



Transcultural Nursing and Nursing Empowerment

Mary Anbarasi Johnson*

Professor and Head, Pediatric Nursing Department, College of Nursing, CMC Vellore, India

***Corresponding Author:** Mary Anbarasi Johnson, Professor and Head, Pediatric Nursing Department, College of Nursing, CMC Vellore, India.

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Abstract

Transcultural nursing is a growing concept and its very essential because there will be exchange of information from various parts of the world, the strengths of each culture will be shared and that will promote growth of the profession. It also provides opportunity to get to know various institutions, their protocols, guidelines. There will be help provided as well through transcultural nursing. Its imperative that we promote this concept for the growth of nursing.

Keywords: Transcultural Nursing; Cultural Sensitivity; Cultural Awareness

Introduction

Transcultural nursing is both a specialty and a general practice area. It focuses on worldwide cultures and comparative cultural caring, health, and nursing phenomena. Established as a formal area of inquiry and practice more than forty years ago, transcultural nursing's goal is to provide culturally congruent care.† As summarized by one nursing leader in the field, "Transcultural nursing is a body of knowledge that helps us [to] provide culturally relevant care" [1].

Madeleine Leininger, founder and leader of the field, defines transcultural nursing as: a substantive area of study and practice focused on comparative cultural care (caring) values, beliefs and practices of individuals or groups of similar or different cultures. Transcultural nursing's goal is to provide culture specific and universal nursing care practices for the health and well-being of people or to help them face unfavorable human conditions, illness or death in culturally meaningful ways [2]. Transcultural nurses study the interrelationships of culturally constituted care from a nursing perspective. Possessing a combination of education and field experience, they provide knowledgeable, competent, and safe care to people of diverse cultures. Their study encompasses cultural care symbols, expressions, and meanings [3]. Research in transcultural nursing focuses on discovering largely unknown and vaguely known cultural care and health concerns from two per-

spectives: The emic perspective focuses on the local, indigenous, and insider's culture; the etic perspective focuses on the outsider's world and especially professional views [4].

Transcultural nurses are specialists, generalists, and consultants. Functioning in diverse clinical practice settings and in schools of nursing, they assist others to become sensitive to and knowledgeable about diverse cultures. They may identify cultures that are neglected or misunderstood [5] and help health care systems assess how they serve, or fail to serve, diverse cultures in a community. Whatever the setting, transcultural nurses are committed to cultural openness, a lifelong stance that promotes cultural self-awareness and continuing development of transcultural skills [6,7].

Transcultural nursing and nursing empowerment are two important concepts within the field of nursing that focus on providing culturally competent care and empowering nurses to deliver optimal care to diverse populations. Let's delve into each of these concepts in more detail.

Transcultural nursing

Transcultural nursing is a specialized area of nursing that focuses on understanding and providing culturally sensitive and competent care to individuals and communities from diverse cultural

backgrounds. The goal of transcultural nursing is to bridge the cultural gaps that may exist in healthcare and to ensure that healthcare services are effective and respectful of cultural differences.

Key principles of transcultural nursing include

- **Cultural Competence:** Developing an understanding and respect for diverse cultural practices, beliefs, values, and behaviors to provide appropriate care.
- **Cultural Awareness:** Recognizing one's own cultural biases and being open to learning about and understanding other cultures.
- **Cultural Sensitivity:** Adapting nursing practices to be sensitive to the cultural needs and preferences of individuals and communities.
- **Effective Communication:** Employing effective communication techniques to bridge language and cultural barriers.

Transcultural nursing involves ongoing education and training for healthcare professionals to enhance their ability to provide culturally competent care.

Nursing empowerment

Nursing empowerment refers to the process of enabling and encouraging nurses to take on an active and participatory role in their practice, healthcare organizations, and the broader healthcare system. Empowerment involves providing nurses with the knowledge, resources, and authority to make decisions, contribute to healthcare policies, and advocate for the best interests of their patients and the nursing profession.

Key aspects of nursing empowerment include

Education and Training: Providing opportunities for continuous education and professional development to enhance nursing skills and knowledge.

- **Autonomy:** Granting nurses the autonomy to make clinical decisions and be actively involved in care planning and delivery.
- **Advocacy:** Encouraging nurses to advocate for their patients' needs and rights, as well as for improvements in the healthcare system.
- **Leadership Opportunities:** Creating pathways for nurses to assume leadership roles within healthcare organizations and participate in decision-making processes.
- **Collaborative Practice:** Encouraging collaborative teamwork and communication among healthcare professionals to improve patient care outcomes.

Empowered nurses are more likely to be satisfied in their roles, provide higher-quality care, and contribute positively to the healthcare environment.

Conclusion

In summary, transcultural nursing focuses on understanding and incorporating cultural sensitivity into nursing practice, while nursing empowerment involves enabling nurses to take an active role in their practice and advocate for optimal patient care. Both concepts are vital for providing high-quality, patient-centered care in today's diverse healthcare landscape.

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