

Transcultural Nursing



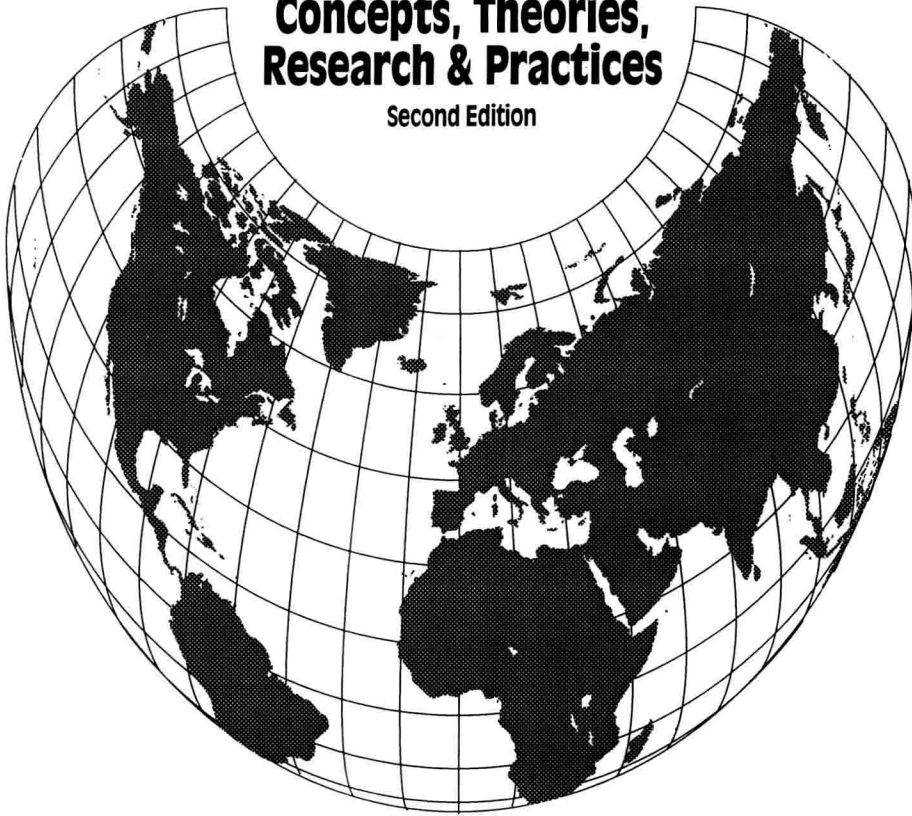
Concepts, Theories,
Research & Practices

Madeleine Leininger

Transcultural Nursing

**Concepts, Theories,
Research & Practices**

Second Edition



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**Dr. Leininger is the founder of Transcultural
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Foreword

As the world becomes smaller through rapid transportation and communication and increasingly depersonalized through high technology, human beings have come to cherish their cultural identities and cultural differences, and the importance of transcultural nursing has increased. Since the landmark publication of Leininger's original *Transcultural Nursing* book in 1978, some issues have changed, but in a world of increasing complexity one factor remains constant: humankind is made up of cultural beings. Today, more than ever, transcultural knowledge is critical to meeting health needs by understanding the cultural beliefs, values, and norms of individuals and groups. Leininger's textbook continues to be the major source used in preparing nurses in the field of transcultural nursing and in helping nurses and other health professionals use human understanding to work with the culturally different.

As early as 1955, Dr. Leininger began her pioneering efforts to help the nursing profession become aware of the need to consider caring within transcultural contexts. Since that time, a small cadre of nurse-anthropologists and transcultural nurses, in large part educated and guided by Dr. Leininger, has grown to a powerful force. Now her futuristic urgings are at the forefront of clinical and curricular changes in nursing as well as other health fields. In part, these changes are occurring in response to a heightened social awareness of cultural diversity and the implications of health care practice within a cultural context.

Leininger's scholarly work is based on nearly forty years of systematic study and research in nursing and anthropology and it provides a sound conceptual framework for understanding cultural diversity and humanistic nursing care. Leininger thoughtfully presents the rationale, theories, and issues of the emerging field. Having developed a critical theoretical and conceptual base, she illustrates by examples and research findings how her theory can be applied in a caring process. This book contains creative and original research and field studies in transcultural nursing by nurse anthropologists and other nurses to illustrate the scope and the theoretical and practical basis of transcultural nursing. And since nursing has both pure and applied dimension, her work provides the basis for a scientific and humanistic foundation to nursing.

Leininger has provided curricular direction in transcultural nursing for nearly three decades and has given faculty suggested content for teaching and curricular work. The content-curricular and teaching approaches used in this volume should be an asset to schools of nursing as well as to other health and social science disciplines

as they develop similar transcultural health programs or courses. She has also provided innovative and enthusiastic ways to teach and mentor undergraduate and graduate students studying transcultural nursing.

As a nurse anthropologist, Leininger presents her own field research beginning with her first study in New Guinea, which is an example of excellent anthropological and nursing research. Transcultural nursing researchers use cultural anthropology and other appropriate research methods including ethnonursing, case studies, ethnographies, participant observation, ethnoscience, and controlled comparison. This book provides a number of original transcultural ethnonursing research studies conducted in the United States and in other cultures. They provide rich illustrative materials to help the reader understand a variety of transcultural nursing problems or conditions as well as the methods and theories used. Much can be gained by studying the research findings to provide new modes of caring for clients or to improve existing practices. Much new content has been added to this second edition. Leininger's theory of Culture Care Diversity and Universality has been further explicated, revealing its usefulness for generating transcultural nursing knowledge and practice modalities worldwide.

Nursing, a scientific and humanistic profession, cannot be ignorant of nor complacent about the urgency of comprehending the cultural needs of humans. Cultural needs are just as real and important as biological and psychological needs. Transcultural nursing built on a scientifically sound and humanistic base is essential to nursing. It provides direction today and in the coming years to meet people's holistic cultural needs. This timely book provides substantial content to help nurses learn about transcultural nursing as an essential and legitimate area of formal study and practice in nursing.

Coincident with the first publication of *Transcultural Nursing* in 1978, the Alma Ata World Health Organization's Declaration of Health for All by the Year 2000 was signed by 150 member states. This declaration promotes health care that is culturally relative to each society. Thus the application of the concepts and theories of transcultural nursing are essential to meet the local as well as global health care needs of human beings worldwide. Nurses and other health care providers are increasingly seeking resources to help them understand cultural diversity within a nursing perspective. This textbook continues to be an essential and outstanding resource to help achieve this goal.

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Preface

Since the 1950s Madeleine Leininger, a visionary nursing leader, has consistently and persistently predicted that cultural competence in human relationships should be a major concern in nursing and other health related disciplines because societies throughout the world will become increasingly multicultural. As the twenty-first century approaches, it is commonplace to read articles such as, "Multiculturalism may Prove to be the Key Issue of our Epoch", in the November 4, 1992, issue of *The Chronicle of Higher Education*. Media information abounds on cultural diversity. Both lay and professional publications have recently emphasized cultural influences on health and health care. Yet no authors have provided scholars and practitioners with such a sustained and substantive contribution on transcultural theory and research related to health, care, nursing practice, and education, as has Leininger.

The first edition of this book has become an acknowledged classic in the field of transcultural nursing. It is generally cited by nursing authors as an authoritative text even though more recent articles by Leininger are available. This is probably due to the fact that Leininger expertly presented in this text some of the major concepts of transcultural nursing theory, research, practice, and education, separately and in relation to each other, in a way that has been useful to many nurses. This book has been distinguished by the attention Leininger has given to theoretical formulations and research findings related to practice and education. It is comprehensive, futuristic, and accessible to a wide readership.

One of the assets of this second edition is the update and explication of Leininger's Culture Care theory with research findings. The articulation of her theory and research program undergirds all aspects of the book. Culture-specific care related to various cultures is generally presented from a research perspective by authors many of whom have been Leininger's colleagues or students, thus conceptually linking the data from the specific cultures. As nurses and health care institutions become more aware of the need for transcultural approaches to the delivery of health care services, the conceptual linkages that undergird culture-specific care will gain in importance. Leininger's emphasis on learning principles about culture care, gaining skills in doing culturological assessments, and expanding the knowledge base of culture care diversity and universality provides a valuable and essential direction for nurses and other health care providers.

Another clarion call from Leininger relates to ethical and moral issues. Clients should expect that there will be a fit between their health and care values and available

health care services. In addition, professionals who believe that people's health care practices are culturally determined, are ethically bound to understand themselves first and then their clients as culture bearers, to learn how to do culturological assessments, and then to provide culturally congruent care. Leininger emphasizes that all people are cultural beings and that health and illness beliefs and values are culturally constituted. Therefore, all nursing contexts need to be understood from the cultural perspectives of the client (as part of a family, group, or community), of the nurse and of the health care institutions involved. Ethical and moral issues in these nursing and health care situations have both universal and culture-specific dimensions that will become more complex as communities become increasingly multicultural. Finally, Leininger calls for nursing to be practiced from a global perspective. That is, nursing and health care situations are influenced by societal factors, i.e., global economics, political affairs, material and human resources, as well as individual factors related to the experience of care givers and recipients, including people who have lived and worked in many parts of the world. Therefore, the integration of transcultural concepts into nursing education, practice and administration is essential. In addition, transcultural nursing specialists are needed to deal with complex issues and proactively help to create culturally competent nursing contexts. Leininger is to be commended for her provocative leadership and for the revision of this most valuable textbook.

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Introduction

Since the mid 1950s when transcultural nursing was envisioned as a legitimate and imperative formal area of study and practice for nurses, a major cultural care movement occurred in the United States and in other places in the world. Nursing has gradually changed as nurses take responsibility for developing a body of transcultural nursing knowledge for all aspects of nursing education, research, and practice. This cultural movement is continuing to influence nursing education and practice in significant ways because transcultural nursing provides a comprehensive holistic perspective of individual, family, and community lifeways.

Transcultural nursing has become imperative to know and understand nursing practice. It is the new and challenging frontier of the importance of transcultural nursing not only to provide quality-based nursing practice but also meaningful nursing education. It is important to realize that only four decades ago, transcultural nursing was virtually unknown and of limited interest as a formal area of study and practice. But today it is recognized as essential for nursing to function in an intensely multicultural world. As the founder of the field and the first doctorally prepared professional nurse anthropologist, it has been most encouraging for the author to see transcultural nursing slowly transforming nursing. This transformation process, however, is in process and it will take until nearly the year 2020 to see the benefits in nursing education and practice.

The idea of globalization of transcultural nursing in all areas of the world remains a major challenge in nursing education, research, and practice. This goal can best be realized as more nurses are prepared in transcultural nursing. When this occurs, one can anticipate that nursing practices and education will be reshaped and transformed into different ways of knowing and practicing nursing. Amid this encouraging cultural movement to bring transcultural nursing concepts, principles, and research findings into education, practice and administration, there are still many nurses who have not had the opportunity to learn about transcultural nursing. Without transcultural nursing knowledge and skills, many problems related to cultural conflicts, stresses, and unfavorable imposition practices will occur as nurses assist immigrants, refugees, and other people from many different countries in the world. These nurses will learn how to use transcultural nursing concepts and research-based knowledge to work with individuals and families in different community and institutional contexts. They will discover that people can be misdiagnosed, mismanaged, and misunderstood

without transcultural nursing insights. Thus these opportunities and discoveries await nurses who are eager to learn about transcultural nursing and practice it in different contexts. In the future worldwide consumers of health care will expect nurses to be transculturally sensitive and competent to meet their human needs. Nurses with transcultural preparation are in a unique position to achieve this goal and to support quality nursing care practices. For indeed, the quality and excellence of care will be contingent upon how nurses use transcultural knowledge with full awareness of the clients' worldview, social structure factors, environmental context, language, and knowledge of their cultural values and beliefs. So as the profession and discipline of nursing moves into the twenty-first century, nurses prepared in transcultural nursing will be able to serve people with quality nursing care if they are grounded in transcultural nursing knowledge and skills.

The age of transculturalism and the trend of globalization of nursing is essential today. It is, however, one of the most difficult and challenging goals because it requires considerable understanding of cultural patterns and of comparative care and health practices in different environmental living contexts. Globalization necessitates a comparative perspective with the maintenance of holistic care and the prevention of illnesses. From the beginning, transcultural nursing has always emphasized a comparative and holistic perspective. Holism has been a cardinal perspective of anthropology and of transcultural nursing. This comparative holistic view has been important to move nursing beyond the medical model to that of a holistic nursing caring perspective. This holistic perspective must continue to be maintained in nursing with fresh insights and skills from transcultural nursing in order to assist people of diverse cultures in the world. Most importantly, nurses must move beyond an international focus of studying the relationships between two cultures to that of considering several cultures from a transcultural comparative focus. This means expanding one's views and using critical analysis by contrasting insights and knowledge from several Western and non-Western cultures.

The purpose of this second edition of *Transcultural Nursing: Concepts, Theories, and Practices* is to assist nurses to expand significantly their knowledge base about people of different and similar cultures in the world and to discover new ways to assist people by using transcultural nursing concepts, principles, theories, and research knowledge. The book is written for nursing students, staff nurses, and others interested in increasing their knowledge of diverse cultures in the world from a transcultural nursing care perspective. From the study of different cultures, nurses will discover appropriate ways to provide sensitive, competent, and responsible care to individuals, families, and community groups. Nurses will realize the nature, scope, and significance of transcultural nursing as they enter the world of each culture and as they make

comparative reflections to guide their actions and decisions in care services.

This book offers a comparative knowledge of about thirty different Western and non-Western cultures. From these comparative data should come a deep appreciation by nurses that nursing care must be flexible and accommodate the needs, values, beliefs, and lifeways of people. Such comparative data will help nurses gain many new insights and approaches to care for people of diverse cultures in meaningful, congruent, and compassionate ways. An open mind and a willingness to learn about different cultures is essential to discovering such new knowledge and to making a meaningful journey through this book. In keeping with one of the major transcultural nursing principles, an open learning attitude and a willingness to be an active learner about new lifeways is essential.

In this book, the author's theory of Culture Care Diversity and Universality, the major theory of transcultural nursing, has served as the framework for studying many of the Western and Eastern cultures. The ethnonursing method has also been used to help nurses discover some of the most subtle, covert, or embedded ideas related to human caring, health, and transcultural values and beliefs. Both the theory and the method provide a major new approach to knowledge discovery and to identify modes of action and decision in providing culture-specific nursing care. Hence a wealth of transcultural nursing knowledge is offered for nurses to reflect upon in their work with people from different places in with world.

The book is organized into five major sections. In Section I the importance and focus of transcultural nursing is presented along with its history, basic concepts and principles. Of particular interest is the evolution of transcultural nursing over the past three decades. An overview of the theory of Culture Care Diversity and Universality is presented with the Sunrise Model to study and guide nursing decisions and actions and how to do culturalogical health care assessments. The role of the transcultural nurse specialist and generalist as important practitioners of nursing worldwide is discussed. In this section the nurse learns about cultural imposition, cultural blindness, ethnocentrism, cultural conflicts and stresses.

In Section II the reader learns about different types of health practices and especially about cultural imposition. Since food is closely linked to care and culture, the reader can discover how foods are used for healing, nurturance, and for special lifecycle ritual ceremonies in different cultures. Most importantly, this section presents ideas on the culture of nursing and hospitals as essential knowledge to guide nursing practices and to understand the dominant features of health institutions. Contrasts with the cultures of nursing and medicine are presented in this section to learn about the particular and comparative features of each health care tribe. Since pain is a pervasive phenomenon of particular interest to nurses, the reader learns about cultural

factors influencing pain expressions. Other special topics in this section include transcultural mental health nursing and some ethical, moral, and legal dimensions of transcultural nursing.

In Section III the reader has the opportunity to learn about a number of specific Western and non-Western cultures. The purpose is to increase the nurse's knowledge about ways to provide culture-specific and general nursing care practices. Some of the cultures in this section are the Anglo-Americans, Arab, Philippine, Mexican, Lithuanian, Jewish, Japanese, Polish, Native Americans, New Guineans, Southeastern Asians, and South African. In studying these cultures, the reader discovers the importance of nursing theory to guide nurse's thinking and actions. The importance of the comparative focus is also important to gain a deep appreciation for *why* cultures can be similar or different.

Section IV is focused on teaching transcultural nursing in undergraduate and graduate programs. Suggested objectives, content domains, and learning experiences are offered to assist faculty who are developing courses in transcultural nursing. This section is extremely important as faculty develop meaningful and appropriate courses in transcultural nursing. This is a welcome addition because many faculty are often at a loss to know what might be included in transcultural nursing undergraduate and graduate courses. The author shares here knowledge about the *what, how, and ways* to teach transcultural nursing in undergraduate and graduate programs drawing upon her three decades of experience in teaching and curriculum leadership endeavors. References and suggested films are provided to guide faculty in curriculum development and in the teaching of transcultural nursing.

In the last section the author focuses on the future of transcultural nursing. The theme of globalization of transcultural nursing is emphasized to move nurses into the twenty-first century to meet worldwide changes in a shrinking world with many different cultures in diverse community contexts. This section is extremely important to planning and preparing for the future with different cultural expectations in education and practice. In sum, this second edition provides a vast wealth of new and important content for the beginner or the nurse experienced in transcultural nursing.

The book builds upon the first edition but takes the readers much further demonstrating the use of theory and research findings to guide nursing practice and education. The author's vast experiences and sustained leadership in establishing and developing transcultural nursing contributes to the credibility of this book. Indeed this book reflects a lifelong career of the author in developing transcultural nursing through active teaching, research, consultation, and practice. This book has been especially prepared to help nurses make transcultural nursing an integral part of all aspects of nursing in order to prevent cultural care problems, frustrations and conflicts

in the different arenas in which nurses work. Newcomers and strangers to the health professions will also benefit from this book in their efforts to provide sensitive and therapeutic care practices.

This book is of special significance as it includes the theoretical thinking, research, and professional experiences of transcultural nurse specialists who have been prepared in transcultural nursing and who have been active leaders to make transcultural nursing a reality. These experienced nurse leaders demonstrate the importance of transcultural nursing in all areas of nursing and with cultural care issues and future directions. Thus the book provides authoritative and substantive knowledge to help the reader learn about the growing field of transcultural nursing. It is important for the reader to realize that the first edition of *Transcultural Nursing*, published in 1978, was the first major book focused on the subject of transcultural nursing. This first book has been viewed by many nurses as a publication way ahead of its time, this second edition builds upon some dimensions of the first book, but takes the reader further with new insights of today and into the future to demonstrate the knowledge areas that have been developed since the mid 1970s. The reader will be excited and pleased to note the tremendous growth and major developments in transcultural nursing the past two decades. Those who are just beginning to discover transcultural nursing will find the book, *Nursing and Anthropology*, extremely helpful to see the linkages and differences between nursing and anthropology. Fortunately these publications, (the latter originally published in 1970), and the first edition of *Transcultural Nursing: Concepts, Theory and Practices*, (originally published in 1978), have been reprinted by Greyden Press because they remain of importance as classic knowledge in the field.

Finally, this book signals the author's unique and sustained contribution to the discipline and profession of nursing over the past four decades. Although it has been a great challenge to establish transcultural nursing research, education and practice, it has also been rewarding to see transcultural nursing becoming a reality. It is the author's sincere hope and expectation that future generations of nurses will continue to discover, refine, and advance the important body of transcultural nursing knowledge in all aspects of nursing education and practice. It is also her hope that nurses themselves will grow in their personal insights and professional knowledge as they study transcultural nursing of people and cultures worldwide. With these wishes and expectations the author feels that her lifelong work and dream of 1960 has become a reality. That the culture care needs of *all* people will be met by nurses prepared in transcultural nursing will then have a significant meaning and relevance.

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Author and Founder of Transcultural Nursing
and Leader of Human Care Research and Theory

Dedication and Acknowledgments

This book is dedicated to the many nurse clinicians, scholars, and researchers who have become aware of the importance of transcultural nursing as a legitimate and essential formal area of study and practice to improve people care. It is especially dedicated to the growing cadre of transcultural nursing students and specialists who are the risk-takers, creative thinkers, and innovators who establish and maintain transcultural nursing in clinical, educational, and community contexts. This book is particularly dedicated to transcultural nurse leaders who are doing remarkable work to provide culturally congruent, sensitive, and responsible culturally-based nursing. I am most grateful to these leaders and their many followers.

This book is also dedicated to my brothers and sisters and their families who have always been patient and understanding of me as I pursued and fulfilled my many academic and professional activities.

My special thanks goes to Rebecca Ensign, Dennis Geraghty, Jan Scipio, and Andrea Fritz of McGraw Hill and Greyden Press who recognized the significance of this book and of my lifelong work in transcultural nursing to share ideas with many nurses worldwide. These people have worked in a diligent, conscientious, and relentless way to bring this book to publication, and I am most grateful to all of them. I also appreciate the secretarial support and assistance in preparing this book provided by Delores Jones and Stephanie Purcell, employees of Wayne State University, College of Nursing.

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Dr. Leininger in New Guinea

TRANSCULTURAL NURSING
Concepts, Theories, Research & Practices

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