Holistic Care

Involves understanding how we all differ
Understanding Holistic Care

- Will help you to care for clients
- Will help you to interact in the environment you are working in
- Will give you so much excitement in your nursing career
- Take a look at the American Health Care Culture and Asian Cultural Values
Cultural Aspects of Communication

• Health Care Culture
  • Standard definitions and omnipotence of technology
  • Charting, use of jargon, systematic approach
  • Promptness, neatness and organization, compliance

• Asian Culture
  • Health influences the balance of yin and yang
  • Healthy body is a gift from parents and ancestors
  • Illness is caused by imbalance
  • Many sub-cultures
The Ways We Differ
Cultural Care Assessments Include:

- Heritage Assessment
- Health Beliefs
- Health Practices
- Family Patterns
- Communication Styles

- Space Orientation
- Time Orientation
- Nutritional Patterns
- Language
Sample Assessment Interview: Heritage Assessment Tool


Assessment Interview

HERITAGE ASSESSMENT TOOL

This set of questions is to be used to describe a given client’s—or your own—ethnic, cultural, and religious background. In performing a heritage assessment it is helpful to determine how deeply a given person identifies with his or her traditional heritage. This tool is most useful in setting the stage for assessing and understanding a person’s traditional health and illness beliefs and practices and in helping to determine the community resources that will be appropriate to target for support when necessary. The greater the number of positive responses, the greater the degree to which the person may identify with his or her traditional heritage. The one exception to positive answers is the question about whether or not a person’s name was changed.

1. Where was your mother born? _____________________________
2. Where was your father born? _____________________________
3. Where were your grandparents born? _____________________________
   a. Your mother’s mother? _____________________________
   b. Your mother’s father? _____________________________
   c. Your father’s mother? _____________________________
   d. Your father’s father? _____________________________
4. How many brothers _____ and sisters _____ do you have? _____________________________
5. What setting did you grow up in? Urban ______ Rural ______
6. What country did your parents grow up in? _____________________________
   Father _____________________________
   Mother _____________________________
7. How old were you when you came to the United States? _____________________________
8. How old were your parents when they came to the United States? _____________________________
   Mother _____________________________
   Father _____________________________
9. When were you growing up, who lived with you? _____________________________
10. Have you maintained contact with _____________________________
    a. Aunts, uncles, cousins? (1) Yes _____ (2) No _____
    b. Brothers and sisters? (1) Yes _____ (2) No _____
    c. Parents? (1) Yes _____ (2) No _____
    d. Your own children? (1) Yes _____ (2) No _____
11. Did most of your aunts, uncles, cousins live near your home? (1) Yes _____ (2) No _____
12. Approximately how often did you visit family members who lived outside of your home? (1) Daily _____ (2) Weekly _____ (3) Monthly _____ (4) Once a year or less _____ (5) Never _____
13. Was your original family name changed? (1) Yes _____ (2) No _____
14. What is your religious preference? (1) Catholic _____ (2) Jewish _____ (2) Protestant _____ Denomination _____ (4) Other _____ (5) None _____
15. Is your spouse the same religion as you? (1) Yes _____ (2) No _____
16. Is your spouse the same ethnic background as you? (1) Yes _____ (2) No _____
17. What kind of school did you go to? (1) Public _____ (2) Private _____ (3) Parochial _____
18. As an adult, do you live in a neighborhood where the neighbors are the same religion and ethnic background as yourself? (1) Yes _____ (2) No _____
19. Do you belong to a religious institution? (1) Yes _____ (2) No _____
20. Would you describe yourself as an active member? (1) Yes _____ (2) No _____
21. How often do you attend your religious institution? (1) More than once a week _____ (2) Weekly _____ (3) Monthly _____ (4) Special holidays only _____ (5) Never _____
22. Do you practice your religion in your home? (1) Yes _____ (2) No _____ (if yes, please specify)
    a. Praying _____ (4) Bible reading _____ (5) Diet _____ (6) Celebrating religious holidays _____
23. Do you prepare foods special to your ethnic background? (1) Yes _____ (2) No _____
24. Do you participate in ethnic activities? (1) Yes _____ (2) No _____ (if yes, please specify)
    a. Singing _____ (4) Holiday celebrations _____ (5) Dancing _____ (6) Festivals _____ (7) Costumes _____ (8) Other _____
25. Are your friends from the same religious background as you? (1) Yes _____ (2) No _____
26. Are your friends from the same ethnic background as you? (1) Yes _____ (2) No _____
27. What is your native language? _____________________________
28. Do you speak this language? (1) Prefer _____ (2) Occasionally _____ (3) Rarely _____
29. Do you read your native language? (1) Yes _____ (2) No _____