication (culturally oriented)

Self knowledge and self awareness about culture and Ethnicity

Care provider should understand cultural norms, values and believes of the clients they deal with; also attention should be given to plan a successful program to care for the client from trans-cultural perspectives.

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# Elements in health care assessment

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Before clients' assessment health care provider should pay attention to ethnic and cultural differences in terms of the followings:

1- Care providers cannot solve patients' problems, but they may be able to help them solve their own problems.

2- Every patient's problem has more than one possible solution.

3- The easiest, least creative response to trans-cultural conflict is to

Pretend that it does not exist

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4- Every patient behaves according to unwritten ethnic group customs and

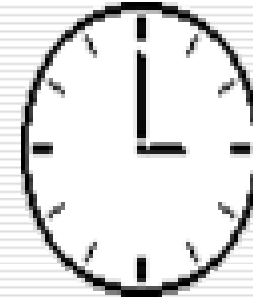
*traditions.*

5- The most powerful factors in family decision making are precedent.

and cultural or religious norms from relatives who do not have this knowledge. 6- Humor can help practitioners and patients over rough spots; we must be

able to laugh at ourselves and with other people.

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7- Previous trans-cultural experience is a valuable asset if it is used as a general guide. However, if viewed as offering the correct answer to every trans-cultural problem, experience will be a liability.

8- All care providers will make mistakes in trans-cultural interactions, but we should learn from our mistakes and not repeat them.

-Health care providers should be aware of socio cultural dimensions during patient care.

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# What are the most important socio cultural dimensions

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1. Health care
2. Awareness of cultural differences.
3. Ethnic similarity & differences.
4. Language barrier.



# . 1. Health care

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The phrase "sound mind in a sound body" reflect an ideal socio-cultural definition of health.

Meaning of health linked to two types of racism:

Individual racism: refer to the behavior of individuals that supports

over others The believe of social superiority of one or more group

people Institutional racism: refer to the systemic oppression of

through systemic polices & practices.

Racism remains a destructive force in our nation's health care.

Health care shouldn't discriminate on finance, race, sex, or religious.

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# Awareness of cultural differences:

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The nurse is a central figure in health care. The nurse's role is to help patients formulate and evaluate health goals in terms of their own values and those of the larger community. It is imperative to involve patients in as much of the health care process as possible. To best do this, each nurse must be in touch with herself or himself.

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### 3- Ethnic similarity & differences

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Awareness of ethnic similarity & differences should be considered by health

care providers. Ethnicity from a clinical point of view is more than a distinctiveness defined by race, religion, national origin, or geography. It involves conscious and unconscious process that fulfill a deep psychological need for security, identity, and a sense of historical continuity

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## 4. Language barrier

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Language may hinder or foster patient/ health care providers interaction



Thank you

