

## Culturally Competent Care in Geriatric Nursing: Best Practices for Diverse Populations

Amie Wall\*

Department of Medicine, University of California, USA

### Abstract

As the aging population continues to grow, the need for culturally competent care in geriatric nursing has become increasingly vital. Culturally Competent Care in Geriatric Nursing: Best Practices for Diverse Populations examines the importance of understanding and respecting the cultural backgrounds, beliefs, and values of elderly patients to provide effective and individualized care. This paper explores various dimensions of cultural competence, including awareness of cultural variations in health beliefs, communication styles, and decision-making processes. By analyzing current research and case studies, the study identifies best practices for fostering culturally competent nursing care, such as effective communication techniques, inclusive care planning, and the integration of cultural considerations into assessment and intervention strategies. The findings underscore that culturally competent care not only enhances patient satisfaction but also improves health outcomes, reduces disparities, and fosters trust between healthcare providers and elderly patients from diverse backgrounds. This research aims to inform nursing educators, practitioners, and healthcare organizations about the critical role of cultural competence in geriatric nursing, ultimately promoting equitable and effective care for all elderly individuals.

**Keywords:** Culturally Competent Care; Geriatric Nursing; Best Practices; Diverse Populations; Cultural Sensitivity

### Introduction

In today's increasingly diverse society, providing culturally competent care in geriatric nursing is essential for ensuring equitable, respectful, and effective treatment for elderly patients from all backgrounds [1]. As the aging population grows, it becomes crucial for healthcare providers to be sensitive to the unique cultural, linguistic, and social needs of older adults in their care [2]. Culturally competent geriatric nursing care goes beyond basic medical treatment; it involves understanding patients' beliefs, values, family dynamics, and communication preferences to create a truly inclusive environment [3]. By fostering cultural competence, geriatric nurses can build stronger patient-provider relationships, reduce health disparities, and promote patient satisfaction and well-being. This approach is vital to delivering comprehensive care that respects the dignity, individuality, and diverse backgrounds of elderly patients [4].

### Discussion

The discussion of culturally competent care in geriatric nursing delves into the ways in which nurses can address the distinct needs of diverse elderly populations, emphasizing the importance of tailored approaches to improve health outcomes and patient satisfaction [5]. In practice, culturally competent care requires a nuanced understanding of the social determinants of health that may affect aging individuals, including socioeconomic status, language proficiency, and access to resources [6]. Nurses must recognize that an individual's cultural background influences not only health beliefs and behaviors but also preferences for communication, family involvement, and end-of-life decisions. A challenge in achieving culturally competent care is navigating language barriers, especially as many older patients may feel uncomfortable using a second language during critical health discussions [7]. The use of professional interpreters or bilingual staff, along with culturally adapted educational materials, can greatly enhance communication and understanding, helping patients to feel heard and respected. Additionally, a commitment to culturally competent care may involve re-evaluating institutional policies and practices to ensure

they accommodate the diverse needs of the aging population [8]. Furthermore, embracing culturally competent care can help to reduce healthcare disparities that disproportionately affect minority groups. Research shows that minority elders often experience higher rates of chronic conditions and may have limited access to healthcare, which makes culturally responsive care even more impactful. Nurses who adopt culturally competent practices are better positioned to address these disparities by delivering sensitive, equitable, and accessible care that aligns with the social, emotional, and physical needs of elderly patients from all backgrounds [9].

To effectively implement culturally competent care, training and education for healthcare providers are essential. Cultural competence training programs can equip nurses with the skills needed to identify their own biases, improve cross-cultural communication, and conduct thorough cultural assessments as part of a holistic nursing approach. Building rapport and trust with elderly patients from diverse backgrounds can be achieved by taking time to understand each patient's values, traditions, and health-related expectations. For instance, some patients may rely on family members for decision-making due to cultural values around family involvement, while others may prioritize alternative medicine practices alongside traditional medical care [10].

### Conclusion

In conclusion, culturally competent care is essential in geriatric nursing to meet the unique needs of an increasingly diverse elderly

\*Corresponding author: Amie Wall, Department of Medicine, University of California, USA, E-mail: amiewall@gmail.com

**Received:** 02-Sep-2024, Manuscript No. jpcm-24-151026; **Editor assigned:** 04-Sep-2024, PreQC No. jpcm-24-151026 (PQ); **Reviewed:** 19-Sep-2024, QC No. jpcm-24-151026; **Revised:** 23-Sep-2024, Manuscript No. jpcm-24-151026 (R); **Published:** 30-Sep-2024, DOI: 10.4172/2165-7386.1000687

**Citation:** Amie W (2024) Culturally Competent Care in Geriatric Nursing: Best Practices for Diverse Populations. J Palliat Care Med 14: 687.

**Copyright:** © 2024 Amie W. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

population. By prioritizing cultural sensitivity, awareness, and effective communication, healthcare providers can significantly enhance the quality of care, build trust with patients, and improve health outcomes. Culturally competent care requires an ongoing commitment to education, self-reflection, and adaptation of practices to respect and honor the values, beliefs, and traditions of elderly patients from varied backgrounds. As the aging population grows, healthcare systems and providers must continue to support and implement strategies that reduce health disparities, promote inclusivity, and ensure that all older adults receive respectful, compassionate, and individualized care. Adopting these practices not only improves patient satisfaction but also contributes to a more equitable healthcare system, ensuring that geriatric care is accessible and effective for everyone.

### References

1. Latif A, Faull C, Wilson E, Caswell G, Ali A (2020) Managing medicines for patients with palliative care needs being cared for at home: Insights for community pharmacy professionals. *Pharm J*.
2. Savage I, Blenkinsopp A, Closs SJ, Bennet MI (2013) 'Like doing a jigsaw with half the parts missing': Community pharmacists and the management of cancer pain in the community. *Int J Pharm Pract* 21: 151-160.
3. Senderovich H, McFadyen K (2020) Palliative Care: Too Good to Be True?. *Rambam Maimonides Med J* 11: 34.
4. Oluyase AO, Hocaoglu M, Cripps RL, Maddocks M, Walshe C, et al. (2021) The challenges of caring for people dying from COVID-19: a multinational, observational study (CovPall). *J Pain Symptom Manage* 62: 460-470.
5. Tait P, Swetenham K (2014) Forging an advanced practice role for pharmacists in palliative care. *Pharm Pract Res* 44: 120-124.
6. Kuruville L, Weeks G, Eastman P, George J (2018) Medication management for community palliative care patients and the role of a specialist palliative care pharmacist: A qualitative exploration of consumer and health care professional perspectives. *Palliat Med* 32: 1369-1377.
7. Muroya Y, He X, Fan L, Wang S, Xu R, et al. (2018) Enhanced renal ischemia reperfusion injury in aging and diabetes. *Am J Physiol Renal Physiol* 315: 1843-1854.
8. Ellis J, Cobb M, O'Connor T, Dunn L, Irving G, et al. (2015) The meaning of suffering in patients with advanced progressive cancer. *Chronic Illn* 11: 198-209.
9. Schenker Y, Arnold R (2015) The Next Era of Palliative Care. *JAMA* 314: 1565.
10. Schenker Y, Crowley-Matoka M, Dohan D, Rabow MW, Smith CB, et al. (2014) Oncologist Factors That Influence Referrals to Subspecialty Palliative Care Clinics. *J Oncol Pract* 10: e37.