

# Foundations for cultural competence in arab culture

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Case Study on Arab Culture Case Study on Arab Culture The case of Mrs. Nasser reflects the effects of cultural beliefs on then definition of well-being and then choice of treatment options. Arabs have a culture that is deeply embedded in their way of life. Therefore, their cultural beliefs are evident in every aspect of life. Mrs. Nasser has the conviction that her daughter should not undergo a vaginal examination despite the fact that the symptoms that she presents require that the examination. The daughter has highlighted that she experiences a burning sensation while urinating and that there is itchiness in the genital area. A vaginal examination would enable the doctors and nurses to obtain vaginal samples that can be used in the diagnosis. The mother insists that the doctors and nurses should only give prescriptions without the examination, an opinion that contradicts with nursing standards of practice, as well as the definition of evidence-based practice. This paper will describe the best course of action for the nurse.

#### The Best Response from the Nurse

The nurse should demonstrate understanding of Mrs. Nasser's views and convictions concerning the issue at hand. Evidently, Mrs. Nasser's concerns have a strong basis because if the virginity of the daughter is under compromise, it can destroy her life, making her a social reject. Therefore, the nurse should reassure Mrs. Nasser that her concerns are worth proper consideration. However, the nurse should also explain that prescription without diagnosis poses serious health risks and that it is unacceptable (Purnell, 2013). The nurse should elaborate the possibility of carrying out a vaginal exam that does compromise the virginity of the young girl. The nurse should depict a high level of understanding while giving Mrs. Nasser and her

daughter the reassurance they need. Notably, nurses play a critical role in helping patients understand the available treatment procedures and choices. Moreover, nurses should provide patients and their family members with the emotional support required so that they can be willing to accept the available treatment options. Finally, nurses should prove to be highly culturally competent.

Culturally Congruent Strategies in Addressing the Issue posed by Mrs. Nasser

Nurses should be able to exhibit culturally congruent behaviors and attitudes when delivering care to different communities. In this case, the nurse should demonstrate respect for the Arab culture. In addition, the nurse should have the required skills to carry out a culturally congruent assessment in order to determine the underlying beliefs and the opinions of both Mrs. Nasser and her daughter (Songwathana & Siriphan, 2015). Evidently, understanding their worst fears regarding the vaginal examination is an initial step. After the assessment, nurses should be able to integrate the required nursing standards and the cultural beliefs of the patients in the decision-making process. The nurse should ensure that she highlights options that are conforming to the cultural beliefs of the patients. For example, the nurse can suggest the use of vaginal swabs in the collection of samples without having to open up the vagina for an extensive examination.

How to Address Mrs. Nasser's Issues Promptly

Mrs. Nasser's daughter requires proper treatment. The nurse should ensure that the patient's mother complies with treatment procedures as soon as possible (National Institutes of Health, 2014). Therefore, nurses should

develop solutions that exhibit the respect for cultural beliefs, and that address the health needs identified. In this case, the nurse should opt for other option such as obtaining urine samples and performing the urinalysis, which has the potential to yield results that can be used in the diagnosis. In any case, the nurse should create a positive relationship with the patient, so that they can discuss other viable procedures that can be used in the diagnosis, ensuring proper health care.

### References

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