

Lewis: Medical-Surgical Nursing in Canada, 2nd Edition

Chapter 3: Cultural Competence in Clinical Care

Test Bank

MULTIPLE CHOICE

1. An Aboriginal client tells the nurse that he thinks his abdominal pain is caused by eating too much seal fat and that strong massage over the stomach will help it. What is this client describing?
 - a. Awareness and knowledge of his own culture
 - b. Encounters with cultures different from his own
 - c. Explanatory model of health and health practices
 - d. Knowledge about the differences in modern and folk health practices

ANS: C

Further assessment of the client's cultural beliefs is appropriate before implementing any interventions. A massage may be helpful, but more information about the client's beliefs is needed to determine which intervention(s) will be most helpful. This is eliciting the client's explanatory model of health practices.

DIF: Cognitive Level: Application REF: p. 47

2. When performing a cultural assessment with a client of a different culture, what is important for the nurse to ask about first?
 - a. Racial heritage
 - b. Use of cultural healers
 - c. Language spoken at home
 - d. Affiliation with a cultural group

ANS: D

An early step in performing a cultural assessment is to determine whether the client feels an affiliation with any cultural group. The other actions may be appropriate if the client does identify with a particular culture.

DIF: Cognitive Level: Comprehension REF: p. 47

3. The daughter of an older adult Aboriginal woman admitted to the hospital tells the nurse that her mother has very traditional beliefs about health and illness. Which action is the most culturally sensitive?
 - a. Avoid talking to the client until she initiates conversation.
 - b. Ask the client if it is important to her that cultural healers are contacted.
 - c. Obtain further information about the client's cultural beliefs from the daughter.

- d. Explain the procedures and routines that will be carried out while hospitalized.

ANS: B

Because the client has traditional health care beliefs, it is appropriate for the nurse to ask whether she would like a visit by a traditional healer. There is no cultural reason for the nurse to avoid asking the client questions, and questions may be necessary to obtain necessary health information. The client (rather than the daughter) should be consulted about personal cultural beliefs. The hospital routines for meals, care, and visits should be adapted to the client's preferences rather than expecting the client to adapt to the hospital schedule.

DIF: Cognitive Level: Application REF: p. 47

4. Which should be used to determine a client's cultural practices regarding communication and eye contact?
- Ask the client what silence means when communicating with others.
 - Avoid all eye contact unless the client establishes eye contact with the nurse.
 - Observe the behaviours and interactions between the client and other members of the culture.
 - Use the communication technique that he or she is most comfortable with in order to make the client feel comfortable.

ANS: C

Observation of the client's interactions with visitors will provide the most useful information. Asking about the meaning of silence will not be helpful in assessing the client's cultural values regarding eye contact. Avoiding eye contact may not be appropriate for interactions with some clients. The nurse should attempt to adapt communication to the client's communication style.

DIF: Cognitive Level: Comprehension REF: pp. 47–48

5. What is the most appropriate action when the client constantly pauses before answering questions about his or her health history on an admission assessment?
- Stop the assessment and return later.
 - Wait for the client to answer the questions.
 - Ask why the questions require so much time to answer.
 - Give the client the assessment form listing the questions and a pen.

ANS: B

Although members of some groups may respond effectively to direct questions, members of others will respond more comfortably in interactions that are less direct, in which information is asked for and presented in the third person, and more silence and reflection are allowed for; therefore, the nurse should wait for the client to answer the questions.

DIF: Cognitive Level: Application REF: p. 41

6. If an interpreter is not available when a client speaks a language different from the nurse's, which action is most appropriate?
- Use specific medical terms in the Latin form.
 - Talk loudly and slowly so that each word is clearly heard.
 - Repeat important words so that the client recognizes their importance.
 - Use gestures and pantomime to demonstrate what is to be communicated to the client.

ANS: D

The use of gestures will enable some information to be communicated to the client. The other actions will not improve communication with the client.

DIF: Cognitive Level: Comprehension REF: p. 48

7. A recent RN graduate is assessing a newly admitted non-English-speaking Chinese client. Which action would alert the preceptor to intervene and assist the nurse with culturally appropriate care?
- Sitting down at the bedside
 - Calling for a medical interpreter
 - Beginning the physical assessment with palpation
 - Avoiding eye contact with the client

ANS: C

Given that touch is an important aspect of cultural practices, the nurse should always ask permission to touch before touching a client. This demonstrates respect for the client's cultural values. The other actions are appropriate.

DIF: Cognitive Level: Application REF: p. 44

8. Which best describes culturally appropriate nursing care?
- Asking permission to touch a client
 - Avoiding questions about male-female relationships
 - Explaining how Western medical care differs from cultural folk remedies
 - Applying knowledge of a culture to clients of the same cultural group

ANS: A

Many cultures consider it disrespectful to touch a client without asking permission, so asking a client for permission is culturally appropriate. The other actions may be appropriate for some clients but are not appropriate across all cultural groups or for all clients.

DIF: Cognitive Level: Comprehension REF: p. 43

9. A nurse can become frustrated when hospitalized clients of other cultures are surrounded by many family members who try to participate in the client's care. What is the initial approach for the nurse to implement?
- Understand that cultural practices are important to the family.
 - Explain to the family that so many people visiting is exhausting to the client.
 - Examine his or her own culturally based values, beliefs, attitudes, and practices.
 - Allow the situation to continue until a family member's interferences suggest harm.

ANS: C

The first step in providing culturally competent care is to understand one's own beliefs and values related to health and health care. Asking oneself about personal beliefs will help achieve this step.

DIF: Cognitive Level: Comprehension REF: p. 40

10. An 82-year-old Asian woman tells the nurse she immigrated to Canada from China in 1936. She speaks English but has lived in a Chinese neighbourhood since she arrived. What assessment knowledge should the nurse use to plan care for this client?
- The client will have special needs because she practises Buddhism.
 - The client should be questioned further with regard to her health beliefs and practices.
 - The care that the family provides will be more important than the care the nurses provide.
 - Given that the client has lived in Canada for many years, it will not be necessary to make special considerations in her care.

ANS: B

Further assessment of the client's health care preferences is needed before making further plans for culturally appropriate care. The other responses indicate stereotyping of the client based on ethnicity and would not be appropriate initial actions.

DIF: Cognitive Level: Application REF: p. 47