

Sunrise model: east indian

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Sunrise Model: East Indian Tracie Hang University of Wisconsin, Oshkosh

Abstract Understanding a patient's culture plays an important role in nursing care. To preserve a patient's cultural belief, accommodate the practice and develop new patterns at the same time respecting their values, can sometimes be challenging. However, this process needs to be understood and acknowledged for the patient's well-being. Sunrise Model: East Indian Providing culturally sensitive care is pertinent in nursing practice. Each patient is individually unique just as their culture and beliefs. Understanding their religion will help with their treatment plan and accomplish a positive outcome. Health Care Practices of the East Indian Culture Understanding the Ayurveda concept of health " the science of life" is an important factor for most Indians. This practice emphasizes on physical, mental, and spiritual health. They believe physical ailments, stress and karma are the causes of one's disease. According to Molina Healthcare, " Majority of Indians treatment for illness mostly involves changes in diet, herbal remedies, massage, application of oil to key areas and rest" (Gordon, Bernadett, Evans, Shapiro & Patel, 2007). Culturally Congruent Care Preservation The nurse should talk to Vaidya and acquire about her culture. Preserving a patient's cultural beliefs can be done through acquiring details regarding their culture and facilitating their choices as long as it does not pose a risk or threat to their well-being. Exploring a patient's culture and attempting to understand it may be difficult, but in doing so, nurses can understand the reason behind decisions made. Meaningful communication is based on respect of one's culture and the nurse-patient relationship. Accommodation When planning a patient's treatment plan, nurses should negotiate or accommodate request

made by the patient as long as it does not pose a threat to his or her health. This means incorporating their beliefs or values along with nursing interventions. For example, after giving birth, Hmong women believe drinking hot water will cleanse their bodies and release left over blood clots. This request poses no threat to their health and should be accommodated. In this scenario, Vaidya could speak English but was experiencing difficulty in communicating her needs. This may be due to anxiety stemming from being sick and alone in another country or frustration of not understanding why her parents sent her to another country at a young age. The nurse should ask questions and allow the patient to explain the situation. Giving the patient some time alone while she gathers her thoughts before coming back may also be beneficial. If at the end, communication is still an issue, try using non-verbal communication strategies. If all fails, work with an interpreter but work out strategies for effective communication while incorporating cultural beliefs and values. Re-patterning Vaidya's admission complaints appear to be illnesses that occurred over time. She may not have sought medical attention until now due to other home remedies her culture believes in. Re-patterning involves developing new patterns such as seeking medical care sooner but at the same time respecting her values and beliefs. The nurse can also discuss and advice the patient on available options of handling the situation without violating the patient's belief. References Blais, K. K., & Hayes, K. B. (2011). Professional nursing practice: Concepts and perspectives (6th ed.). Upper Saddle River, NJ: Pearson. Gordon, M., Bernadett, M., Evans, B., Shapiro, B., & Patel, M. (2007). asian indian culture: influences and implications for health car. Retrieved from <http://www.>

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