



## Cultural Competency in Nursing: Its Effect on Patient Care and Nursing Practice

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### Abstract

**Background:** In general, culture competence in the field of nursing as an essential element of improving the effectiveness of health care systems. Finally, the issue that involves ethical issues when dealing with cultural practices contrary to health practices necessitates the best practice between respecting the patient's rights and acting ethically.

**Aim:** The aim of this study is to find out how cultural consideration affects the aspect of ethical culture in nursing practice, and how difficulties can be encountered and solved in creating a culturally sensitive ethical culture in nursing practice.

**Methods:** Knowing this, a qualitative search for literature containing information about cultural competency and nursing ethics was first conducted to learn more about the ethical issues present as well as the best ways to handle them.

**Results:** This work establishes that culture sometimes causes ethical issues in nursing for the purpose of autonomy and beneficence. Nurses who understand the cultural impact of such decision and are ready to speak out can handle those scenarios successfully.

**Conclusion:** Every nurse needs to have cultural competence in order to practice ethically. Thus, the understanding of cultural sensitivity participating ethical values and norms allows enhancing the quality of new patient caring and their outcomes.

**Keywords:** Culture, Nursing, Ethics, Patients, Implication.

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### Introduction

the concept of cultural competency is a must consideration in the delivery of nursing care in such diverse society healthcare. As the number of people identifying with this or that culture rises within healthcare facilities, the latter expect from a nurse to acknowledge and appreciate the patient's culture. People's understanding of and approaches to health and sickness are rooted in cultural norms, which determine the success of varied treatments. The process of cultural competence in the nursing profession

is not only about diversely delivering culturally sensitive care but also entails the credible dilemmas like autonomy and beneficence and non-maleficence, justice. Cultural considerations come into play when decisions can be made across cultural propensity regarding any recommended medical procedure, a dilemma for a nurse when considering the cultural relativism policy while executing his/her professional duty. This research explores the critical relationship between cultural competency and ethical considerations in nursing, focusing on how nurses can navigate these challenges to deliver quality, culturally sensitive care while upholding ethical standards. The paper will examine how cultural competence influences nursing practice and the ethical dilemmas that nurses face, ultimately highlighting the importance of ethical decision-making and cultural understanding in delivering high-quality healthcare.[1,2]

### **Understanding Cultural Competency in Healthcare**

Cultural competency in healthcare refers to the ability of healthcare providers to understand, respect, and effectively interact with patients from diverse cultural backgrounds. This includes recognizing the impact of cultural, social, and linguistic differences on health beliefs, practices, and outcomes. Cultural competency involves a combination of knowledge, attitudes, and skills that allow healthcare providers, particularly nurses, to deliver care that is sensitive to the needs of individuals from various cultural groups. This competency is essential for providing high-quality care that addresses the unique needs of patients and fosters positive patient-provider relationships. This paper examines how cultural issues connect with ethical dilemmas in nursing; the ways in which nurses can overcome these challenges in order to provide culturally appropriate care for their patients. The paper will look at how cultural competence affects the nursing practice and the ethical issues involved and our concluding on how ethical decisions and cultural sensitivity is crucial in enhancing quality of healthcare.[3,4]

### **Cultural Competent in Health Care Virtual seminar proposal**

Cultural diversity in the context of healthcare is defined as a healthcare provider's capacity to respond appropriately to a particular culture and demographics. This includes understanding how culture, social norms and language affect beliefs about and attitudes toward health and health risks, and health care. Cultural competence is the acquisition of expertise, or possession of certain facts, beliefs and capabilities that enable personnel especially nurses, to meet the needs of culturally diverse patients. This competency is crucial in a delivery of relevant and quality care which meets the patient's individual and overall needs and in building healthy relationships with the same patient. Understanding cultural diversity helps the healthcare professionals to close the gap between healthcare professionals and people, so that each and every patient can be treated equal – irrespective of color, cast or the community they belong to. Cultural competency also includes an understanding of how contexts such as race, ethnicity, religion, language and socio-economic, status impact response to healthcare, its delivery or utilization, or its outcomes. Nurses in particular are responsible for the assessments of cultural diversity as they are usually the first to come into contact with the patient and their encounters will tend to determine the patients experience. Cultural competency is best practiced as a continuous process of learning, unlearning biases as well as learning effective interpersonal communications skills that foster patient interactions across cultures. Cultural competence is therefore an important aspect in every health care facilities since it averts the social injustice and minority health disparities, and enhances the quality of care of ethnic, cultural, and linguistic minority patients.[5]

One of the most important areas for cultural competence in nursing is the capacity of a nurse to evaluate a patient's cultural background and his or her beliefs in order to incorporate them into the latter's individual care plan. The unique aspects include special concern as to certain conditions like diet, language barrier, and the role of relatives in making choices. For example, where a patient comes from their cultural practices involve the family in the process of choosing a healthcare provider or even in making choices relating to their health. These dynamics and more ought to be brought to the attention of nurses to understand that they should never stand in the way of preventing or promoting communication regarding the patient's culture. In addition, nurses should also know that language might be a barrier to a patient; the patient may

not grasp their diagnosis, treatment plans, or the entire system. In such cases, nurses should insist on the use of professional interpreters or translating service, to prevent confusion.[6,7] Besides, cultural competent care should also require the nurses to look for any disparities that existed due to cultural differences and care for patients with such cultural backgrounds. These differences may relate to differences in the treatment of the two groups of people, status and access to healthcare, or prejudice flowing from the culture of a healthcare system. Thus, increasing famous policies and practices as part of a notion known as cultural competency creates the potential for delivering care for all nurses that is equal and will assist in eradicating inequalities in healthcare. Additionally, continuous learning coupled with cultural self- evaluation by the nurses is equally important needed in the culturally diversifying patient population. This may involve enrolling for a particular training, or trying to learn more about the cultural differences in a bid to serve the patient better, or even trying to overcome personal beliefs that may interfere with patients' treatment. Therefore, it is the call of the nurses in a culturally sensitive care that is not only a cultural care, but rather the care that recognizing and responding to cultural differences.[8,9]

### **Impact of Cultural Competency on Patient Outcomes**

cultural competency in the delivery of healthcare services has an extraordinary and clinical correlation on patient outcomes because it determines the practical features of care provision, patient satisfaction, and health outcomes more generally. Since healthcare providers as well as the nurses are conscious of the cultural facet of the divergent patient's populace, experiencing or rather being culturally sensitive helps them in the delivery of care to culturally diverse patients. Such an understanding creates a more trusting and respect working relationship between the healthcare makers and the takers therefore enhancing communication and cooperation in the delivery of healthcare. Thus, patients are prompted to follow prescribed regimens, to participate in their treatment, and, consequently, they enjoy better health. For instance, a culturally caring nurse in charge of the nutrition of a patient coming from a specific culture can easily take better care of such a patient as he or she will make sure that the treatment plan for the patient in particular is supportive of his or her cultural and nutritional beliefs. It not only works to the health improvement of the patient but also to their psychological and emotional strength where the patient feels they are valued.[10]

Cultural competency is also instrumental in the elimination of deprived health disparities, which are consequent on cultural, linguistic, and economic differences. Culturally diverse minority groups are more likely to suffer from chronic diseases, have poor access to and outcomes of healthcare because of the unavailability of culturally responsive services. These patients' needs can be met by culturally competent nurses who try to estimate possible obstacles to care and fall back on resource or intervention pertaining to the patients' culture. For instance, before administering treatments that might infringe the cultural beliefs of the patient for instance regarding gender roles, family structure or religion, then the nurses will be well informed of some of the related problems. If nurses consider these factors, then treatment would not be a point of conflict and patients would adhere keenly to what was prescribed to them. Additionally, cultural competency can reduce the likelihood of healthcare errors or misunderstandings that may arise from cultural differences. For example, miscommunication due to language barriers or unfamiliarity with cultural practices can lead to incorrect diagnoses, inappropriate treatments, or delayed care. Nurses who are trained in cultural competency can bridge these gaps by using appropriate communication strategies, such as providing language assistance or using culturally sensitive tools for assessment. This proactive approach ensures that patients receive the right care at the right time, which significantly impacts their health outcomes. Furthermore, culturally competent care helps to address the social determinants of health—such as income, education, and access to healthcare—which are often influenced by cultural factors. Nurses who are aware of these broader social and cultural contexts can provide more comprehensive care that not only addresses immediate health concerns but also improves long-term health outcomes by promoting overall well-being and access to resources.[11] In the long term the benefits of cultural competency involve efficiency and satisfaction of the patient, which in turn have an impacts on healthcare systems making the care delivery system more culturally sensitive and aware patient population. With hospital healthcare systems making efforts to go international and increasingly diversified, culture

sensitive care by nurses and other care givers will be critical for the patients to get the best outcomes. A sampling of the documented benefits of [culturally] competent care include better satisfaction, increased medication compliance, fewer readmissions, and more effective control of chronic diseases. Lastly, it can be established that cultural competency is relevant in the enhancement of not only the patient one on one experience but also the health care system as a whole. On that account, it is possible to suggest that increasing efforts to address the cultural dimension of health will go a long way in helping healthcare providers help design a more socially just treatment environment to enable poor patients to access quality healthcare services.[12,13]

### **Barriers to Cultural Competence in the Context of Professional Nursing Practice**

There are challenges in attaining cultural competence in nursing practice as these areas are diverse and dynamic, health systems are different and the advance in nursing training. A remarkable problem lies in the scarcity of culturally sensitive education in a number of nursing curricula. Nominal learning on cultural aspects is another problem that can be attributed to the fact that, whereas nursing curricula in general place great emphasis on clinical skill, anatomy, and pharmacology, meager attention is paid to teaching culture. Some of the drawbacks drawn from the lack include that it may leave nurses' unaware of the different cultural realities that are practiced in facilities they will encounter whenever they are practicing. Framing cultural competence involves understanding cultural belief systems as well as practicing cultural rheostats, individual values, and treatment orientations. If a nurse is not enlightened it becomes possible for them to disregard these cultural factors and end up causing misunderstandings or even deterioration of patient's condition. For instance, a nurse may not have a clue of the cultural meaning behind some practices such as certain launches being taboo in their cultural practices in feeding the patient. provided.[14,15] That is why, another inevitable issue that makes implementation of cultural competency in nursing very challenging is the reality of implicit biases that may affect the nurse's decision making and processes. These biases stem from nurse's cultural or previous experience that torts the perspective of ethnic or cultural patient. For instance, a nurse may be prejudiced regarding the perceived health practices, habits, or the organization of patient's decision-making system due to prejudice. These biases can be as follows: poor communication, avoiding cultural sensitive issues, or assumptions of which treatment is appropriate for a specific patient. To eradicate implicit bias, practicing nurses have to understand, educate, and expose themselves to cultural stereotype bias. Moreover, the institutions of health care require the thorough fostering of openness by the obligation to question and to change the stigma's pattern, providing every patient with equal and respected treatment.[16,17] language barriers as one of the main obstacles when it comes to having cultural competence on nursing practice. Whenever nurses encounter their clients, they find that they may not speak the same language as majority of the clients in the healthcare facility resulting in client misunderstanding or failure to diagnose them accordingly or perceived dissatisfaction among the clients. This is particularly important in situations where the nurses themselves are also unable to understand the patient and his or her responses: the solution is a professional interpreter. However there can be situations where interpreter services are not easily accessible, or the quality of the translation someone will receive does not necessarily fit patients requirements, especially in terms of specific medical terminology. This means that nurses can end up with translators asking questions for the patient or interpreting what the patient has said which can create problems with accuracy and the violation of client's privacy. Furthermore, some patients do not understand the doctor or indeed any other people speaking the said language due to language barriers which makes the them to fear or even avoid going for medical checkup or do not adhere to advice given by the medical practitioner. To combat this, healthcare institutions need to purchase language services, while the nurses themselves need to learn how to work with patients who have a different language need and who have to ensure the patient's needs are met without any drop in quality. [18]

. This helps create the next culture competency challenge which is the implication that there is no support for diversity and inclusion in an institution. Some facilities may not have organizational structures or materials that support culture responsiveness and, therefore, culturally appropriate service can be misunderstood or even ignored. For instance, the length, type, quantity, frequency or manner of food,

prayer, or calls for privacy may radically alter treatment regimens that are standard in the practice of medicine. Depending on organizational pressure, a nurse may be unable to make changes to the patient's care plan or meet the patient's needs. Also, cost and organizational stakeholders of healthcare services may betray patient orientations and cultural backgrounds by opting for fast-working services or prototypical treatment options. To improve culture sensitive care, policies that support cultural diverse needs should be embraced, adequate resources for unique culture care should be put in place and regular training regarding cultural diversity should be offered to the professional staff in health organizations.[19] Besides, knowledge-attitude-practice gap on cultural issues may pose a psychological challenge to nurses in practice. From nursing perspective, interaction with patients coming from different cultural background can sensitize the nurses to a set of cultures that could have differ from their own. This can give rise to some forms of ethical questions in relation to cultural set up in as much as these beliefs influence medical decisions. For instance, a nurse may come across a patient who is an ID following fundamentalist doctrines, or a patient that is absolutely against any form of medical treatment that is conventional. Such circumstances necessitate the nurses to deliver care with patient-oriented respect and concern for the patient's self-determination as well as with concern for professional self-organizing principles of nursing practice. Emotional stress, lack of preparedness or performance and lack of knowledge about the culture, or institutional support may be key challenges that a nurse faces. In order to address these issues, ethic trained inoculation is needed for nurses, and other means to support for conflict solving but maintaining the best patient care.[20,21]

Last is the dynamic population with patients; it is challenging to address their ethnic differences especially those societies with multiple ethnic groups. With a growing section of the society being comprised of people of color, the nurses have to learn new cultural values and expectations, and approaches to illness and healthcare. This need means that the patient population is continuously changing, and therefore, there is always a need for nurses to learn and grow in as they deliver their services. This means that cultural competency can't be considered just as a training program, a credential or another check-off to complete, but it is an unending process of learning and adapting to the cultural differences. Nurses need to be ready with all the knowledge and means to deal with increasing number of cross cultural situations but at the same time delivering evidence based practice. Organizations have to enhance this process by creating sustainable learning culture, mandatory cultural sensitivity training alongside tolerating and encouraging discoursing about diversity in the sphere of healthcare.[22] therefore, it was established that attaining culture Main Terms of Reference in nursing practice remains an important concern and goal when giving quality and cultures centered care to patients. This is a process that cannot be effected without education, personal transformation, institutional endorsement and training. In so doing, nurses can advance the care of each cultural group, mitigate unhealthy differences in patient outcomes, and create a better healthcare system that meets the needs of the length and breadth of the populace.[23,24]

### **Cultural Attendants: Policy Interventions for Improving Cultural Competency in Health Care Systems**

Improving on cultural sensitivity in health Care organizations a must to deliver quality, sensitive and appropriate care to clients of different culture. It has been established that one of the best approaches for improving the cultural competence is the provision of cultural competence training for both the education as well as training of the healthcare workforce. Current practice indicates that cultural awareness and diversity training should be part of the fundamental learning framework in nursing colleges together with healthcare organizations. This education should not only concern how different cultures are, but also how to interact with people of those cultures. Training programs should incorporate factors such as; language, health literacy, cultural beliefs and family involvement in making health care decisions. These training programs enable the nurses and other healthcare professionals to know how to handle the cultural issues that arise in the practicing of the health care since the Programme avails to them the necessary tools that can be used to solve such problems. Further, healthcare institutions can provide yearly, biyearly, or even

more frequent cultural competency training sessions, these may be workshops, seminars, webinars, or a combination of all, that keeps the Subject Matter Experts relatively current on the best theories and practices in the area of culturally competent health care.[25,26]

Another strategy that is important is the establishment of culture savvy/ cultural safety policies as well as culture specificity that is used to deal with patients. Management bodies of healthcare institutions should develop and enforce policies that support diversities and diversity in all capacities within the healthcare organizations and with patients. These policies should not only focus on the issue of cultural diversity in relation to patients but also had to incorporate the idea of diversity in respect to the staff. Some of the ways in which institutions can integrate culture into the workplace include and constant cultural training, diversity in the hiring process and diversity of different cultural groups in the organization. Policies should also encompass provisions meant to facilitate provision of professional interpreters since language barriers ought to be well addressed. In addition, health care organizations need to promote cultural sensitivity within the healthcare delivery system, that include facility, service or programs such as diet services, religious accommodation, culturally competent care and support programs, among others.[27] Communicational language differences are one of the biggest issues that need to be addressed when aiming at cultural competent care. It is recommended that all healthcare institutions should provide for professional interpreting services to all patients who need them most especially in regions where the population density of clients who do not understand English language is higher. Apart from the sign language interpreters, the institutions should also include the translations services for the writings such as consent forms, medical instructions and educational pamphlets. However, although the formal interpreter is necessary, the healthcare worker should also possess some basic information about the simple communication techniques, such as using simple language and gestures in case no interpreter is available. NHCPs should know when a specific patient might require extra communication assistance and should feel comfortable requesting these services freely. This way, basic demands in multilingual settings such as encouraging the use of interpreters including patients who have some basic English not only foster accuracy but reduces common pitfalls that endanger patient safety.[28,29] Returning patient care approaches is another important ways of improving cultural competency in the healthcare facilities. Patient centered care means involving the patient as a member of the health care team by acknowledging his or her belief system. There is need for nurses and other health care givers to make the extra effort to learn about the culture that their patient comes from. This can involve knowing the patient's perceptions about health, his family structure and endowment as well as his attitude to treatment. Thus, talking with the patients (in general, without prejudice) about their cultural preferences fosters patient trust and makes patients feel valued. For example, a nurse may ask the patient about their preferences when it comes to diet or religion and or beliefs that may affect this patient's care. Importantly, cultural assessments can help add cultural considerations and patient preferences into the care plan, which will improve the client's health.[30]

This is the reason why efforts that increase diversity in healthcare organizations are also useful for increasing cultural competency. Diversity promotes multiple approaches to catering for patient's needs since workers come from different background and cultures. Health care organizations' diversity in staff recruitment promotes a diverse staff, thus; a health care environment which is in touch with the community it serves, reduces misunderstanding with the end users. Further, the variability of the healthcare staff from diverse origin can eliminate prejudice and enhance the organizational culture. Healthcare institutions can decide to get employees from diverse areas, so that there will be no exclusiveness in recruiting clinical employees and other subordinate staff. It may also assist in developing employee understanding of other cultures within the firm and improve the environment for people who suffer from illnesses as well as healthcare practitioners.[31] Last but not the least we have the strategies of continuous assessment and feedback as germane for improving on cultural competence in health care. It is recommended that the healthcare organizations engage in ongoing evaluation on cultural competence efforts through patients, staff assessments as well as accreditation of the healthcare practices. Patients themselves, and especially those from ethnic minorities, can give suggestions about how the organization is empowering them, or not doing so, and what should change. Moreover, the existing incentives should encourage practicing doctors

and healthcare practitioners to reflect upon their conduct and performance in terms of cultural sensitivity and solicit advice from peers or clients/ patients respectively. It is only possible to maintain and enhance the cultural competency strategies that the healthcare institutions by evaluating the strategies regularly and adjusting when necessary to guarantee that all the patient get the best care regardless their culture.[32,33] cultural competency can be defined as the way through which culturally sensitive solutions can be attained in the healthcare systems, and this can only be achieved after a complex comprehensive educational, policy change, language assistance, patient empowerment, diversity management, and assessment processes. In this way, the application of aforementioned strategies will help to enhance culturally sensitive environment in the healthcare organizations and, thus, to provide the better outcomes, higher level of patient's satisfaction, and final integration of culturally diverse population into healthy and safe standard of living. The effectiveness of the mentioned initiatives lies in the fact that healthcare providers and institutions in question need to support and promote multiculturalism as well as cultural sensitivity and respect of patient's needs.[34,35]

### **Culture, Diversity and Ethics in Nursing**

Cultural competence in practice is not only the competent, culture-sensitive care delivery that is dependent on cultural knowledge but also and inextricably linked with the four principles of nursing ethics: autonomy, beneficence, non-maleficence and justice. In a culturally sensitive context, nurses engage with ethical issues in which cultural perception opposes health-care advice or organizational requirements. The former is particularly a challenge that any nurse has to tread carefully to promote patient's cultural sensitivity while observing the general nursing ethics. There is one broader ethic that is autonomy – it is the patient's right to have an informed decision-making in relation to his or her health. Ethno cultural beliefs and practices shape the ability of people to understand, experience, or seek health and illness, as well as what constitutes appropriate treatments. For instance, some cultures might consider spiritual treatments superior to conventional healthcare, or might have prescribed attitudes towards the understanding of death and dying, for example, they may reject all extremes of acknowledging death. Nurses then have to respect these cultural practices and enable patients to make rational decisions on the cultural beliefs as well as on the medical knowledge. This entails tolerant communication and willingness to understand patient's decisions by respecting their cultural practices.[36,37]

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practices and enable patients to make rational decisions on the cultural beliefs as well as on the medical knowledge. This entails tolerant communication and willingness to understand patient's decisions by respecting their cultural practices. At times, there is nothing wrong with healthcare advice given to a patient, but the best way is to provide culturally acceptable substitutes or use intermediaries like social workers or chaplains to help the patient come to terms as to why a certain decision is best. Justice, as an ethical concept calling for parity and equality in the distribution of healthcare, is also a requirement of cultural competence. Education to nursing students entails that they have the ethical responsibility of emulating fair treatment for all the patients regardless of their cultural differences. In other words, ethnocentrism is unacceptable in that a nurse cannot assume that this patient is like the next, simply because they are from the same ethnic background or nationality. For instance, the nurse may take the impression that a patient of a certain cultural origin has to be served by a nurse of the same origin or gender; this is discriminating and may be false. For justice to be served, nurses must respect, be dignified and fair to all patients and focus on the patient's human personality rather than his/her culture. This also entails lobbying for policies within higher tariff healthcare facilities that will see all cultural turnovers receive dignified health services without prejudice.[40,41]

Cultural relevance and Cultural sensitivity also entail some ethical issues as far as they act as barriers to cultural compass: Cultural self-awareness is another aspect of ethical consideration that refers to the difficulty of cultural respect, cultural introspection and the learning of other cultures throughout one's practice. Cultural competency should not be considered as one of the skills of nurses which they acquire when they are done with the process but it is a process that should always be checked to ensure that the nurses are open, aware of their own culture and ready for more experiences. Cultural humility is or should be part of ethical nursing practice since it helps the nurse to come to each patient's encounter with an attitude that conveys that they cannot undertone all that the particular culture brings and that each culture is different. This entails learning one's own cultural beliefs and expectations about the world and being willing to accept patients' stories and ways of viewing the world. Nurses who practice cultural humility are better placed to understand the patient's cultural background and build rapport with that patient hence enhancing the quality of patient care.[40,41] Further, there are times in health care when ethical issues come up concerning culture including the belief system of the patient and his/her family as far as end of life care is concerned. According to some cultures, the healthcare consumers may choose to embrace customs over the recommendations given by the providers. For instance, families may refuse or decline palliative care because they trust some other therapies or out of religious belief regarding certain treatments. In such cases, the ethical dilemma arises that, on the one hand, the family's desire should be honored; on the other – the patient should not suffer. This involves working closely and with the support of members of a transdisciplinary team that will have practitioners in spiritual care to facilitate the unending search for a common ground between cultural inclinations/local customs and the pursuit of optimal palliative care at the terminal phase of an ailment.[42,43]

Last but not the least role of Cultural competency is to address the ethical problems of informed consent in the particular case. Health consumers' competencies in the process of informed consent are evidently important in ethical healthcare practice because cultural factors can determine patients' competence and willingness in the process. For example, certain cultures may not emphasize clear speaking, and may take time to make decisions all by themselves rather than involving others in the family. Culturally sensitive preoperative consent practices is another area over which the nurses must assert control so that patients get to understand that their decisions will be respected as they make choices from what has been explained to them. Sometimes the consent may require the input of relatives or community heads in order to arrive at a conclusion that is consistent with culture and beliefs of the patients.[44] Values and cultural sensitivity in nursing corresponds to ethical/legal concerns as landmarks to care delivery. Because of the cultural difference, the nurses have the challenge of balancing between honoring the culture of the community and the ethical principle that includes; autonomy, beneficence, non-maleficence, and justice. The present paper acknowledges that ethical dilemmas can be easy to solve, and nurses are capable of addressing them with Ethical and Cultural Sensitivity if they Practice Humility and Cultural Competence

and Open Communication. It not only guarantees patients' care consistent with cultural believes but also enables principles of equity in treating patients' human rights as Individuals.[45]

## Conclusion

All in all, cultural competency Is one of the ethical bases of efficient nursing practice targeting the outcome of minority patients. The culture and beliefs, values, and even medical ethical systems may sometimes impair or in most cases they might even hinder the delivery of patient centered care because the nurse has to respect the cultures and beliefs of the patient throughout the course of the illness and treatment but at the same time the nurse also holds an ethical standard of practice that require him /her to do what is best for the patient, the patient's best interest and no bias which is fair for Through developing cultural humility, practicing culturally sensitive communication and creating culturally sensitive health care context the nurses can decrease the ethical issues when caring for the culturally diverse clients. Furthermore, the include of cultural competencies into the practice of nursing not only enhances the ideology of autonomy, beneficence, non-malicious and justice but also facilitate satisfaction, trust and health of the patients. Hence as the health-care system expands the growth of cultural competence and ethical sensitivity among the nurses is an important one that will contribute to the delivery of culturally appropriate and ethically acceptable quality health-care to patients

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**الكفاءة الثقافية في التمريض: تأثيرها على رعاية المرضى وممارسة التمريض**

#### الملخص

**الخلفية:** الكفاءة الثقافية في مجال التمريض عنصراً أساسياً لتحسين فعالية أنظمة الرعاية الصحية. كما أن التحديات الأخلاقية التي تنشأ عند التعامل مع ممارسات ثقافية تتعارض مع الممارسات الصحية تتطلب تحقيق التوازن بين احترام حقوق المرضى والتصرف وفقاً للأخلاقيات المهنية.

**الهدف:** تهدف هذه الدراسة إلى معرفة كيفية تأثير الاعتبارات الثقافية على الجوانب الأخلاقية في ممارسة التمريض، واستكشاف الصعوبات التي يمكن مواجهتها وإيجاد حلول لإنشاء ثقافة أخلاقية تراعي الحساسية الثقافية في مجال التمريض.

**المنهجية:** تم إجراء بحث نوعي في الأدبيات العلمية لتحديد المعلومات المتعلقة بالكفاءة الثقافية وأخلاقيات التمريض، وذلك لفهم القضايا الأخلاقية الموجودة وأفضل الطرق للتعامل معها.

**النتائج:** توضح هذه الدراسة أن الثقافة قد تكون سبباً في ظهور قضايا أخلاقية في التمريض، خاصة فيما يتعلق بمبادئ الاستقلالية والإحسان. ويمكن للممرضين الذين يدركون التأثير الثقافي لهذه القرارات ولديهم الاستعداد للتحدث عنها أن يتعاملوا مع هذه المواقف بنجاح.

**الخلاصة:** يجب أن يتمتع كل ممرض بكفاءة ثقافية ليتمكن من ممارسة التمريض بشكل أخلاقي. وبالتالي، فإن فهم الحساسية الثقافية المرتبطة بالقيم والمعايير الأخلاقية يعزز جودة رعاية المرضى الجدد وتحسين نتائجهم الصحية.

**الكلمات المفتاحية:** الثقافة، التمريض، الأخلاقيات، المرضى، الآثار.