

6. Demonstrate how scientific and folk practices can be combined to provide optimal care for the mother and infant.
7. Recognize when compromise is not possible without destroying the family's entire cultural belief system.

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## CASE STUDIES AND STUDY QUESTIONS

Mrs. G., a Mexican-American, has come to your antepartum clinic for the first time. She is a gravida 3, para 2 (G3, P2) woman and is at 32 weeks' gestation. Through an interpreter she tells you that she is feeling fine, had no problems with her previous pregnancies, and has come for prenatal care only at the urging of the nurse in the well-child clinic where her two children receive immunizations. She believes it is important to balance the hot and cold humors and eats according to the prescriptions for accomplishing this during pregnancy; she avoids "hot" foods, iron preparations, and milk (because of lactose intolerance). She is kept active caring for her family (her children are ages 2 and 5 years) and believes that this will ensure a small infant and an easy delivery; she also believes that sleeping flat on her back protects the fetus from harm.

1. Who is the best person to serve as an interpreter for this woman?
    - a. A woman 20 to 30 years old
    - b. A man 20 to 30 years old
    - c. A young girl in her early teens
    - d. A young boy 8 to 10 years old
  2. What is an appropriate approach to discussing her possible dietary deficiencies?
    - a. Tell her the beliefs in a balance of hot and cold are superstition.
    - b. Tell her that it is important that she include milk and an iron preparation in her diet.
    - c. Explore with her acceptable alternatives to milk and iron preparations that she can ingest.
    - d. Refer her to a nutritionist who will construct a specific diet for her.
  3. What is an appropriate question to ask this woman?
    - a. "Will your husband be with you during labor and delivery?"
    - b. "Who will you want to be with you during labor and delivery?"
    - c. "Are you attending any childbirth preparation classes?"
    - d. "Do you know that sleeping on your back is actually bad for the infant?"
  4. What is a good approach for the nurse in caring for this woman?
    - a. Instruct her in the components of a balanced diet.
    - b. Tell her the benefits of regular and early prenatal care.
    - c. Enroll her and her husband in a childbirth preparation class.
    - d. Ensure female care providers as often as possible.
- You are assigned to care for Mrs. T., a Vietnamese woman who gave birth 12 hours previously. When you enter the room she is lying in bed with the infant in the bassinet beside her. There is a full bottle in the crib. She has not had a shower, and most of her food remains on her breakfast tray. She has had only the tea and toast. When you exclaim over the infant, she merely turns her head away and does not comment.
5. What is an appropriate comment or question for her regarding her food intake?
    - a. "If you don't eat more, you won't have the strength to care for your infant."
    - b. "Why didn't you eat your cereal, juice, and fruit?"
    - c. "Do you have special food requirements during this time that I could help with or that your family could bring in?"
    - d. "Don't you like our food?"
  6. What should you assess about her activity and bathing?
    - a. Whether there are cultural restrictions on her activity that prohibit her from showering at this time
    - b. When she will take a shower
    - c. When she will get out of bed and ambulate
    - d. Whether she is going to feed the infant soon
  7. How would you expect this mother to behave toward her infant?
    - a. Expresses great joy about the birth of the infant
    - b. Appreciates compliments about the infant by the staff
    - c. Willing to take complete charge of caring for the infant

- d. Remains distant toward the infant during the first few days, with caretaking done by others
8. Who would you expect to be at her bedside helping her to take care of herself and the infant?
- No one
  - Her mother or grandmother
  - Her husband
  - Her neighbors
- Mrs. C., a Laotian, her husband, and her mother come into the labor and delivery area. She is a 20-year-old gravida 1, para 0 (G1, P0) at term. When being examined, she frequently pulls the sheet over herself and looks away from her husband, who appears uncomfortable. She is found to be 7 cm dilated, completely effaced, and at 0 station. She sits upright in the bed, only grimacing with contractions. Her mother asks if her daughter may have a cup of hot tea to drink.
9. What are important components of a care plan for this family?
- Determine which family member(s) the patient would prefer to support her during labor.
  - Make sure that the patient has ice chips at the bedside at all times.
  - Assess the patient frequently for signs and behavior indicative of increasing discomfort.
  - Provide for as much privacy and modesty as possible.
  - Insist that the patient lie on one side or the other during the rest of her labor.
- All of the above
  - a, c, d
  - a, c
  - b, c, e
10. Which of the following are essential to providing effective perinatal care to families of different cultures?
- Including cultural and family assessments as part of the routine history
  - Insisting that the family adhere to scientific and medical principles of care at all times
  - Assessing all culturally different beliefs as harmful
  - Providing the services of an interpreter if a language barrier exists
  - Fostering an attitude of respect for alternative healing practices
- a, c, e
  - b, c, e
  - a, d, e
  - All of the above
11. What might prevent culturally diverse families from seeking maternity care in health care institutions in the United States?
- The presence of interpreters to assist with language differences
  - Culturally competent care provided by health care practitioners
  - Clinics that are easily accessible and in local neighborhoods
  - Long clinic waits in urban centers that are structured to accommodate clients as a group, not as individuals
12. Applying transcultural concepts to nursing practice includes:
- Identifying cultural needs
  - Understanding the cultural context of the client and family
  - Using culturally sensitive strategies to meet mutually satisfying goals
  - All of the above

## ANSWERS TO STUDY QUESTIONS

- |      |      |      |       |
|------|------|------|-------|
| 1. a | 4. d | 7. d | 10. 3 |
| 2. c | 5. c | 8. b | 11. d |
| 3. b | 6. a | 9. 2 | 12. d |

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