

The roles of health care professionals nursing essay

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To begin with, this family do not have a stable financial base that may lead to unfulfilled basic needs. Practically, the high number of family member is directly related to the higher rate of expenses. Ahmed is the only bread maker who has to afford nine different individual needs of his family and to make the matters worse, Katya has been diagnosed with cervical cancer which will have a huge impact on the family's spending (Banthin, Cunningham & Bernard 2008, p. 27). Ahmed experiences chest pain that is getting worse and is undiagnosed. He depends on fast foods, which is rich in cholesterol; this increases the risk of cardiovascular disease (Craft, Gordon and Tiziani 2011, p. 621)Correspondingly, this couple also suffers from emotional de-attachments as they fail to share their problems with each other. Leaving one's country and migrating to a new environment with different culture and language can be challenging for people which instigates disorientation, anxiety and confusion. Hence, Katya is likely to be suffering from cultural shock (Chiocca E M 2011, p. 71). Katya is strongly orientated to her religion and failing to attend the mosque can stimulates a sense of guilt and discontent from not being able to attend the formal rituals which she has been practicing for years. (Bram et al 2008, p. 29). Ahmed's determination to set up a business despite of the challenges experienced; is the positive aspect for this family. This proves that Ahmed is enthused for the welfare of his family and also, as he migrated from Iran for his children's future. In Islamic religion, husbands are the financial breeder whereas wives nurse and bear the children following his leadership as long as it integrates the Islamic teachings (lettie 2010, p. 145). The family has the same values and shows their orientation towards their religion. This family has limited social

interaction which is crucial for building a healthy family. Socially alienating oneself is a drawback, as we need the support of friends to take us through emotional or physical difficulties. (Phillip 2012, p. 46). Free flow of communication among the partner is vital for any affiliation to prosper, to strengthen, to support and to understand (Wood 2012, p. 310). Lack of transparency in relationship is a major impediment that can result in disputes between Ahmed and Katya. Blended families often enjoy a range of advantages that can include happier parents due to the improvement from an earlier life and experiences (Penton and Welsh 2007, p. 5). Hence, there is a foundation for the creation of a more loving family shaped by the increased cohesion and close interaction. To the children, they gain an expanded family network who can nurture them during their growth through love and care (penton and welsh 2007, p. 6). The child in a blended family has to merge and sustain in a complete new environment. Adjusting to new people could exert an impact over their life which can be challenging (penton and welsh 2007, p. 11). As Matsumoto and Juang (2013, p. 54) explain, how different culture can exert their influences on actions, behaviors and thoughts which arises differences on self-concept in blended families. Moreover, personalized demands of individual member harvest peculiarity and distortion in the atmosphere of the blended family. Greene and Murdock (2013, p. 227) address that poor health outcome is often related to low economic status. It has been clear that they do not have sufficient cash flow that tends to make this family resistive to go for their health check-ups. Dissimilarities in cultural factor has major affect in communication that manipulates the quality of care to be delivered (Chiocca EM 2011, p. 60). An

ineffective intercultural communications can arouse conflicts and misunderstanding opposing this family to access the proper health care (Matsumoto and Juang 2013, p. 370). This family has settled in semi-rural area where the health care facilities can be located in distant setting. The family will have to travel and access public transportation which will intensify the simple task of going for the check up into a complex chore (Chan, Hart and Goodman 2007, p. 140) According to Hasnain et al (2011, p. 74), Muslim women require female health professionals for their assessment and diagnosis that generate barrier to the quality care. The studies suggest the women perceive that the providers are lacking concernment towards this requirement and hence, they retrograde themselves from attending any health check-up. Tong et al (2010, p. 307) suggest men are reluctant to go for the health check-up by themselves. Similarly, in spite of having consistent chest pain, Ahmed has no plans for attending any health care yet.

National Cervical Screening Program. The aim of this program is to reduce the rate of mortality and death occurring due to cervical cancer and motivates the woman to take the Pap smear test on a regular basis. This program organizes Pap smear screening every two years for woman aged 18 years to 69 years and recommends all woman who are either sexually active or inactive to undertake this test. Health professionals involved in this organization provide education and information on the cervical cancer and Pap smear test to women. They help women to gain confidences on the test increasing their level of understanding over the cancer, symptoms of the disease and the treatment to do so on positive outcome. The young girls are also educated about the test and are informed to initiate the test on

recommended time. Samira can be benefited from this program as she can be well prepared for the test and be able to detect the warning signs of cervical cancer. However, this services is only available for females for the clinical purpose. Therefore, this program is not useful for Ahmed for his medical diagnosis. But the health professional can provide education and knowledge about this test to non-targeted gender group which means local population. Alteration of the program by converting the agenda which is basically from educating females into educating the whole population including male in a framework. This can provide the enhanced awareness as the male population also get informed; this increases the rate of awareness in the community. So, more number of women will go for the regular test and more number of early detection of disease will be conceivable. The family is under stress. Stress are interrelated with the progression of the disease such as cardiovascular, sleep disorders and psychological problems (Craft, Gordon and Tiziani 2011). Health professionals who can assist one to overcome the stress are counselors and psychologist. They aid maintaining quality of life, increasing motivation and encouragement. The services includes marriage counseling, drug abuse and listening to the problems (Grivas, Down and Carter 2009, p. 5). Since, this family is not rich and cannot afford some services in the new country, they can go to public institutions where these services are free of charge. Advice on their lifestyle, disease and diet will be the most important thing that they will get (Brauer el al 2012). Other health professionals such as professional interpreters who can assist communicating accurately about the health issues and cultural brokers helping migrants to achieve competent health care. They ensure that the

clients are getting the accurate assessment and that reduces the health related disparities (Chiocca EM 2011, p. 72). One of the key role of nurse is to maintain the confidentiality of the patients' information (McGowan 2012, p. 61). Even though the nurse is aware of the situation of Katya, she has the code of ethics that hinder her from revealing a patient's problem without their consent (McGowan 2012, p. 63). As a professional, she should strongly advice Katya to involve Ahmed and organize their medical care together.' Muslim women's specific religious and cultural needs, such as the need for same-gender providers, dietary restrictions, special needs during fasting, personal hygiene and daily prayers, require consideration and accommodation by healthcare providers'(Hasnain et al 2011, p. 74). Hence, this emanate necessitating the allocation of the female health professionals in her care. Accordingly, communication and language barrier are the major problems that the nurse can face during her hospital stay. (Fatahi et al 2010, p. 774). It can be difficult for the nurse to manage her pain as her threshold and perceptions on pain can be different due to different culture and ethnic background (Post, LF et al 2007, p. 348). Samira is 13 years old and continues to refine her fine motor skills (Chiocca E M 2011, p. 23). According to Haley (2013, p. 540), the 12-13 years is the formal operational period which is based on Piaget's theory. At this point of time, the stage of childhood terminates and formation of concrete cognitive structure begins that was consolidated with past experiences. Samira is expected to be able to distinguish between the reality and imaginable realities which verge on to find the answers towards truth, legitimacy and morals. (Kaplan 2008, p. 483). At this stage, Samira has the ability to think abstractly giving rationales

and can plan her future and formulate her own principles. This has been well demonstrated as she wants to finish her school and be a lawyer. Puberty and emerging new body shape and image has been bringing psychological and emotional changes in her (Kaplan 2008, p 467). Maturation of sexual organs and emotions contribute to sexual desires as evident by her increasing interests in boys. According to Freud's theory, adolescent involves in sexual intercourse as per their curiosity, peer pressure and affection (Chiocca EM 2011, p. 22). Therefore, Samara is reasonably curious and may embroil herself into sexual activity as she is forestalling to the new found freedom. Kaplan (2008, p. 490) suggested that at this period, adolescent often re-assess their religion and re-evaluate the values and beliefs and additionally, studies shows that dissolution of religious thoughts and practices tends to occur. In this case study, she has been adjusting well in the new environment and displaying interest in adopting new culture. According to the " theory of Freud", the girls at this stage desires to get partitioned from their parents and self-governing their own life. Similarly, she is awaiting to emerge herself to the new found sovereignty as mentioned in the case study. Pati et al (2011, p. 387) believe that the parent's literacy is related to child health outcomes. Low level of maternal health literacy can impede identifying the significances of immunization as there are many vaccine preventable diseases. In this case study, Katya has been reluctant to immunize her children. It is important to identify the reasons from forbidding her children from the benefits of vaccines. Providing adequate education on the advantages of immunization will help Katya to assimilate the right information. Katy must understand what immunization is for, how does it

work on the body and how she will be able to secure the welfare of her children's health. In future, a sense of guilt and regret can arise if any of her child without being immunized gets sick which could have been prevented by vaccination. Henceforth, ample amount of information on this topic is important to be delivered to the family by health professionals (Pati et al 2011, p. 392)The strategies that can be used to ascertain that the family understands the immunization-based education is by telling her the real life experiences of families. Utilization of Statistics on the rate of deaths especially infant deaths that comes from studies on vaccinations (McAdoo, 2009, p. 76) can be shown to the Katya. Providing her the factsheet about the immunization schedules and criteria of eligibility for free vaccines in her native language. Katya may need the help of professional interpreter for the better understanding. In conclusion, Ahmed and Katya need to share their problems and get help from the health professionals as well. Ahmed is loaded with financial burden which means he will have work even harder; furthermore, he needs to consume healthy food. This family will have to adjust in the place and accept the new culture. Katya needs to learn English and drive to be able to attend her mosque regularly. Katya and Ahmed needs to immunize their children. They need to identify and emphasize on balancing the strengths and weaknesses of their family. They have to be the role models with variable parts according to their children's age and improving the quality of life of the family.